

WELLNESS

BODY & SOUL

Silence is golden, says **Camilla Hewitt**

A RECIPE FOR WELLNESS



Spiced Almond Butter with Honey and Sea Salt

SERVES 12

This easy recipe from Gather & Feast is the perfect healthy alternative to processed spreads.

INGREDIENTS

- » 2 cups roasted almonds
- » 1½ tsp cinnamon
- » ½ tsp sea salt
- » 2 tbs honey

METHOD

Place the two cups of almonds in a food processor and blend until smooth (about seven minutes).

Add the sea salt and cinnamon and blend for a further 30 seconds.

Remove the almond butter from the food processor and place into a jar for storing. Drizzle the honey on top of the almond butter and slightly mix the honey through so that the swirls of honey remain.

gatherandfeast.com

ESCAPE THE OFFICE



Neom Wellbeing Spa Treatments, Wimbleton

Created to provide long-lasting wellbeing benefits, these treatments have been developed to help with four key areas; sleep, stress, energy levels and mood. Masterminded by the Neom team of health experts, they draw together the most effective elements of six therapies – meditation, shiatsu, cranio, Thai massage, trigger point and reflexology – into a highly bespoke treatment. 60 mins, £70. neomorganics.com

JOE MOLLOY

FOUNDER-DIRECTOR OF
TIELLE LOVE LUXURY

On how to turn your bedroom into a sanctuary from the stress and strain of modern day living

1 Clean white bed linen with simple, classic textures will create a haven of peace and calm, an absolute essential for a good night's sleep. Bedcovers should be oversized to make you feel totally cocooned.

2 External factors can play a big role in the quantity and quality of our sleep. Add blackout blinds or thick curtains to keep light out and use plush rugs to muffle neighbour noise.

3 The bedroom often becomes a dumping ground which overloads the senses, making it harder to switch off. De-clutter by designating a place for everything. Once you're cured of your clutter, you'll find tidying less time-consuming. tielleloveluxury.co.uk

ESCAPE THE CITY



The Vega Islands, Norway

Off Grid Hideaways offers remote rental properties in stunning locations, where life is luxuriously slow. Their Vega Island property in Norway takes the form of a fisherman's cottage where you can kayak to pristine coves, hike along breathtaking coastline and feed the soul by the warmth of the hearth. Sleeps six to seven, €550 a night. offgridhideaways.com



UP

FRAME

Expanding their fitness studios to Hammersmith and Fitzrovia



SILENT SPAS

In an increasingly hectic world, silence is becoming a precious commodity

BAOBAB COLLECTION

Supporting breast cancer research with a collection of scented candles called 'Women'



HEALTH HOT LIST

DIFFICULT DETOXING

Detox Kitchen delivery takes away the stress of planning, shopping and cooking

MULTI-TASKING

Cognitive overload is putting us under more pressure than ever

SIDE-LINING STRESS

Give Botan Lab Adaptogens programme a go

DOWN