

Kate Moss has been bowling at All Star Lanes



Daytime distractions

When they're not perusing the designer rails in Selfridges or picking up a bargain or two in Topshop's flagship Oxford Street store, the stars are out and about just having fun.

Kate Moss, Kelly Osbourne and Alexa Chung have all passed a few hours honing their bowling skills at All Star Lanes in Holborn, while Keira Knightley and Geri Halliwell have been spotted at the Electric Cinema (www.electriconema.co.uk) in Notting Hill.

All Star Lanes Holborn has four bowling lanes alongside an American-style diner, with a cosy bar area too. DJs play on Friday and Saturday nights and there's an extensive

cocktail list. The Eat Drink Bowl deal includes a two-course meal, a cocktail and one bowling game for £25 per person – see www.allstarlanes.co.uk to book.

For a really glamorous afternoon, pull on your poshest frock and head to The Ritz for high tea. Nibble on scones, cakes and finger sandwiches in the elegant Palm Court, while a pianist tinkles in the



Tea at The Ritz will make you feel like a star

background of the grand dining room. Add a glass of champagne for a real A-list experience. Go to www.lastminute.com to reserve a table – and make sure you book in advance as it's a popular pastime!

Cheryl Cole has been to the May Fair Bar.



The best bars

The bar at The May Fair hotel is a real mecca for celebrities – so much so that there are paparazzi parked outside the hotel almost round the clock! Cheryl Cole, Peter Andre and Meï B are just a few of the recent visitors, so grab yourself a mojito or a chocolate martini, make yourself comfortable then keep your eyes peeled! This is the place to be seen in Mayfair.

Over on the King's Road, JuJu (www.jujulondon.com) is not short of A-list fans. With its comfy aubergine couches, soft gold lighting and extensive cocktail list, it's easy to see why stars such as Kim Cattrall, Pixie Lott and JLS have dropped by. The DJ spins funky house tracks, and the bar snacks are to die for.



JuJu is popular with the A-list

Other celeb-loved bars include Mo*vida – Jordan, Alesha Dixon and Sarah Harding have all been seen there – and Boujis, which has served the likes of Cameron Diaz and Jude Law. Sarah and Jordan have also been seen partying at Bungalow 8, while Josh Hartnett and Amy Winehouse have enjoyed a night out at Soho House.

Pamper yourself

When the stars need a bit of pampering, they head to the Elemis Day-Spa in Mayfair. Gwyneth Paltrow, Natalie Imbruglia and Zoë Ball have all been spotted there. If you can't decide between treatments, the Face And Body Sensation is a perfect solution. It combines a 30-minute body massage with a 25-minute anti-ageing facial to give you the perfect all-over pick-me-up. See www.elemis.com for more info or call 0870 410 4210 to book a treatment.

The spa at The May Fair hotel is also popular with the A-list – Lisa Snowdon and Janet Jackson have both visited. The signature hot stone massage is guaranteed to soothe away the stresses of

a long day in the capital – and you can make use of the aromatic steam room, herbal sauna, experience showers and candle-lit relaxation room while you're there. See www.themayfairhotel.co.uk/spa for more info or call 020 7915 2826 to book a treatment.

As well as feeling completely relaxed, you'll want to look your best if you're planning a big night out on the town, so make an appointment at the trendy Inanch hair salon in Fitzrovia, where Michelle Heaton, Suzanne Shaw and Peaches Geldof have had their locks tended to. It's famed for its hair extensions but you can also go for a simple chop or a blow-dry. You'll be treated to a head massage while your

Gwyneth Paltrow has visited the Elemis Day Spa in Mayfair



hair's being washed and offered complimentary drinks from the salon's well-stocked bar during your treatment. For a real A-list look, book yourself in for a Brazilian Blow Dry,

which is a chemical-free straightening treatment that will keep your barnet frizz-free for months. See www.inanch.com for more details and to make an appointment.