

HEALTH & BEAUTY NEWS

A round-up of new products, launches and salons in the area

Dogfight in Cox Green

The brand new Cox Green Leisure Centre in Maidenhead is the first centre in Europe to introduce intelligent gaming technology – the Dogfight virtual plane simulator – into its workout room.

Available for members to use now, the sit-on machine is a full featured flight simulator interfaced with a high end recumbent exercise bike which is designed to bridge the gap between exercise and entertainment. Users propel the plane by pedalling and control the simulator via spring loaded handles. Stunning graphics and sounds make it easy to forget you're on a stationary exercise bike and transport you to a world of virtual flight.

Once the player has mastered the art of flight, battle commences. Users compete against other players in the gym for an adrenaline-pumped game of aerial combat.

Richard May, Centre Manager at Cox Green Leisure Centre, says of the new technology: "We are very proud to be the first European centre to offer this technology to our members and we're sure it's going to be one of the most popular pieces of equipment in the gym." **For more information on Cox Green's facilities including the DogFight call 01628 796881.**



Easy exercise

Panache's toning chairs in Sunninghill are proving such a hot with local ladies that the studio is now opening in the evenings. By completing a simple set of exercises in just half an hour, three times a week, regulars have reported losses of up to ten inches. Now members can take part in power plate exercises.

For more information call 01344 627227.

A new approach to body and soul

New company Health Matters 360, based in Berkshire and Buckinghamshire, is using a holistic approach to fitness, combining physical, nutritional and positive mind matters to achieve some impressive results.

The team is made up of trained health professionals and coaches who work with individuals and businesses to regain or achieve optimum health.

As well as offering one-to-one programmes, the team holds health and fitness days and "Health Hubs", which are residential programmes held at Danesfield House Hotel in Marlow, The Olde Bell at Hurley and Stoke Place in Stoke Poges. Pictured are trainer Matt Pickett, nutritionist Jenny Tschiesche and stress management expert and hypnotherapist Sue Roberts. **Visit www.healthmatters360.co.uk**



We love...

Jessica's Inspire Collection. This October six celebrities – Dame Kelly Holmes, Lisa Snowdon, Elle MacPherson, Rachel Stevens, Jemma Kidd and Alexandra Bourke – have joined forces with Jessica to raise awareness and funds for women diagnosed with breast cancer in the UK. Each of them has selected their favourite shade of pink Jessica nail polish, RRP £8.95, to show their support and £2 from each bottle bought will be donated to Breast Cancer Care. **To find your nearest stockist call 0845 2171360.**