

CADOGAN VIP

THE MAGAZINE FROM CADOGAN CONCIERGE • JANUARY 2017

LONDON'S MOST EXCLUSIVE GYMS
NEW RESTAURANT OPENINGS 2017



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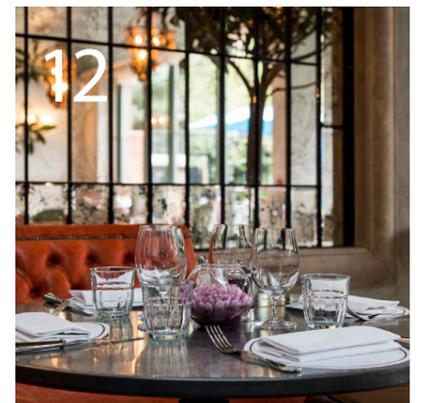
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VIP SOCIAL DIARY

Gain exclusive access to the most
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Welcome

Happy New Year.

I know it's a cliché, but it's always good to start the new year as you mean to go on - so we take a look this issue at some of the best products to get you moving and gyms to inspire.

Of course, life would be boring without balance. We've also pulled together a round up of the most tempting new restaurant openings for 2017, enjoy!

Here's to a fantastic 2017.



Hugh Seaborn
Chief Executive, Cadogan



What's on in Chelsea

MUSIC • ART • THEATRE • EXHIBITIONS • FOOD



Photographing Snowdrops

29 Jan - Chelsea Physic Garden
www.chelseaphysicgarden.co.uk

Celebrate the beginning of the new season with this photography workshop focusing on capturing snowdrops, which traditionally mark the start of the spring. Within the ideal setting of the Physic Garden and under the guidance of photographer Sue Bishop, learn the best ways to use light and camera techniques to capture some beautiful images.

Escaped Alone

25 Jan to 11 Feb - Royal Court Theatre
www.royalcourttheatre.com

One of the Royal Court's most critically acclaimed plays in recent years, catch another chance to see this production before it goes on tour to New York. Described by critics as a playwright in the same league as iconic writers Pinter and Beckett, Caryl Churchill depicts an afternoon with friends which cleverly contrasts with visions of the apocalypse.

Wish List

10 Jan to 11 Feb - Royal Court Theatre
www.royalcourttheatre.com

This political piece depicts the complex relationship between Tamsin, a warehouse worker and her brother Dean who suffers from mental health problems. Winner of the Bruntwood prize for playwriting, Katherine Soper captures the stress of working under a zero hours contract whilst exploring familial problems and their often long-lasting effects.

50 x 50 II

5 Jan to 9 Feb - Saatchi Gallery
www.saatchigallery.com

Get the New Year off to a fresh start with Saatchi's latest exhibition – 50 new prints from 50 artists. All the same size and price, each piece uses different subjects and styles to bring you an exhibition that showcases a diverse range of genres.

Jazz in New York Part 2

28 Jan - Cadogan Hall
www.cadoganhall.com

Take a journey through jazz with Cadogan Hall and experience how New York came to be defined as the world capital of this ever popular musical genre. Enjoy a trip down memory lane with a range of music – from be-bop to pieces inspired by Cuban beats, this is a fantastic evening ideal for jazz fans of all ages.



Royal Philharmonic Orchestra

18 Jan - Cadogan Hall
www.cadoganhall.com

Join the Royal Philharmonic Orchestra for an evening of magnificent music at Cadogan Hall. As part of their resident season, the orchestra will perform pieces from musical greats including Tchaikovsky and Brahms for a dynamic and atmospheric concert.

Bowie by Duffy

6 Jan to 5 Feb - Proud Gallery
www.proudonline.co.uk

Celebrating Bowie's career and his relationship with photographer Brian Duffy, these images capture some iconic moments within pop culture and music history. The exhibition truly emphasise Bowie's enigmatic personality and his influential career, with photos all shot to perfection by Duffy.

New Year, New Art

21 to 30 Jan - Jonathan Cooper
www.jonathancooper.co.uk

The Gallery starts 2017 with a fresh palette and an exhibition that showcases a diverse variety of artists. With pieces that aim to be affordably priced, take some time to reflect on artistic subjects, from still life and the seaside to animals and city streets, which all make for a satisfying start to the New Year.

Yoga with Sophie Dear

From 9 Jan – Bluebird
www.bluebird-restaurant.co.uk

Focus on your health and wellbeing this January with some nourishing yoga sessions at Chelsea's Bluebird restaurant. As part of their new Bluebird Body programme, join yoga teacher Sophie Dear for a vinyasa class interspersed with moments of meditation and mindfulness to ease you into the New Year.



Retail Therapy

LUXURY • ACCESSORIES • PERSONAL SHOPPING • EXPERIENCES

Feel inspired this January with our favourite health and fitness picks...



Instant Boost Skin Tonic, Liz Earle
£14.50



Liberty Anti-Ageing Silk
Pillowcase, Harvey Nichols
£83



Fusion Sneaker, Dior
£790



Bobble Infuse Water Bottle,
Peter Jones
£15



Guyane Jacket, Moncler
£1,010



Lavender Scented Candle,
L'Occitane
£21



Malibu Plaited Bandeau
Bikini, Heidi Klein
£180



Lucas Hugh Leggings, Boutique 1
£210



Eat Your Greens supplement,
Potion London at Harvey Nichols
£30



Reversible Yoga Mat, Lululemon Yoga
£62

Keeping fit in London



Kensington and Chelsea residents are among the fittest in the capital - is this such a wonder with access to a huge variety of ways to get fit? From boxing to ballet and everything in between, here are some of London's best gyms to work off all the frivolity enjoyed throughout the seasonal holidays...

KX
www.kxlife.co.uk

KX Private Members Health Club is due to open a second branch just off Sloane Square this autumn. KX offers bespoke programmes dedicated to training, nutrition and beauty including creating individual food plans with consultation from the Nutritionist and Head Chef on site. The main focus at KX is all departments working in synergy along with chiropractors, physiotherapists who offer facilities such as full body analysis, testing your blood and non-invasive cosmetic procedures. This haven of wellbeing has it all from dedicated sport studios, a spa with plunge pools, a nutritional restaurant and a food-delivery service with detox plans.

CORE COLLECTIVE
www.core-collective.co.uk

Core Collective offers exclusive pay per session workouts in a pristine and spacious studio. Classes range from spinning or high-intensity training, to weighted yoga, TRX suspension training and ballet-inspired workouts. Also on offer is one-on-one bespoke personal training. This boutique fitness haunt located just off Kensington High Street, is made up entirely of class based exercises and offer raw, urban style facilities including waterfall showers. Core Kitchen offers a range of healthy treats and fruity cocktails to help soothe those aching muscles.



BARRECORE
www.barrecore.co.uk

Leading boutique health and fitness brand Barrecore launches a new time efficient yet challenging class to strengthen, lengthen and work muscles. Incorporating iconic Barrecore and ballet moves, this class is suitable for all fitness levels and body shapes. The format incorporates an extended section on either the upper body or lower body ensuring optimal burnout for rapid change. Barrecore offers 45 minute classes and although you will be working hard, there is minimal expiring, so quickly changing and getting back to the office is easy.

EQUINOX
www.equinox.com

Equinox boasts a boxing studio dedicated entirely to punch bags, a cycling studio, yoga room, Pilates reformer studio including a AlterG' anti-gravity treadmill (originally designed for Nasa astronauts), a luxurious spa and a crèche, for those with little ones. Equinox's service includes ice-cold, eucalyptus-infused face towels



scattered throughout the gym to refresh and calm your body, complimentary Kiehl's toiletries and GHD hair straighteners. Equinox's spa offers everything from luxury massages, laser hair removal and even a 24-carat gold facial mask for hydration, smoothing and radiance.

KOBOX
www.koboxlondon.com

Introducing London's first 'Fight Club meets Nightclub', this Kings Road boutique boxing gym combines 60 intense minutes of boxing with lively strength training. Founded by



Barry's Bootcamp Master Trainer Shane Collins, KOBOX's ethos is about making boxing accessible to people who want a fun way to get fabulously fit, but don't want to get hit. Weave your way around the flattering dark red lighting and buzzing atmosphere whilst using cables, medicine balls and plates to challenge your body further than your average boxing class. The studio features a virtual workout wall to help navigate punching sequences, along with shock absorbent, water filled punch-bags.

F45
www.f45training.co.uk

F45's philosophy is focused on functional training and high-octane workouts. F45 offers a minimum of two personal trainers in each class ensuring you get a personal experience for all levels. Workouts include cardio, strength, resistance training and feature a live resident DJ.

PSYCLE
www.psyclelondon.com

A cycling hotspot for those who are solely dedicated to spinning. Overhead, fluorescent strip lights flash in sync to a thumping beat whilst burning 600 calories on average per class. Drawing on advice from sports psychologists and Tour de France coaches, the classes are designed to give you the best cardio workout possible. Riders are given free cleats (spinning shoes) which clip into your bike. Psycle classes are pay-as-you-go and the Psycle Kitchen offers natural superfood smoothies and fresh food free from gluten, sugar and refined carbohydrates.



Dining Out

RESTAURANTS • COCKTAILS • OPENINGS • REVIEWS

We have scoped out London's hottest new restaurants opening throughout 2017 and have an exclusive sneak-peak of what's in store for the coming year...

BOB BOB EXCHANGE, THE CITY OF LONDON

In case of an emergency 'Press for Champagne'. Bob Bob Ricard's renowned tableside buttons will be pushed from summer 2017 at the iconic Leadenhall building, better known as 'the Cheesegrater'. Bob Bob Exchange will be the first restaurant to launch in the Leadenhall building occupying the entire eighth floor with a roaring '20s décor that screams Jay Gatsby. The menu, similar to the Soho branch, will serve Russian-inspired food with a Modern British twist in cool art deco surroundings. Be sure to try the platinum vodka shots chilled to precisely the optimum -18 degrees and push the button at every booth to summon service for you and your guests.

JEAN-GEORGES AT THE CONNAUGHT, MAYFAIR

This spring the Connaught will add a second Michelin-starred restaurant to its collection. Alongside Hélène Darroze, Chef Jean-Georges Vongerichten will be adding London to his global portfolio of dynamic food destinations which also includes New York, Paris, Shanghai and Tokyo. The new restaurant is set to be the depiction of casual chic, offering all day dining. The name of the restaurant remains shrouded in secrecy and the type of cuisine is likewise yet to be announced.



THE IVY SOHO BRASSERIE, SOHO

Set to open in February, the Ivy Soho Brasserie is an exciting addition to the vibrant neighbourhood. Situated on Broadwick Street, the Ivy will feature approximately 200 covers, continuing the distinctive and quintessentially British look and feel across the Ivy Collection. Making up the main restaurant, bar, private dining room (which can cater for up to 30 guests) and spoiling us with a Parisian style outdoor seating area, the Ivy Soho Brasserie will offer an all-encompassing, contemporary British menu. The bespoke artisan cocktails includes the 'Winter Pear Bellini' – with Fresh Williams pear topped with prosecco promise to tantalise and tease your taste buds, something to ring in spring rather exquisitely.

GAME BIRD AT THE STAFFORD, ST JAMES

Game Bird at the Stafford represents the height of informal luxury and exceptional service signalling an exciting new chapter for the five-star hotel in St. James. The recently appointed Executive Chef, James Durrant has a wealth of experience working in the hospitality industry for over 20 years. Durrant's



impressive resume includes Sous Chef at Claridge's, Head Chef at Maze and a Private Chef for the Rothschild family. British classic dishes are on offer with innovative and contemporary touches that perfectly complement the surroundings, the history of the property, and a relaxed atmosphere topped with exceptional service.



TOM KERRIDGE AT THE JUMEIRAH CARLTON TOWER, KNIGHTSBRIDGE

Gracing Sloane Street late 2017, Tom Kerridge will be launching his latest venture at the Jumeirah Carlton Tower. Chef-owner of the renowned two star Michelin gastropub, The Hand and Flowers in Marlow, is teaming up with the Jumeirah Carlton Tower to create a scrumptious feast that is sure to make this restaurant a top dining destination.

INTERCONTINENTAL, PARK LANE

Opening in Spring, internationally-acclaimed Chef Martha Ortiz will bring her celebrated Mexican gastronomy to London in an exciting new restaurant located at InterContinental London Park

Lane. Martha Ortiz is Chef Patron of Mexico City's award-winning Dulce Patria, heralded as one of Latin America's most exciting restaurants and is celebrated for her creative cuisine and historical research into Mexican food traditions. In London, Martha's philosophy will be brought to life by David Collins Studio, featuring references to Mexican design and culture. The restaurant will join Theo Randall at the InterContinental, bringing two renowned Chefs under one roof at one of London's most prestigious addresses.

ASTER, VICTORIA

Spread over two floors, including two private dining rooms and a terrace in Victoria's vibrant new Nova development, Aster will be a stylish destination to feast on Nordic delicacies with a French twist. Aster is set to open early February, with the menu created by Finnish born executive chef, Helena Puolakka, who combines her Michelin starred French culinary training with Nordic influences, creating a sublimely different direction to well-known dishes. Aster will join D&D's portfolio of restaurants including Le Pont de la Tour, Bluebird, Coq D'Argent and 100 Wardour Street.



Exclusively for you

VIP Social Diary

THEATRE • SPORT • PREMIERES • EXCLUSIVE

Cadogan Concierge is here to enhance your personal VIP social diary. We can access tickets for a range of occasions including many sold out or unobtainable events. Please contact us for further details of events covering the world of theatre, sport, exhibitions, comedy, film premieres and concerts...

KX

www.kxlife.co.uk

Get fit in the finest style. KX, Chelsea's renowned health and fitness club, is offering exclusively to Cadogan members:

- £1,000 joining fee (reduced from £2,000)
- Preferred subscription rate of £550 monthly or £6,000 upfront (reduced from £575/£6250)
- Block of five x1 hour Personal Training sessions with London's most sought after trainers (valued at £495)
- KX Functional Assessment (including body composition & blood test)
- Complimentary meal & spa treatment upon joining

For more information, contact your Lifestyle Manager.

THE MAGIC LANTERN FESTIVAL 19 Jan to 26 Feb – Chiswick House Gardens

The Magical Lantern Festival is a spectacular fusion of art, heritage and culture with all illuminating outdoor installations of beautifully sculptured lanterns in various forms. It celebrates Chinese New Year 2017 which is Year of the Rooster and the theme is 'Explore The Silk Road.'

BURNS NIGHT 22 Jan – National Museum of Scotland, Edinburgh

Celebrated annually on Robert Burns' birthday, Burns Night gathers Scots and Scots-at-heart around the world to pay tribute to the great poet's life and works. The culmination of Scotland's Winter Festivals, Burns Night is marked by a jam-packed

programme of celebrations across the country. There will be haggis eating, ceilidh dancing, songs, poetry and more, but most importantly – good company and loads of fun.

HOGWARTS IN THE SNOW Currently to 29 Jan – Warner Bros Studios

This festive season, you are invited to experience Christmas time at Hogwarts and discover how filmmakers created fire, ice and snow that never melts as we undergo a magical makeover for Hogwarts in the Snow. Christmas trees will line the Great Hall, the Gryffindor common room will be dressed for the season and a blanket of filmmaking snow will be meticulously applied to the majestic Hogwarts castle model.

The Gryffindor Common Room and Boys' Dormitory will be decorated

with the original props including handmade Christmas cards, some of which were made by the cast members during production. You will even be able to touch samples of the different types of 'snow' used during production, each selected for its ability to float like falling snow, crunch under foot or glisten in the light like ice.

SLEEPING BEAUTY On now until 14 Mar – Royal Ballet at the Royal Opera House

Celebrate 70 years of the Royal Ballet's landmark production of Petipa's classic ballet and enter an enchanted world of princesses, fairy godmothers and magical spells, to glorious music by Tchaikovsky.





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