

COUNTRY & TOWN HOUSE

A LIFE IN BALANCE

JUL/AUG 2023 £4.95

**I'M
DREAMING**
of a better,
brighter future

**WELLBEING
SPECIAL**

The Need to Know Names and Places

**STORY
TIME**
Fashion's
fresh start

**BIG
BEASTS**
Coming to the
countryside
near you?

COUNTRY & TOWN HOUSE

Immerse
yourself
in our
guide
dedicated
to personal
& planetary
health

Edited by
DAISY FINER

WELLBEING GUIDE

CONTENTS

- 107 **STOP PRESS**
From retreats to book now to new products for your handbag, we bring you the latest wellness news
- 112 **MINDFUL ADVENTURING**
Discover places that heal hearts and minds, and treat the planet with the same respect
- 122 **ON HOME TURF**
Our beautiful isles offer spaces to carve out time for immersing yourself in nature; metabolic resets; life-changing retreats and treehouse fun



ON THE COVER: Shirt & boxers **Frame**
Sweater **Navy Grey**

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Editor's LETTER



What does it mean to live an inspired life? Bringing our world back into balance is no small mission, sometimes it really does feel like an impossible one; as if humanity has created the tipping point of its own demise, from which there is no return. The disconnect is everywhere. Mountains of ultra-

processed food, equal amounts of under-processed emotions. Nature on the back foot, AI on the rise. And yet... The sun is still rising, the world is full of extraordinary people doing extraordinary things and wise discourse and action are finally entering centre stage.

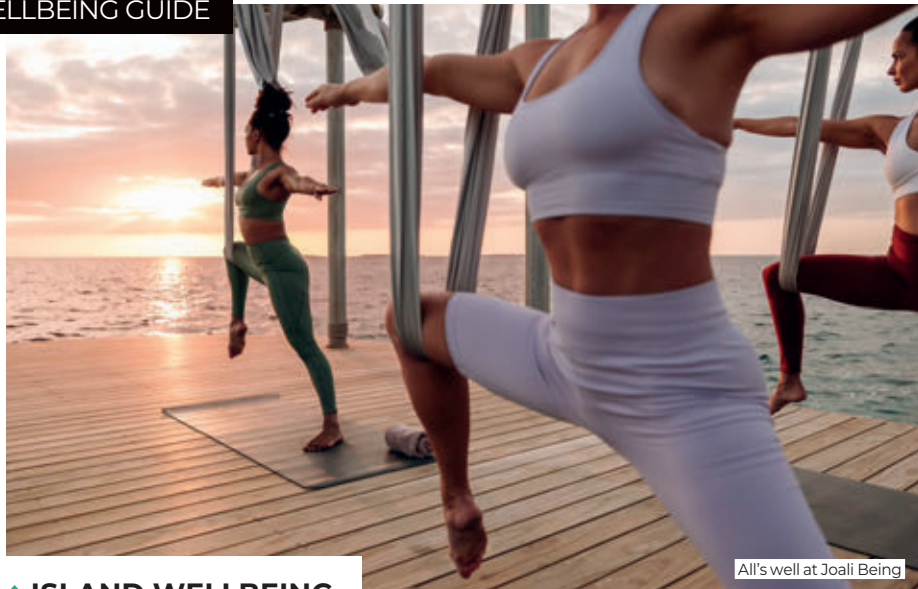
Mahatma Gandhi said, 'Live as if you were to die tomorrow. Learn as if you were to live forever.' I couldn't agree more. I believe we each have the ability to create our own masterpiece. To make living itself a work of art. We know our individual choices matter: how we eat, shop, travel, talk, who we vibe with. But away from earnestly becoming small in the face of adversity or berating our lack of perfection, next-level living is not just about coming into awareness. It is about keeping ourselves open to change and growth so that we can contribute to the collective narrative.

For myself, I travel to seek out that which holds life, soul, hope, healing and teaching. The unknown terrain that travelling presents us with enables us to see anew, regenerate inner spirit, gather and harvest wisdom. When we head off the mainstream, we are more able to reconnect with the magic and mystery of the universe. With the beat of the human heart. There is no inspiration without heart.

The common denominator of all of the places signposted in this guide is that they seek to inspire. They offer a blueprint of travel that is about expansion rather than extraction. They actively nurture both personal and planetary wellbeing. What could be more purposeful and passionate than that? We cannot have healthy humans on an unhealthy planet. So, if we are going to travel, let's travel well.

Welcome to the *Country & Town House Wellbeing Guide 2023*. For anyone interested in being, seeing and doing differently. Let's vow to keep on evolving and innovating. We can't leave anyone behind.

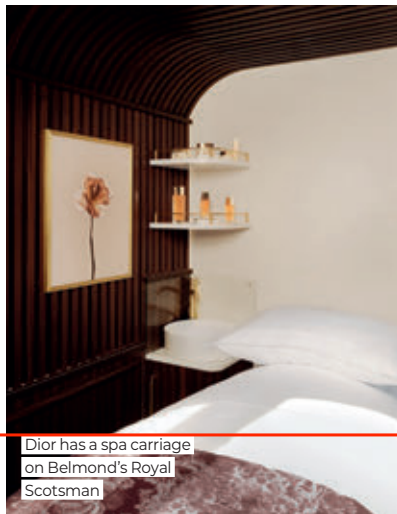
Daisy Finer



All's well at Joali Being

ISLAND WELLBEING

The Maldives is getting even more dreamy. **Anantara Kihavah Maldives** (anantara.com) has introduced Optimisation Retreats. An all-singing, all-dancing programme, it includes epigenetic testing, flower essence therapy, naturopathy and nutrition. **Joali Being** (joali.com) is taking things to another level, too, welcoming seriously good visiting experts – don't miss superstar neuroscientist Dr Tara Swart Bieber. The hotel has also rolled out new wellbeing programmes, from gut-resetting to weight rebalancing to reversing ageing. **Velaa Private Island** (velaaprivateisland.com) is also upping the ante, with a spanking new Wellbeing Village.



Dior has a spa carriage on Belmond's Royal Scotsman

IT'S DIOR, DARLING

Dior is having an action-packed year. Antibes' legendary **Hotel du Cap-Eden-Roc** (oetkercollection.com) has just revealed a brand new Dior Spa, with treatments inspired by its surroundings: the rocks, the sea, the garden and the sun. **Belmond's Royal Scotsman** (belmond.com) has also joined forces with Dior to open a spa carriage, with two lacquered treatment rooms, styled with the Maison's iconic toile de Jouy motif – perfect for winding down after a day exploring the dramatic Highlands.



THE RANCH GOES GLOBAL

Hot on the tail of **The Ranch's** (theranchmalibu.com) outpost in Palazzo Fiuggi near Rome, the A-list favourite is opening a new standalone property in Hudson Valley, New York this summer. Set within 200 acres, immerse yourself in nature and experience all the core elements of the programme: hiking, fitness classes, yoga, massage and plant-based diet. The Ranch will also be popping up at The Ritz-Carlton, Bachelor Gulch among the peaks of Vail in September and October.

IT'S NOT ME, IT'S THE MENOPAUSE

Menopause is the hot topic. **Palazzo Fiuggi** (palazzoofiuggi.com), overlooking the medieval spa town of Fiuggi, an hour from Rome, has launched 'Ageing Naturally', a week-long personalised longevity programme headed up by Dr Judith Bildau, a specialist in gynaecology and obstetrics. It provides all the tools you need during this life stage to regain relaxation and inner peace, increase vitality and put you in a good mood.

HOME CARE

The products to pop in your purse



HARMONIE AROMATHERAPIE DREAM DROPS

Dab into your palms, rub together and inhale, or pop onto pulse points. A support jewel. £19, michelinearcier.com



RELAXAYVOO FACE OIL

One for day and one for night, these are rich in antioxidants, fatty acids and the best and purest in essential oils, such as prickly pear, rosehip and evening primrose. From £58, relaxayvoo.com



DE-LIVER-ANCE

Restore balance to your liver, responsible for over 500 vital functions with this forward-thinking nutraceutical elixir that optimises and future proofs your liver. From £23.99, loveyourliver.com



ROSS J BARR

Meghan Markle's clever acupuncturist Ross J Barr has created a brilliant line of vitamins to boost immunity and calm adrenal overload. Their absorption is superior because they are naturally formulated, not a synthetic compound. From £26, victoriahealth.com