

# CADOGAN VIP

THE MAGAZINE FROM CADOGAN CONCIERGE • JULY 2018



STRAWBERRIES AND SCREEN  
CHELSEA'S BEST LOCAL SPAS  
SUPER COOL ICE CREAM SPOTS



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# Welcome

Welcome to the July issue of Cadogan VIP.

I hope that you found a moment to enjoy recent community events, including Chelsea in Bloom and last week's Summer Fete. Next up is 'Strawberries & Screen', our complimentary outdoor Wimbledon screenings at Duke of York Square and we have VIP seats set aside for you. Please see p5 for further details.

If you are not on holiday, spoil yourself locally with a sumptuous spa treatment or tempting ice cream – we round up the best places to enjoy both in this issue!

Until next month,



Hugh Seaborn  
Chief Executive, Cadogan



# What's on in Chelsea

MUSIC • ART • THEATRE • EXHIBITIONS • FOOD



**STRAWBERRIES & SCREEN**

13 to 15 July - Duke of York Square  
[www.dukeofyorksquare.co.uk](http://www.dukeofyorksquare.co.uk)

Chelsea's popular Wimbledon screenings are back for another great year. Take your seat in the VIP section or bring a picnic blanket as you sit back, relax and revel in the nail-biting tennis finals of the season. Enjoy your afternoon cheering at the giant screen, indulging in a jug of Pimm's and traditional strawberries and cream, courtesy of Partridges' pop-up bar. For aspiring tennis stars, this is the perfect way for little ones to swing to victory with the event's complimentary children's coach.

Please contact your Lifestyle Manager to book complimentary VIP seats.



## Azzedine Alaia: The Couturier

Until 7 October - Design Museum  
[www.Designmuseum.org](http://www.Designmuseum.org)

Described by The Guardian as 'couture's rebellious outsider', Monsieur Alaia co-curated this exhibition prior to his death in November 2017. It charts his incredible journey from sculptor to couturier, interlacing stories from his own personal life and a selection of garments ranging from the very rare to the iconic.

## Purdy

4 July - 606 Club  
[www.606club.co.uk](http://www.606club.co.uk)

Listen to Purdy perform famously 'pop noir' songs from her debut album as well as her latest releases, fresh from supporting Jools Holland's latest UK tour.

Her unique style, reminiscent of Nina Simone and Peggy Lee, sees her onstage with a playful swagger and delightful appeal to ensure a fantastic evening.

## Supper talk: Delicious Garden Drinks

19 July - Chelsea Physic Garden  
[www.chelseaphysicgarden.co.uk](http://www.chelseaphysicgarden.co.uk)

Try your hand at brewing up delicious and healthy drinks from seasonal garden produce with wild foods expert, Rachel de Thample and nutritional therapist, Ciara Jean Roberts. Learn the health benefits of freshly harvested fruits, flowers and herbs creating drinks such as Elderflower Kefir and Wild Cherry Kombucha.



## Into the deep | Tim Wright – Kate Tedman – Dolly Thompsett

Until 22 July - Pontone Gallery  
[www.shineartists.com](http://www.shineartists.com)

This exhibition presents a journey through the imagined worlds of three British Artists. Each artist explores the ideas of painting as an opportunity to modify perception and transport the audience into another realm. See the works of Tim Wright, Katie Tedman and Dolly Thompsett which in a fascinating exploration of the undiscovered and the hidden.

## Jonathan Cooper: 30 Years

12 to 21 July - Jonathan Cooper Gallery  
[www.jonathancooper.co.uk](http://www.jonathancooper.co.uk)

Celebrate the 30th anniversary of the gallery which discovers and promotes contemporary and figurative painters, drawers and sculptors. In this commemorative exhibition, 31 international artists highlight Jonathan Cooper's passion to discover and promote artists demonstrating a new viewpoint within wildlife, botanical, landscape and still life.



## Bluebirds of War: Canadian nurses in the First World War

6 July - National Army Museum  
[www.nam.ac.uk](http://www.nam.ac.uk)

Dr Andrea McKenzie shines a light on the inspirational Canadian nurses who tended to the wounded and ill soldiers of the First World War, particularly their role on the Western Front in 1918. Over 3,800 left their homes, 3,000 miles away, to care for the casualties of war.



# Best Local Spas

*If you're not on a holiday, you deserve some 'R&R' at home. Here are the best local spas to indulge in...*

## **THE LANESBOROUGH CLUB & SPA** **[www.lanesboroughclubandspa.com](http://www.lanesboroughclubandspa.com)**

Awarded the world's best new hotel spa in 2017, The Lanesborough Club & Spa is one of London's most exclusive fitness and health clubs. Enter into a paradise of creamy white interiors with secret doors, shimmering mirrors and silk wallpaper, to discover a 2,300ft fitness space with industry leading equipment. Luxury spa facilities include; male and female thermal suites serviced by spa butlers, a soothing hydro pool, five spacious treatment rooms with a steam room and dry sauna. Indulge in a Bio Energy mud bath, Himalayan salt crystal massages or White Caviar brightening facials.

## **USHVANI** **[www.ushvani.com](http://www.ushvani.com)**

Recognised as the city's best luxury sanctuary, Ushvani is an Asian-inspired retreat with authentic significance. Focusing on both spiritual harmony and natural treatments, Ushvani's holistic approach is to treat the mind, body and spirit. Luxuriate and

revitalise your energies with a selection of full body experiences, signature scrubs and 90-minute massage treatments. Spa facilities include four treatment rooms, a ladies only spa pool with hydrotherapeutic features, steam facilities with a relaxation room and a beautiful yoga studio.

## **MANDARIN ORIENTAL SPA** **[www.mandarinoriental.com](http://www.mandarinoriental.com)**

Set in the heart of Knightsbridge and spread over two floors, The Spa at Mandarin Oriental promotes an aura of relaxation, mindfulness and life balance. With treatments ranging from Bastien Gonzalez famed manicures and pedicures to a range of powerful anti-ageing facials. The extensive spa menu combines Mandarin Oriental's own signature therapies with Aromatherapy treatments and luxury products. Facilities include 13 single treatment rooms, an amethyst crystal steam room, refreshing vitality pools and a fully-equipped fitness centre with state-of-the-art technology.

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

At the forefront of excellence in health, fitness, nutrition, and wellbeing, KX is one of the most beautifully designed fitness and well-being spaces in Central London. With luxury plunge pools, steam rooms and a spacious gym with state of the art equipment - you will be spoilt for choice in this health haven. Specialising in a number of the best known and respected therapies along with a combination of ancient Eastern healing methods and advanced Western techniques. Popular treatments include, skin tightening treatments, non-surgical facelifts and a range of massages.

## **THE DORCHESTER SPA** **[www.dorchestercollection.com](http://www.dorchestercollection.com)**

The spa at the Dorchester is part of the glamorous five-star hotel on Park Lane. Discover true luxury at the Dorchester's spa and experience sheer bliss interspersed with peacefulness, relaxation and tranquillity. Soothe your senses with a choice of 22 high-powered facials, full body mud wraps, mineral cleanses and collagen facial lifts. Spa facilities include 9 treatment rooms, manicure and pedicure suites, aromatic steam rooms, a ladies hairdressing salon and gentleman's barber.

## **ESPA LIFE AT CORINTHIA** **[www.espalifeatcorinthia.com](http://www.espalifeatcorinthia.com)**

Escape from the hustle and bustle of London living and enter a world of utter peacefulness - set in a space of iconic beauty, ESPA Life at the Corinthia London is the capitals largest urban spa. Spread

over four floors and featuring an indoor swimming pool, vitality pool, 17 treatment rooms with thermal floors, ice fountains, marble heated loungers and private sleep pods. Choose from a wonderful selection of carefully crafted spa treatments.



## **THE BULGARI SPA** **[www.bulgarihotels.com](http://www.bulgarihotels.com)**

The award-winning Bvlgari Spa spans over 2000m. This urban oasis of tranquillity boasts a 25m swimming pool lined with shimmering green and gold mosaic and a vitality pool entirely covered in gold leaf tiles. Spa facilities include 11 private treatment rooms and a double spa suite complete with its own steam room, jacuzzi and private treatment room. For gym bunnies, there is a 150m fitness area with personal training and a workshop gymnasium.

## **JUMEIRAH CARLTON HEALTH CLUB & SPA** **[www.jumeirah.com](http://www.jumeirah.com)**

One of London's premier health and beauty centres, The Peak Health Club & Spa is a modern and luxurious haven located on the ninth floor of Jumeirah Carlton Tower. This luxury retreat offers a vast range of heavenly treatments - pamper and rejuvenate yourself with body polishes, cellulite reduction and skin boosting facials. Spa facilities include a glass-roofed 20m heated swimming pool with panoramic views of London and a Jacuzzi, sauna and steam rooms.



# Ushvani Spa Exclusive Interview



*Ushvani is discreetly located at Cadogan Gardens. It has won accolades such as Tatler's 'Best Day Spa' and Condé Nast Traveller's 'Best Day Spa', as well as being award winner in 2015 with Condé Nast Johansen's. Cadogan VIP talks to founder Usha Arumugam to find out more...*

**Q: You have a wonderful spa just off Pavilion Road, tell us the history behind Ushvani and what inspired you to open a Malaysian spa?**

**A:** I have put a lot of time and love into it. It's absolutely a passion project that takes up most of my time, but it's hard to stay away when you love what you've created. South-East Asia is the birth place of massage and has such an intuitive and natural approach to treatments and products. London didn't have a Malaysian Spa and it's my heritage and what I knew about. I spent four years meticulously researching in Malaysia, training staff and setting up the spa. What we have created is an authentic Malaysian Spa offering the best, genuine and effective treatments.

**Q: Is Ushvani London's only Malaysian Spa?**

**A:** As far as we are aware, we are still the only authentic Malayasian Spa in the city and we continue to develop our treatments, our own brand products and our classes in our yoga studio based on South-East Asian principles.

**Q: Tell us a little bit about the spa itself and what facilities and treatments are available?**

**A:** We have four treatment rooms, one dedicated to our male guests, a beautiful yoga studio on the first floor and a female only suite on the lower ground floor which includes our hydrotherapy pool, steam facilities and relaxation room. We also have the Asmara suite for couples with its own sunken bath and steam room. There is also a tea room on the ground floor.

**Q: What are the most popular spa treatments and why?**

**A:** Our Treatment list is not extensive and that is deliberate, as I wanted to adopt a back to basic approach. The Malay Massage is one of our signature treatments and is always popular as are the Full Body Massage and the Warming Herbal Ritual, both firm favorites with returning guests. Facial treatments are very much in demand as an alternative to more invasive treatments available elsewhere. I like to create experiences, not sessions, so most of our treatments involve a variety of aspects. We also offer weekly yoga classes, occasional meditation and a monthly sleep workshop.

**Q: Do you offer any bespoke treatments exclusive to Ushvani?**

**A:** Absolutely, all of our treatments have been designed in a way that is true to our South East Asian roots and based on traditional treatments such as Malay and Balinese massage methods but with our own oils and techniques that maximise their holistic benefits. The Ushvani pregnancy treatment for example has been developed especially for us and is taught to our therapists by a trained midwife. We take the health and well-being of all our guests (even the unborn) extremely seriously.

**Q: Tell us a little about your Ushvani product range?**

**A:** I wanted the benefits of Ushvani treatments to be felt long after our guests leave us. This meant that all the products that I created, to be used in the treatments, can be purchased to be used at home. A product concept comes out of discovering an ingredient that has specific ability and working with my product development team to create something that can be added to our range, fitting perfectly with Ushvani's treatments and allowing the spa experience to be taken home.

**Q: Ushvani has been voted the UK's Best Day Spa by both Tatler and Condé Nast Traveller in the past – what makes the spa unique and stand out from the rest?**

**A:** First and foremost, this has to be our approach to client services. All our team are trained in what excellent client service means to Ushvani, a deep and genuine respect for the individual. Every aspect of South-Eastern hospitality is adopted and practiced at Ushvani. It's also a superbly relaxing space - a Malaysian oasis in a bustling metropolis. As you saw when you arrived, entering through two sets of heavy oak doors and into our reception area feels like you have been transported to somewhere far away. We took a Grade II listed town house and we custom fitted it for our guest's needs

**Q: When entering your spa, how do you create that customer feeling of almost being teleported from the busy streets of London and into utter peace and tranquility?**

**A:** Aside from how the spa looks when you enter and the personal welcome you receive, we also put a great deal of attention into how our guests feel, as in Asia everyone's shoes are removed and replaced with spa slippers, so our guests feel more relaxed immediately. I have adopted Feng Shui at Ushvani making the choice and positioning of everything, including our aquarium with bright orange fish, all highly significant to bring prosperity and abundance to all who visit. We serve a signature hibiscus tea to all guests after their treatments.



**Q: We hear there are special classes available at Ushvani, can you tell us more about these classes and other special offerings?**

**A:** We have a beautiful Studio on the first floor and we use this for various weekly and monthly yoga classes. We also host events that focus on self-betterment, even self-defence. We are adding to this repertoire of classes and occasional talks constantly, so always keep an eye on our website and social media for what's coming.

**Q: What is required to enter the spa and to book treatments? Do you need to be a member?**

**A:** Absolutely not, we welcome anyone and everyone to the spa. We are a small spa so it is always advisable to book in advance. We have two late evenings per week on a Tuesday and a Thursday when we are open until 9pm. Our therapists are always on hand to advise on the best treatments for each individual, so we are confident that our guests needs are met and their expectations exceeded.

*To make an enquiry or for more information, contact your Lifestyle Manager or visit [www.ushvani.com](http://www.ushvani.com)*



# Exclusively for You

# Tom's Kitchen Raffle



## Exclusive Offer

**Sharky and George Adventure Days**  
**9 – 27 Jul (excluding weekends)**

Perfect for 5-10 year old's, Chelsea based children's events specialists Sharky & George are doing 3 weeks of fun-filled Adventure Clubs in Battersea Park. Expect mini-olympics competitions, water balloon fights, themed arts and crafts sessions and rocket launching!

Tickets available on [www.billetto.co.uk](http://www.billetto.co.uk)

Use the access code 'SUNNYSHARK' for 10% off



## Tom's Kitchen Raffle Prize

**WIN a complimentary dinner worth £100**  
**Raffle draw is open from 29 Jun - 6 Jul**

Tom's Kitchen are offering one lucky winner a complimentary dinner worth £100

The highly-acclaimed British chef, Tom Aikens, recently relaunched his flagship Tom's Kitchen restaurant in Chelsea. Following an extensive refurbishment, Tom introduced an exciting new menu offering seasonal British small plates, perfect to be shared with family and friends. The restaurant's exciting renewal brings a welcoming, modern and comfortable feel to the interiors; the perfect match for Tom's contemporary British menus.

For more information please contact your Lifestyle Manager

The winner will be selected at random



# Retail Therapy

LUXURY • ACCESSORIES • PERSONAL SHOPPING • EXPERIENCES

*We have selected some of the perfect summer essentials, ideal for the holiday season...*



Aesop  
Sun care body duet  
£47



Boutique 1  
SJYP blouse  
£150



Brora  
Embroidered Pouch  
£55



Boss  
Sliders  
£45



Escada  
Handbag  
£1450



Erdem at Harvey Nichols  
Silk skirt  
£975



Boutique 1  
Missoni Sun Hat  
£310



Jigsaw  
Jumpsuit  
£160



Links of London  
Salmon Cufflinks  
£275





Trotters  
Little Frederick Jumper  
£34

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Boden  
Eleanor Dress  
£80

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Anya Hindmarch  
Tote Chubby Wink  
£295

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Tom Davies  
Men's Sunglasses  
£395

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Kiki McDonough  
Memories Diamond  
Fish Bracelet  
£850

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Dubarry  
Jamaica Loafer  
£129

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Olivia Von Halle  
Silk Pyjamas  
£395

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Smythson  
Panama Sunglasses Case  
£135

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Heidi Klein  
Nautical Bandeau Bikini  
£130

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Jimmy Choo  
Sandal Wedges  
£375

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# Dining Out

*Cool off during these warm summer days  
& pay a visit to one of the neighbourhoods  
many ice cream parlours and popups...*

## AMORINO [www.amorino.com](http://www.amorino.com)

Amorino is an authentic Italian gelateria serving the very finest ice cream, sorbet, smoothies, frozen granitas, milkshakes and ice cream macaroons. Look out for their unique speciality, the gelato flower. This ice cream dream is handcrafted using a spatula, to serve and shape the thick and velvety gelato into a beautiful rose, with each petal being made using a different flavour. Select from flavours including strawberries and cream, blueberry cheesecake, tiramisu, mango, honey and much more.

## ICE CREAM UNION [www.icecreamunion.com](http://www.icecreamunion.com)

Ice Cream Union is due to open their first shop on Pavilion Road this August. Serving a range of all-time classic ice creams and sorbets, with constantly changing seasonal scoops, all made from locally sourced fruits and produce. This summer look out for the sunsweet melon sorbet and in Autumn, the spiced delicata pumpkin, and mince pie ice cream served during the festive season. Other

mouth-watering flavours include, honeycomb made from the London Honey Company, chocolate mousse, lemon pie, dulce de leche and pistachio. Soft serve ice cream will also be available, as well as a selection of vegan friendly ice creams.

## MAGNUM [www.magnumicecream.com](http://www.magnumicecream.com)

The iconic Magnum Pleasure Store returns and is open from 27 July to 16 September, this time at Duke of York Square. The ultimate in personalised indulgence, start by coating your ice cream in white, classic or dark chocolate, then select three from a range of classic, experimental or special toppings before finally selecting your drizzle of either white, classic or dark melted chocolate. Magnum is also introducing a new premium experience destined to be the most photographed ice cream this summer, discover over 10 stylish new looks inspired by the world of fashion and art.

## SNOWFLAKE LUXURY GELATO [www.snowflakegelato.co.uk](http://www.snowflakegelato.co.uk)

Snowflake takes an artisan approach by using natural ingredients and handmaking each batch with traditional methods. Pick from over 40 delicious gelato and sorbetto flavours, including date & honey, popcorn with sea salted caramel, honeycomb crunch and don't forget the traditional strawberries & cream to get into the Wimbledon spirit.

## HARRODS ICE CREAM PARLOUR [www.harrods.com](http://www.harrods.com)

Harrods Ice Cream Parlour is based on the second floor of the world-famous super store. A mouth-watering menu of freshly-made sundaes, shakes and decadent desserts awaits. Signature sundaes include the full banana split, served with vanilla ice cream, raspberry coulis, banana and whipped cream. Look out for the spaghetti ice, a unique bowl of spaghetti-style ice cream served with fresh whipped cream and your choice of topping. Ice cream floats and cookie shakes are also available at this frozen paradise.

## FOUR WINTERS [www.fourwinters.co.uk](http://www.fourwinters.co.uk)

Four Winters is the new and inventive ice cream parlour that harnesses the power of liquid nitrogen to create made-to-order ice cream in seconds. Step inside to find a brain-freeze buffet with an array of flavours, fusions, tasty toppings and mix-ins. Choose your flavour, then select your toppings, and watch whilst your ice



cream is frozen with a blast of the gas. During Wimbledon, Four Winters is coming to Bluebird to serve special Wimbledon inspired ice cream - the 'Bluebirdies & Cream'. In addition to this creation their fresh and innovative menu and bestsellers will be available too – don't miss out.

## VENCHI CHOCOLATE AND GELATO [www.venchi.com](http://www.venchi.com)

Venchi has over 140 years of Italian heritage and specialises in creating authentic flavours. Treat yourself to Venchi's classic Cuor di Cacao frozen gelato, served with an extra dark chocolate base, milk, cream and topped with devilishly delicious chocolate grains. Also available is Venchi's new seasonal flavours, favourites include the Cremino Vench, a frozen gelato with a hazelnut base, milk, hazelnut paste and covered with an indulgent layer of thick dark chocolate cream.





# 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...*



## **RHS HAMPTON COURT PALACE FLOWER SHOW** **1 – 7 Jul**

The RHS Flower Show at Hampton Court Palace is the world's largest annual flower show, attracting around 140,000 visitors each year. Watch demonstrations by celebrity gardeners and chefs, keep the kids busy with family activities and get inspiration for your very own gardening projects. Not forgetting the opportunity to browse the huge selection of flowers on sale from almost 100 nurseries in the Floral Marquee. .

## **WIMBLEDON** **2 – 15 Jul**

The most famous tennis tournament returns. Catch all the action live from the courts, kicking off the grand slam tennis tournament will be the singles first round on the centre court and concluding the games will be the men's final on the 15th July. If you don't manage to watch the games live, held at the All England Tennis Club, the BBC will be screening the championships for the full two weeks.



## **BRITISH SUMMER TIME FESTIVAL** **6 – 14 Jul**

Barclaycard presents 'British Summer Time' at Hyde Park with an incredible list of must see performances. From Bruno Mars, Michael Bublé, The Cure and many more. As well as the fantastic music, there will be a wide range of themed bars selling delicious refreshments from cocktails to real ales.

## **BBC PROMS** **13 Jul – 8 Sep**

BBC Proms is the world's greatest classical music festival. With performances taking place across a variety of locations in London such as the Royal Albert Hall, Cadogan Hall, Alexandra Palace and more. Book tickets for this year to get involved in the eight-week celebration of music.



## **ATHLETICS WORLD CUP** **14 -15 Jul**

The Athletics World Cup will feature the world's top eight athletic nations competing in London in a variety of events. The events include long jump, pole vault, javelin, relays and much more. All nations will compete for a \$2 million prize over the two-day event. The cup will conclude with the men's 100m and 4x400m and women's 4x400m, after which the winning nation will be presented with the Athletics World Cup trophy.





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