

Trend spot

Turn heads at the gym with Nike's latest Lunartempo print running trainers. Brand new colours for £100 (nike.com)



London Life

Fitness & Beauty



The new power brunch

WRINKLED shirt clinging moistly, crimson face webbed with damp strands of hair, deodorant steaming noxiously from every orifice – and so hungry they might actually die, right this second. The lunchtime gym junkie has long faced the dilemma of how to fit in food – especially of the clean, green protein-rammed sort – before returning to the office. Not any more. As the London restaurant scene booms, our gyms are getting in on the act with onsite cafés to “help fuel your body with the goodness it deserves while saving you much-needed minutes along the way”. At least that’s the idea behind the Fuel Cafés at FRAME, which has just launched its fourth site in Victoria. Founders Pip Black and Joan Murphy introduced the cafés last year with the idea of making their gyms a “one-stop shop” for the time-strapped. “No one

Trends
Top gyms are upping the culinary ante with super salads, pancakes and supper clubs. **Frankie McCoy** works up an appetite

got that you could have food at the gym. Now they can’t get enough of it,” says Black. Food is a central part of Black’s life: her husband is Peter Prescott of Prescott & Conran, the restaurant group that includes Boundary and Les Deux Salons. No foie gras and Béarnaise for FRAMERS, though, thanks to F&B manager Jayne Robinson. Former overseer of The Detox Kitchen delis – paradises of goji cashew kale bowls – there’s no fad she hasn’t suffered. “Everything you can think of I’ve done it. Gillian McKeith, You are What you Eat, I had the Tupperware. I was anal about it.

Then I realised that I couldn’t relate to these people at all. What I wanted when I left the gym was to have someone give me exactly what I needed at the door, without having to run into Marks & Spencer and work out what hasn’t got hidden sugars in it.” Murphy agrees: “You need to be able to trust somewhere to give you good nutrition.” And who better to trust than the honed, sleek FRAME junkies who balance every hour spent working behind the bar with back-to-back barre? Good nutrition here means Fuel salad bowls, pancakes (gluten-free, obvs)

made on waffle irons – “waffles are just pancakes with abs” – and at their original Shoreditch studio they’re experimenting with hot plates and the idea of serving tagines. Elsewhere there’s Pollen + Grace granola and Caravan coffee – reason alone to do 6am Reformer Pilates for bean snobs. Obviously there’s nothing here that isn’t ultra-healthy, this-free and that-free, almond butter-smear and avocado-topped. Not ideal for those who cheeseburger-dream their way through kettlebell hell. But that’s just not the post-workout vibe, insists Henry Dunmore, Third Space’s in-house chef and founder of Natural Fitness Food, served in all their gyms. He insists that he’s not against the odd “naughty treat” (in all its fat, dairy- and gluten-filled glory) but “we don’t cater for that. We’re not about to

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London’s best Pick-up sticks

Good news for make-up bag minimalists and on-the-move appliers, these nifty multi-sticks streamline your lipstick, blusher and eyeshadow into one handy tube. Opt for a soft pink for a pretty flush or freshen up your spring look with a juicy tangerine.

All for one
Everything Stick in Naïve, £10, Topshop (topshop.com)



Magic wand
Multi-stick in I Put a Spell On You, £30, Ilia (net-a-porter.com)

On point
Beach Stick in Es Vedra, £30, Charlotte Tilbury (charlottetilbury.com)



Matchmaker
Lip and Cheek Pencil in Love, £24, NudeStix (cultbeauty.com)

Stick it to 'em
The Matte Multiple in Anguilla, £29, Nars (narscosmetics.co.uk)



Emma McCarthy

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Bright and beautiful

Beauty

A new crop of hip hairdressers are reinventing the salon, one dip-dye at a time. **Rachael Sigee** takes the plunge

THE first thing I see when I walk into Not Another Salon is a woman with her head divided neatly into half neon pink dye and half neon orange. It looks like Neil Buchanan has been let loose with the Art Attack acrylic paints and I start to wonder if this was a good idea.

Owner Sophia Hilton later confesses that she was also a bit concerned that was my first impression: "We do the bright stuff but you can just come in here for your normal highlights too!"

Not Another Salon is the latest in a line of boutique London hairdressers that are doing their own thing. It opened in October, and walking into what Hilton calls "an adult Disneyland" is an onslaught but a friendly one.

The walls are covered in paint splatters, coloured string installations and crayon arrangements, and I'm swept downstairs to a secret room hidden behind a bookcase and filled with Game Boys, crafting books and a half-dressed mannequin.

The salon was launched with the intention of providing an alternative for customers who wanted more of a rounded experience from their hairdresser.

The market for something dif-

ferent has been booming since the overwhelming success of Bleach, which was opened in Dalston in 2010 by Sam Teasdale and Alex Brownsell, and specialises in pastel hues and dip-dye.

Blue Tit now has six branches across the city and operates under the mission statement that "a haircut should be an experience, not just a transaction", while Radio London's Shoreditch location doubles up as a gallery space.

Hilton, 28, says that many talented young hairdressers in London aren't interested in opening their salons because they are drawn to the thriving fashion industry instead, meaning salons have become samey.

"When I went to west London to get my hair done I didn't feel posh enough, and when I went to the east I didn't feel cool enough. Not Another Salon takes away the pressure."

I talk Hilton through my hair history: bad blonde highlights (Zante, 2006), fire-engine red (making a new start) and too dark brown for my pasty skin (attempt to cover up the red), but more recently I've settled on bright copper.

Seeing as my copper urgently needs a boost and Not Another Salon specialises in the "high-end bleed", a technique that allows hair to be dyed non-natural colours and gradients but with a more professional



Colour me happy: left, Rachael Sigee shows off the results of her "high-end bleed" at Brick Lane hairdresser Not Another Salon

Before I leave I'm handed two pots of top up dye in a pink and white pick 'n' mix bag

finish than DIY dip-dyes, my new look will be darker at the roots and brighter at the ends: ie, prime Instagram fodder.

Before I leave I'm handed two pots of dye mix to top up my colour at home – in a pink and white stripey pick 'n' mix paper bag, naturally.

It's not just the end results which are Insta-fabulous. The drinks menu includes Coke Floats and Pink Lemonade and the box of biscuits proffered

under my nose has a selection of Jammie Dodgers and Wagon Wheels, ensuring social-media sharing is inevitable.

With 21,000 followers already, around 70 per cent of the salon's customers come from Instagram. Most bring in tagged photos from the account as their inspiration, and while they are gaining a reputation for daring colours, Hilton is adamant that you don't have to want pink hair to be a valued customer.

"Our clients are professionals, often in creative industries. We create looks that are 'them' and not us. There's only one company rule: all colours and styles are elegant, feminine and professional-looking."

For all its fun atmosphere, Hilton is practical about what customers can handle. Her own Roy Lichtenstein yellow 'do requires weekly upkeep and she wouldn't wish it on someone who didn't work in hair. "It's the way you sell these things. People want blues at the moment but if you have any yellow in your hair, it goes green. So you say, 'How do you feel about turquoise or aquamarine?'"

And for the record, I saw half-and-half-neon lady walk out with her finished 'do and she looked fabulous, so more fool me for pre-judging.

@littlewondering

■ Not Another Salon, 188 Brick Lane, E1, notanothersalon.com; bleach london.co.uk; bluetitlondon.com



Painting the town: from left, Not Another Salon owner Sophia Hilton; the interior of Blue Tit's Peckham branch



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get a grill behind the bar and start serving chips." Instead, Natural Fitness Food is made in its Battersea kitchen and biked to the fridges of each Third Space, to be heated or gobbled cold. Nabbing a courgetti bolognese from the fridge without having to queue in Pret "completes the experience," says Dunmore.

Apparently Spacers agree: its Soho branch gets 200 café transactions a day, a third of all gymmers. Because despite the extreme healthiness, dishes such as almond-butter tofu are oddly palatable – although fridge-cold chicken and red pepper "muffins" (solid lumps of meat omelette) demand a six-raw-eggs-for-breakfast outlook on life.

Our ever manic culture means that "grab 'n' go" lunches aren't going anywhere – like burgers, three-courses and white tablecloths don't gel with the hyper, buzzing gym vibe. Over in Fit-

Beast and feast: sesame tuna steak served with vegetable salad from the menu at Third Space



rovia, Psycle even prevents its customers' quaking legs having to queue post-spin sesh by stocking salads from neighbouring "cold-press juicery" maple&FITZ at reception.

So far, so speed-fiend London. But some gyms do cater for the lifestyle gymmer who expects a slap-up supper after their squat sesh. At Transition Zone in Parsons Green, owner Claire Finlay hosts regular supper clubs with healthy food names – a recent evening saw coconut water brand Mighty Bee team up with the free-from brigade's fave raw restaurant Nama for a three-course Thai meal. FRAME, meanwhile, cracks out the booze at members' "healthier drinking" events, serving superjuice with shots of Belvedere. Because yes, gym café food might be all supergreen, macro-counted protein lumps, but as Robinson philosophises: "I'd rather save my calories for alcohol."

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