

# THE GODDESS

**GUIDE** If you want perfection, ask a high-maintenance woman where to get it. **Sophie Goodwin** persuades London's beautiful people to reveal their secret addresses

## Naomie Harris **33, actress**

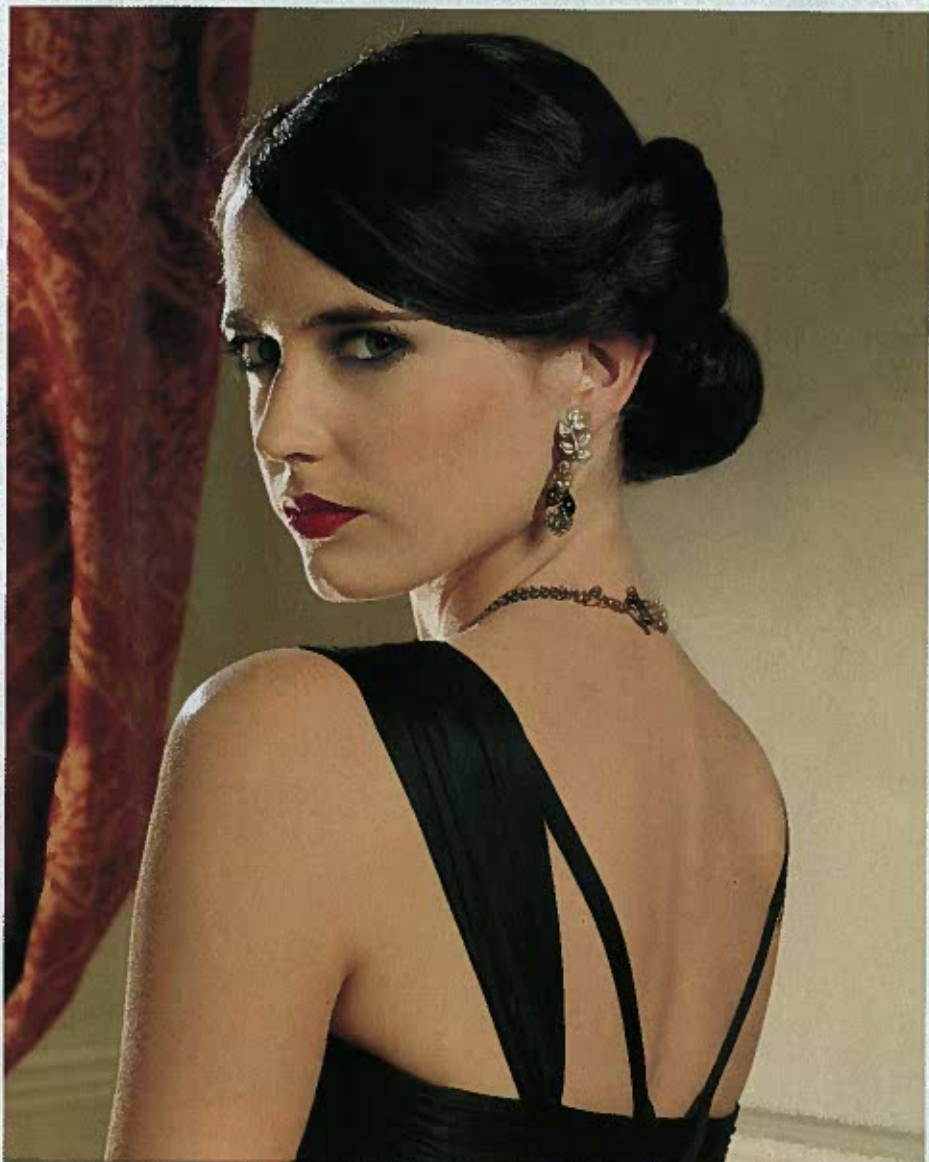
**Hairdresser** Neville Hair and Beauty, 5 Pont Street, SW1. Paul Stubbs does my colour: half-head, £140-£170; full head, £180-£250; and Ciller Peksah cuts it: cut and blow-dry, £85 (020 7235 3654).

**Manicurist** Alex Sedur at Neville's is quick and thorough. I have a manicure and pedicure at the same time so I can be in and out in an hour. Manicure, £30, pedicure, £50.

**Facialist** Kathleen Granados at Pacifica Day Spa in Notting Hill and Hampstead. She had problem skin growing up so she knows how to control break-outs and get skin glowing again. £75 for one hour (pacificadayspa.co.uk).

**Masseuse** I love shiatsu. Other massages make me feel more, rather than less, stressed. Shiatsu is less intimate as you stay fully clothed and you leave feeling like you're walking on a cloud with your body stretched and all your pressure points manipulated. I see Paula Kent at 9H Hedgegate Court, Powis Terrace, W11. £45 per hour; home visit from £60 (020 7727 9584).

**Insider tip** My favourite place to go for pampering is Champneys in Tring. They have virtually every beauty treatment you can think of. My favourites are reflexology and the Indian head massage (£40 each for 45 minutes; champneys.com).



## Eva Green **29, actress**

**Hairdresser** I worked with Wakana Yoshihara on the film *Franklyn* and she is fantastic. By appointment only (wakanayoshihara.com).

**Facialist** Sherrille Riley at Daniel Hersheson, 45 Conduit Street, W1, is brilliant and leaves my skin clear and luminous. £75 for one hour (danielhersheson.com).

**Personal trainer** I see Tim Jones for an hour three times a week and he is amazing. He identifies areas of the body that are weak and improves your posture dramatically. He makes me fit but not too muscly, concentrating on my wellbeing as a whole. However, I can't enjoy red

wine or pasta any more because I feel guilty knowing what he is going to say. £90 per session, minimum £900 (tjfpersonaltraining.com).

**Masseuse** Mari Ryalen is the best masseuse not only in London but worldwide. She specialises in remedial deep tissue, Mayan and Tibetan massage. Home visit, £70 for one hour; £95 for 90 minutes plus taxi fare (mariyalen.com).

**Insider tip** I went to see hypnotherapist Sarah Collier at 7 Harley Street, W1, to give up smoking and it worked. Now I don't have to shiver outside restaurants. £150 per session, 2-3 appointments are necessary (sarahcollier.co.uk).