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Beauty

ES Tests: the best vitamin drips in London

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CHLOE STREET | Friday 21 December 2018 13:53 | 0 comments



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Eight hours sleep, a nutrient-rich diet and a daily dose of exercise.

The formula for looking and feeling our best is simple. Simple yet, thanks to our hectic work and social lives, not always achievable. The answer? Intravenous vitamin drips.

A saline mixture that's administered directly into your veins via a needle, IV Drips are said to boost energy, beat hangovers and cure colds. And they're popping up all over London.

Here's what happened when we tested four of the best in town...

SHAH ARTISTRY

The salon

In the shadow of the Gherkin, the Artistry Clinic is bright, white and full of brochures promising "bespoke aesthetics" - not interior design advice, but the chance to look in real life as most do only after a strong Instagram filter. It has that faint medicinal smell, which is reassuring: plenty of places advertise IV drips as a lifestyle

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The treatment

After a little delay, I'm in. Though I feel a touch woozy at the beginning - startled to see my blood leap out as the needle goes in - very shortly all the Vitamin B and other good stuff starts to go in and perks me up. In this part of the city, the clinic welcomes professionals always chasing another burst of energy, as well as glamorous types who are determined to always have "that glow".

Did it work?

Despite going in as a sceptic - and half asleep - I leave after 15 minutes (my veins drink fast) faintly fizzing, and am still feeling better a week later.

From £135, 33-34 Bury St, City of London, EC3A 5AR, artistryclinic.co.uk

David Ellis

PLASTIC SURGERY GROUP

The salon

If you want to avoid burnout but you're super busy, this Harley Street clinic offers no-fuss treatment in a relaxing atmosphere.

The treatment

I had the health booster drip early on a Friday morning after a long week. The friendly staff made sure I was always comfortable, with tea on tap and even a Netflix account to enjoy while you wait for

your drip to run. It was all done in 30 minutes.

Did it work?

I'm still feeling the benefit several days later. The effect isn't so much to turn you into a bouncy ball of energy, but gives you a sense of calmness and mental clarity which make taking on the world a much more realistic prospect.

Health Booster Plus, £295, Plastic Surgery Group, 100 Harley Street, Marylebone. theplasticsurgerygroup.co.uk

Jessie Thompson

REVIV IV

The salon

Reviv IV was one of the first brands to offer IV injections, launching back in 2011 and with spas in Harvey Nichols stores across the UK and the world, including a few in Las Vegas in particular. The Great Portland Street location in Soho is its first stand-alone spa in London.

The Soho spa is extremely clean and zen, all white leather sofas and relaxing music so you can chill out whilst getting a drip.

The treatment

The staff were extremely knowledgeable and helpful, talking me through the different drips and helping me to make a decision. I



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through the different drips and helping me to make a decision. I went for Megabooost, full of vitamin C and vitamin B12, to help ward off any pre-Christmas colds and boost my hydration.

The process was easy and efficient: the drip went in, I relaxed on the sofa for about 30 minutes, and then I was all done. The staff will bind your arm, which should be left for 30 minutes, to prevent any bruising so you can get your glad rags on and go on to the next event afterwards.

Did it work?

The drip didn't provide an automatic shot of energy like I initially expected. Instead, Reviv IV says the benefits develop over the next 24 hours. Choosing the Wellbeing drip was the best decision; when almost everyone in the office has been experiencing pre-Christmas colds and illnesses my immune system has held up pretty well, which I can definitely credit to all those vitamins and minerals.

Megabooost Wellness IV Therapy, £199, Reviv IV. Great Portland Street. revivme.com

Amelia Heathman

GET A DRIP

The salon

Get a Drip has a relaxed vibe. Rather than treatment tables there are comfy leather armchairs and sofas and owner Richard tells me he didn't want the shop to have a sterile or clinical feel.

he didn't want the shop to have a sterile or clinical feel.

The treatment

Get a Drip's extensive IV menu starts from £75 for a basic hydration treatment, but as it's Christmas and I'm feeling a little fragile after a festive dinner with friends the night before, I go for the full shebang: the Limitless drip.

This includes a cocktail of energy and mood boosting ingredients, such as B complex, B12, 19 amino acids, zinc, 1,200mg glutathione (a powerful antioxidant) and selenium (which enhances the half-life of the former), plus two booster injections of CoQ10, and vitamin D - enough to last me for a month I'm told.

It took me around 40 minutes to absorb the drip and another five for the injections. There were blankets on hand in case I felt chilly during the IV treatment, but my arm only felt cold around where the drip was attached.

Did it work?

I started to feel brighter about 10-15 minutes in and by the time I left the shop I did actually feel pretty limitless. With seriously renewed energy levels and that morning's hangover a distant memory, off I went to do some last-minute Christmas shopping with a little spring in my step. The next day I felt my normal self again but this week I have managed to overcome the start of a sore throat, so I feel like my immunity has definitely had a boost.

Limitless Drip IV package £450, Get a Drip, Boxpark, Shoreditch. getadrip.co.uk



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<https://www.standard.co.uk/beauty/es-tests-the-best-iv-vitamin-drips-in-london-a4023686.html>