

# CADOGANVIP

THE MAGAZINE FROM CADOGAN CONCIERGE • JANUARY 2018



INSPIRE YOUR NEW YEAR'S FITNESS REGIME  
REVITALISE WITH HEALTHY LOCAL DINING  
BOOST YOUR SKIN WITH DERMALOGICA



# Inside

January 2018



5

## WHAT'S ON IN CHELSEA?

Soak up the best of  
Chelsea's culture

10

## RETAIL THERAPY

Refresh yourself with New  
Year essentials

12

## FITNESS CLUBS

A class above, check out the  
best local options

14

## DINING OUT

From goji berries, joegurts to raw  
fudgery brownies - where to eat  
healthily in 2018

16

## VIP SOCIAL DIARY

The most exclusive dates for your  
social diary this month



# Welcome

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Happy New Year.

I hope you're feeling a refreshed energy and optimism as we say goodbye to 2017 and welcome new opportunities.

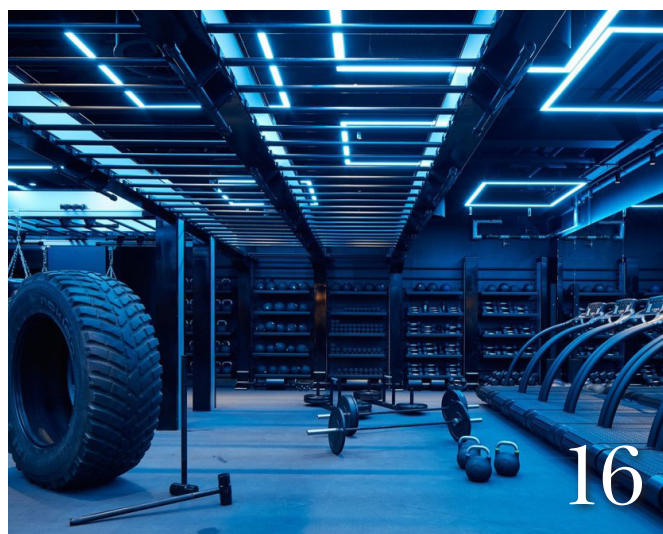
In case you need a little help to boost energy levels, we take a look this issue at some of the best wellbeing products and gyms to inspire.

The festive season leaves many of us feeling a little sluggish, so we also round up local cafes and restaurants that will make eating well feel effortless – it doesn't have to involve green juice and kale chips!

Here's to a happy, healthy 2018.



Hugh Seaborn  
Chief Executive, Cadogan





# What's on in Chelsea

MUSIC • ART • THEATRE • EXHIBITIONS • FOOD



## Salon 004 - Philip Pearlstein: Paintings 1990-2017

**Saatchi Gallery**  
17 January – 25 March 2018

An exploration of works by the American artist who goes against the conventions of portraiture by looking to maintain a complete sense of detachment. Philip Pearlstein's large scale realist paintings are a powerful and introspective look at those around us.

## The Railway Children

**Cadogan Hall**  
**21 January, 6.30pm**

A sparkling new musical adaptation of E Nesbit's timeless classic *The Railway Children*; the adventure of three children and their mother moving to the countryside after the disappearance of their father in Edwardian London. This moving performance is accompanied by 24 members of the Alex Parker Orchestra.



## Lovett or Leave It

**Cadogan Hall**  
**13 January**

Lovett or Leave It is a weekly podcast that marries the entertainment and humor of a variety show with the substance and information of a Sunday Show. It is helmed by Jon Lovett, Pod Save America co-host and a "straight shooter" who previously served as a speechwriter to President Obama and then-Senator Hillary Clinton. Join him for an evening of comedy, politics and witty guests celebrating the absurdity of the news cycle.

## Soothing Sessions

**Bluebird**  
**15 January, 6.30pm**

Bluebird have teamed up with Triyoga, the yoga sanctuary on the King's Road, and 'sleep experts' Kiss the Moon to ensure you have the smoothest start to 2018.

Start with a candlelit yoga session, accompanied by heavenly scented aromatherapy candles and followed by a delicious dinner. Tickets for the event are £35 and can be booked through Bluebird.



*For more local events and exhibitions,*





## Peter King & Mornington Lockett

**606 Club**  
**13 January, 9.30pm**

This is a rare chance to hear two of the finest saxophonists in the world. Peter King will be showing off his fabulous technique and sense of harmony whilst Mornington Lockett will be demonstrating his skills as one of the UK's leading tenor saxophone players. This is a must-see for anyone interested in Modern Jazz.

## Security & the Army Tour

**National Army Museum**  
**6 January**

For all budding soldiers or those interested in the army and the role they play today, the National Army Museum is offering a complimentary tour exploring the topic of security and the army. This fascinating opportunity will look at their role in the UK and the world throughout history as well as highlighting some of the objects and stories related to key moments and figures involved.



## Introduction to French Baking Workshop

**Bread Ahead**  
**25 January, 2-5pm £80pp**

Transport yourself to the bakeries of Paris with this essential half day workshop. Along with the infamous classic baguette, you'll be learning the tricks of the trade and how to create a rustic pain de campagne and a traditional fougasse.

# New Year, New Art

**Jonathan Cooper Galley**  
**17-27 January**

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The contemporary art gallery will be starting the new year with a mixed exhibition of affordable artworks. The perfect opportunity to invest in something new for your home, with works priced up to £5,000.





# Exclusively for You

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## Dermalogica Masterclass

**Dermalogica - Duke of York Square**  
**25 January**

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Hosted by Dermalogica skin experts, experience complimentary face mapping to better understand your skin. As well as the opportunity to learn about their award winning products, you'll receive a personalised 10 minute 'skin saver' treatment. Discover a new meaning to skin health.

Please contact your Lifestyle Manager for further details.

# Retail Therapy

LUXURY • ACCESSORIES • PERSONAL SHOPPING • EXPERIENCES

*It's a new year, filled with opportunity and optimism. Why not kick-start 2018 with healthy lifestyle essentials, and a bit of pampering too.*



Aesop Personal Care  
Herbal Deodorant  
£23

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Wulf And Lamb  
Vegan Chilli Non Carne  
£12.95

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Harvey Nichols Elemis  
Calm Candle  
£35

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Dermalogica Multivitamin  
Power Recovery Mask  
£39.50

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Jo Malone  
Hand Cream Trio  
£44

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Richard Ward  
Top To Toe Treatment Day  
£525

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Harvey Nichols Kiki Heath  
Superfood Capsules  
£30

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Heidi Klein High Neck  
Bikini Aqua In Plum  
£130

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Harvey Nichols LNDR  
Colour Block Jersey Set  
£140

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Neom Great Day Everyday  
Three Step Programme  
£50

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# Peak *Fitness*



*Experience London's  
best and most luxurious  
gyms, conveniently  
located on your doorstep*

#### **KXU Chelsea**

**241 Pavilion Rd, Chelsea, London SW1X 0BP**

**[www.kxu.co.uk](http://www.kxu.co.uk)**

KXU Chelsea is the new pay as you go fitness and wellness boutique, and the latest offshoot from the KX Life team (see below). KXU offers access without membership fee, to partake in a range of spinning, dancing, yoga and boxing classes from £24 each. Guests can also take advantage of their medi-spa with a wide range of massages and skin care treatments, a cryotherapy room and an infra-red sauna.

#### **KX Life Chelsea**

**151 Draycott Ave, Chelsea, London SW3 3AL**

**[www.kxlife.co.uk](http://www.kxlife.co.uk)**

Not just one of London's best gyms, but one of the most exclusive private members health clubs boasting a state of the art gym with personal training, dedicated sport studios and group fitness classes, plunge pools and a luxury spa specialising in some of the best known and respected therapies in town. Feeling peckish? KX also boasts its very own nutritional restaurant where head chef Allesandro Verdenelli creates healthy and nutritious dishes without compromising on great taste. Food-delivery service with detox plans are also available.

#### **KOBOX Chelsea**

**8-11, Kings Walk, 122 King's Rd, Chelsea, London SW3 4TR**

**[www.koboxlondon.com](http://www.koboxlondon.com)**

KOBOX Chelsea prides itself on the nightclub meets fight club mentality. Each 50-minute intense class has the lights dimmed and the music at high tempo to 'beat' those January blues. KOBOX is group boxing classes, where each guests



has drills on a punching bag, however personal training is also available. At £25 for the first two classes it's also very good value. The KOBOX Kitchen also serves energy and protein shakes, along with a range of snacks which will fuel your fight long after you leave the studio.

#### **BARRECORE Chelsea**

**Atlantic Court, 77 King's Road, First Floor, London SW3 4NX**  
**[www.barrecore.co.uk](http://www.barrecore.co.uk)**

Ready to reshape yourself? Head to Barrecore, the leading boutique health and fitness studio in the heart of Chelsea. Barrecore's 45 minute classes are set to upbeat music and incorporate high repetitions of barre and ballet moves to help craft a long, lean and strong physique for 2018.

#### **Triyoga Chelsea**

**372 King's Rd, Chelsea, London SW3 5UZ**  
**[www.triyoga.co.uk](http://www.triyoga.co.uk)**

New Year, new you? If getting fit mind, body and soul is your goal, then head to Triyoga to deepen your yoga practice. Triyoga's spacious and light-filled health centre is an idyllic sanctuary in which you can relax and unwind with treatments and healthy, nutritious food.

#### **Heartcore Fitness**

**6 Burnsall St, Chelsea, London SW3 3ST**  
**[www.heartcore.co.uk](http://www.heartcore.co.uk)**

Calling all Pilates lovers. Head to Heartcore Fitness and work out with a selection of dynamic pilates, TRX and Barre classes. Empowering and creative classes will feel more like fun and less like exercise. Be sure to try the 'Restore by Candlelight' class, a highly relaxing and releasing experience set to gentle tunes and candle light. Experience a truly welcoming escape.



#### **LOMAX Chelsea**

**293 Fulham Rd, London SW10 9PZ**  
**[www.lomaxpt.com](http://www.lomaxpt.com)**

Beat those January blues at Lomax, the bespoke fitness and wellbeing hub located just off the iconic King's Road. Lomax provides tailored pay-as-you-go fitness, nutrition and wellbeing. This unique studio features 12 fitness pods (or minigyms), a performance-based clinic, pilates and cycling studios and private training pods all under one roof.



# Dining Out

## THE GOOD LIFE EATERY

59 Sloane Ave, Chelsea, London SW3 3DH

[www.goodlifeeatery.com](http://www.goodlifeeatery.com)

Haven't tried the Good Life Salad? Now's your chance. Head down to The Good Life Eatery for a healthy dose of kale, roasted sweet potato, quinoa and goji berries. Bursting with nutrition whilst tantalizing those taste buds! On the run? Why not grab a power shot to go, a small shot of wheatgrass, coconut H2O, spirulina and zesty lime.



## RAW PRESS

3 Ellis St, Belgravia, London SW1X 9AL

[www.rawpress.co](http://www.rawpress.co)

If the festive season has left you feeling sluggish, why not head down to Raw Press for a 'Super Green' cold-pressed juice. This wonderful blend of thirst quenching coconut water, cucumber, celery and kale along with a hint of parsley will be sure to provide a healthy kick. For those with a sweet tooth, try the buckwheat waffles with a tasty topping of coconut

yoghurt, blueberries and sweet maple syrup, the perfect way to indulge those guilty pleasures.



## JUICE BABY

398 King's Rd, Chelsea, London SW10 0LJ

[www.juicebaby.co.uk](http://www.juicebaby.co.uk)

Juice Baby supports UK-based organic farmers and makes on the go, accessible healthy food. Cleanse your body with a balanced mix of fruit and vegetable juices or try their superfood smoothies and booster shots. With this extensive mouth-watering menu it's hard to know where to begin. Healthy food options consist of lean, green salads with curly kale, sliced cucumber, shredded courgette and raw hemp seeds, served with a dollop of salad dressing. Craving something sweet, try the succulent sticky toffee balls, served with dates, creamy coconut, carob and vanilla.





#### WULF & LAMB

243 Pavilion Road, London, SW1X 0BP  
[www.wulfandlamb.com](http://www.wulfandlamb.com)

Curated for “ferocious herbivores and friends”, Wulf & Lamb opened their doors in October to critical acclaim. On their 100% plant-based menu, there is an appropriately named Chili’non’Carne with cashew sour cream, an Ackee Burrito which used the lychee-like fruit for a creamy twist, and a signature spicy bean burger – named the the Wulf Burger. For the ultimate January health fix try the Beetroot & Quinoa with julienne carrots, edamame and baby spinach and pumpkin seeds.

#### LITTLE H

Little H, 267 New, King's Rd, London SW6 4RB  
[www.littlehlondon.com](http://www.littlehlondon.com)

Inspired by the Californian culinary scene, Little H is a deli-cum-café. A health haven bringing a slice of sunshine to your life. Little H serves a varied menu of juices, smoothies and healthy

breakfasts and lunches. Rise and shine with the chia seed & almond milk pots served with blueberries, toasted almonds, cacao nibs & coconut yoghurt. Gourmet lunch sandwiches are also on offer with thick and creamy hummus, soft avocado mash, mozzarella and spinach with sun dried tomatoes.



#### TANYA'S CAFÉ

35 Ixworth Pl, Chelsea, London SW3 3QX  
[www.tanyasliving.com](http://www.tanyasliving.com)

Feed your soul at Tanya’s café, a beautiful plant based store offering a natural, mineral-packed and enzyme-rich menu. Feast on some delicious guilt-free treats such as the ‘Raw Fudgy Brownie’ made from walnuts, pecans and almond butter with gooey dates, cacao and pink salt. Still feeling peckish? Snack on some raw dehydrated snacks of coconut chips, detox dust seeds and kale chips.

# VIP Social Diary

THEATRE • SPORT • PREMIERES • EXCLUSIVE

*Cadogan Concierge is here to enhance your 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...*



**CIRQUE DE SOLEIL'S OVO**  
7 Jan to 11 Feb – Royal Albert Hall

Returning to London's majestic Royal Albert Hall for its eighth show debut in two decades, Cirque Du Soleil is back with a brand new evening of acrobatic magic. This team of 50 acrobatic professionals from 17 countries will treat viewers to 10 show-stopping acts. After the rousing success of Cirque du Soleil's previous touring show Amaluna, fans can expect to be similarly wowed. Ovo is teeming with life. Insects work, play, fight and look for love in a non-stop riot of energy in motion.



**CELEBRATING DAVID BOWIE**  
12 Jan – O2 Shepherds Bush

Friends, Bowie bandmates and world class players will perform a career spanning concert of Bowie music, in true David Bowie-style. VIP Packages available.



**FAST AND FURIOUS LIVE**  
19 to 21 Jan – The O2

Experience the most thrilling stunts from the movies performed in an epic arena show!

The action and excitement from one of the most popular and enduring action film series of all-time.





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