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JANUARY / FEBRUARY 2022

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Contents / January-February 2022

8 CALENDAR

Essential events for your diary in January and February

16 NEWS

Keeping you in the know about what's going on in Chelsea

25 **ART NEWS** All the must-see exhibitions

> **COVER** Bob Marley artwork created by Jimmy Turrell.

Page 9





$28 \, \mathrm{ART}$

Exploring Chelsea Arts Club's colourful past

32 history

The fascinating family behind John Lewis and Peter Jones

34 literature

Why Lady Glenconner's gripping memoir is a must-read

37 food news

Ottolenghi prepares to open on Pavilion Road

42 FOOD

Vegan eatery Holy Carrot is a healthy hit

44 food

The new restaurant inspired by European cafe culture

46 hotels

A night at boutique bolthole the Beaverbrook Town House

48 topten

The best buys for a happy and healthy new year







THE TASTEBUDS





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Contents

50 interiors

Soho Home's top tips for creating a cosy space 12

53 TRENDING

Wrap up warm this winter with these fashion buys

59 FASHION NEWS

Anya Hindmarch's new bag is stylish and sustainable

62 GIFT GUIDE

Surprise that special someone on Valentine's Day

68 CHARITY

A new report examines inequalities in the borough

70 social

All the latest local parties and gatherings

73 beauty news

New products and salon openings



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76 beauty

80 FITNESS

82 my chelsea

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Peak's impressive new look

Vita Boutique Fitness offers

Jeweller Theo Fennell on his favourite local haunts

a new way to work out

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Calendar

JANUARY 21 – MARCH 5

THE GLOW 1863. A woman is locked in a windowless cell, with no memory of how she got there... This is *The Glow*, a chilling new work by Alistair McDowall. Dealing with themes of spiritualism and madness, the play was personally selected by Lady Antonia Fraser as the winner of the 2018 Pinter Commission, an award that is given annually to support a new play. **Royal Court Theatre, Sloane Square**

Events biary JANUARY & FEBRUARY

HE ALEXANDER PALACE EGG, FABERGÉ, 1908 © THE MOSCOW KREMLIN MUSEUMS

UNTIL MAY

FABERGÉ IN LONDON: ROMANCE TO REVOLUTION Did you know that Fabergé, the legendary Russian goldsmith, had a branch in London? This major exhibition uses rare objects to tell the story of Britain's love affair with Carl Fabergé's opulent creations, with exhibits including a lost Fabergé egg that was rediscovered by a scrap dealer and an ice crystal pendant made from diamonds and platinum. V&A, Cromwell Road



FEBRUARY 2 – APRIL 18

THE BOB MARLEY ONE LOVE EXPERIENCE A new exhibition at Saatchi Gallery will explore the life and work of Bob Marley. Featuring giant art installations, multi-sensory rooms and live listening experiences, this immersive exhibition will make its global debut in Chelsea (where Marley lived while recording his acclaimed album Exodus). His home at 42 Oakley Street is commemorated with a blue plaque, and long-time residents may remember that Marley and the Wailers made regular trips across Albert Bridge to play football in Battersea Park.

Visitors to the One Love Experience will be able to explore unseen photographs and memorabilia, including one of the world's largest vinyl records. Highlights will include the One Love Forest, inspired by the scents and sounds of Jamaica; the Soul Shakedown Studio, where you can take part in a silent disco reggae dance party; and the Concrete Jungle Street Art Expo, where you can explore a gallery of Marley-inspired art anchored by original works by Mr Brainwash. Finally, you'll have the chance to celebrate Marley's legacy by writing a message of peace and inclusivity on the One Love Tree.

Saatchi Gallery, Duke of York Square



FEBRUARY 15 JASON FOX:

LIFE AT THE LIMIT Meet Jason Fox, star of TV's SAS: Who Dares Wins. He's coming to Cadogan Hall to share his story, including details of the gunfights, hostage rescues and hair-breadth escapes that formed part of his daring military career as a special forces soldier.

Cadogan Hall, 5 Sloane Terrace

FEBRUARY 23

THE SALT OF THE EARTH SCREENING Visit the Science Museum's Imax cinema for a screening of *The Salt of the Earth*, an Oscar-nominated documentary about photographer Sebastião Salgado. Having travelled the world to document wars, famines and genocides, the film sees Sebastião embark on a new journey: searching out the most untouched and pristine corners of nature. After the film, Sebastião will take questions from the audience. **Science Museum, Exhibition Road**



UNTIL APRIL 3

AMERICA IN CRISIS In 1969, Magnum Photos launched 'America in Crisis', a project which used photography to assess the state of the nation. Five decades later. this exhibition at Saatchi Gallery presents photos from the original project alongside the work of contemporary photographers, with more than 120 images reflecting on national anxieties and debates. From gun control to climate change, these photos are a commentary on America past and present. Saatchi Gallery, Duke of York Square

SMITHVILLE, TENNESSEE, 2015 © STACY KRANITZ



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Calendar

JANUARY 19

NATIONAL OPERA STUDIO Don't miss your chance to meet the stars of the future at this Cadogan Hall showcase. Students at the National Opera Studio will perform iconic scenes and well-loved arias, accompanied by the English National Opera orchestra and young musicians from the Royal College of Music. Cadogan Hall, 5 Sloane Terrace



UNTIL JANUARY 16 LONDON GRADS NOW.

pandemic.

21 This exhibition has been created and curated by talented graduates in response to the unprecedented cancellation of degree shows. Nine galleries across two floors will be crammed with artwork, reflecting the enduring power of creativity even at the height of the

Saatchi Gallery, Duke of York Square

JANUARY 27

BEHIND THE SCENES TOUR

Explore the Chelsea Physic Garden in all its frosty glory on this special winter tour, led by head of plant collections Nell Jones. You'll have access to behind-the-scenes locations like the potting shed, the tool shed and the historic boatyard, all while learning more about the inner workings of this Chelsea landmark. Afterwards, enjoy a three-course lunch at the Physic Garden Cafe. **Chelsea Physic Garden, 66 Royal Hospital Road**



12



Chelsea Physic Garden Heralding Spring

from Sunday 23 January Book tickets online at: chelseaphysicgarden.co.uk/heraldingspring 66 Royal Hospital Road, London, SW3 4HS

Calendar

JANUARY 20

FROM ATHENS TO ANDROMEDA: WHEN ANCIENT GREEKS LOOKED AT THE STARS Join a panel of experts to learn how ancient Greek thinkers shaped modern astronomy. Space journalist and broadcaster Sarah Cruddas will be joined by an impressive line-up of academics to discuss the secrets of the universe, delving deeper into ancient thinking about eclipses, stars and the solar system.

Science Museum, Exhibition Road



FEBRUARY 2

NEW YORK BAKING WORKSHOP Want to brush up on your baking skills? The experts at Bread Ahead will teach you how to make iconic American breads at this NYC-themed workshop. Whip up batches of caraway rye bread, onion or poppy-seed bialys, brioche hot dog buns, and authentic bagels and pretzels. The six-and-ahalf-hour workshop includes a tasty lunch.

Bread Ahead, 249 Pavilion Road

SILVER CELESTIAL GLOBE, 300-100 BCE © NICOLAS AND ALEXIS KUGEL COLLECTION, PHOTO GUILLAUME BENOIT

JANUARY 27 AND FEBRUARY 17

NATIONAL THEATRE LIVE

The National Theatre is relaunching its "live" programme, which sees performances broadcast live to cinemas via satellite. On January 27 see Tom Stoppard's *Leopoldstadt*, which follows a Jewish family in war-torn Austria. Then, on February 17, watch The Book of Dust: La Belle Sauvage, an adaptation of Philip Pullman's recent addition to the His Dark Materials series.

Everyman cinema, 279 King's Road



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Winter 2022

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News / January

MANJU MALHI, cookery teacher and author, has received a British Empire Medal in the Queen's birthday honours list in recognition of her work during the pandemic. Manju works with Kensington and Chelsea charity Open Age, delivering healthy cookery courses to help the elderly and isolated during lockdown and beyond. She's now released *The Seasoned Foodie*, a cookbook inspired by her work with vulnerable people in the borough.



CLIMATE ACTIVIST Greta Thunberg recently paid a visit to the Natural History Museum, where she toured the Our Broken Planet exhibition. During her visit, Greta was introduced to the "Nelloptodes gretae", a beetle that was discovered in the Natural History **Museum** collections and named in her honour in 2019

RESIDENTS HAVE BEEN invited to make their nominations for the 2022 Mayor's Awards. These community awards celebrate those who live, work and study in Kensington and Chelsea, with winners selected by a six-person judging panel that will include Cllr Gerard Hargreaves, Mayor of Kensington and Chelsea, and Imaan Abdi, the borough's youth mayor. Nominations close on January 24 at 5pm.

Historian Dan Cruickshank has released a new book, Built in Chelsea: Two Millennia of Architecture and Townscape. We caught up with him to find out more.

Why Chelsea?

I'm always on the hunt for parts of London that are distinct, with their own particular character. Chelsea is so rich in storytelling, and its history is full of wonderful characters and buildings. It has its own definable identity.

And why focus on Chelsea's buildings?

Architecture is everything; it's a portal into a whole world of ideas. I was interested in the diversity of Chelsea's architecture: over time, it has housed palaces, bohemian enclaves and working-class communities living in immense poverty. The spaces between buildings are also fascinating. Just look at some of Chelsea's squares

- like the elegant Sloane Square, or the convivial Duke of York Square.

What was the research process like?

I had a tremendous time in the archives of Chelsea Town Hall, which has the most terrific collection of documents and photographs. I also relied on the work of Chelsea's thriving community of artists, past and present. I became enthralled by Marianne Rush, an amateur painter working in the early

19th century, who documented buildings and views in Chelsea. I also learned more about a wonderful guy called Walter Greaves, whose father worked as Turner's boatman, and who became an amazingly gifted amateur artist in his





own right. He obsessively documented Chelsea, in particular Cheyne Walk.

What is the hardest thing about your work?

Buildings aren't static: they're changed, developed, sometimes even destroyed. It can be heartbreaking when important buildings disappear. The pace of change is so rapid.

What are your favourite buildings in Chelsea?

Probably the Chelsea Physic Garden and the Royal Hospital. I'm also fascinated by some of Chelsea's lost buildings, like Beaufort House, where Thomas More lived. Available from early Spring at John Sandoe Books and Waterstones King's Road



ON NOVEMBER 20, the annual Christmas light switch-on saw Chelsea transform into a twinkling winter wonderland. The King's Road was partly pedestrianised for the first time to allow for a festive food market, stilt walkers, live music and reindeer, while wintery cocktails were served at The Botanist and the Royal Court Theatre. This year, Chelsea's 'switch on star' was 9-year-old Ali, a pupil at Holy Trinity School, who was joined by ClIr Gerard Hargreaves, Mayor of Kensington and Chelsea to lead a countdown before flicking the switch.

The event raised funds for the K&C Collective, a group of frontline charities which support residents who are experiencing loneliness, isolation or financial hardship.

KING'S ROAD

BUSINESSES recently voted to establish a new **Business Improvement** District (BID), which came into operation on December 1. The new BID will result in £4 million of new private sector investment in the area over the next five years, supporting recovery from COVID-19, upgrading the public realm, enhancing the local environment and improving traffic management. Hugh Seaborn, Chief Executive of Cadogan and Chairman of the King's Road Partnership said: "This is a great result



for the King's Road. The BID will act as voice for businesses and continue the programme of improvements started by local landowners which benefits everyone who lives and works here. The BID will work in partnership with Kensington and Chelsea – who have been supportive throughout – the Mayor and local resident and amenity groups to help secure a vibrant, viable and sustainable future for the King's Road."



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News / January

CLEAR SPACE IN YOUR WALLET for a King's Road Privilege Card! Available free to those who live and work within a two-mile radius of the King's Road, this card unlocks a host of offers from beloved businesses across the neighbourhood. Card holders will be eligible for discounts, special gifts, exclusive experiences, free services and more at participating venues across the King's Road. Pavilion Road and Duke of York

Square. Available both as a physical card and as a digital addition to your Apple Wallet or Google Pay, it's a wonderful way to unlock the very best of Chelsea. Find out if you're eligible by visiting kingsroadlondon.com/privileges

FSI



ACCLAIMED CRIME WRITER TL Mogford is releasing his first historical novel. The Plant Hunter, set on the King's Road. Published on February 17, the historical thriller explores the world of Chelsea's plant nurseries, and the intrepid plant hunters who would undertake dangerous expeditions around the world to track down rare specimens. ROAD

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20



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News / January

VARDO HAS WON the prestigious 'Leisure' prize at the 2021 AJ Architecture Awards. Described by the judges as "magical" and "jewellike", Vardo uses retractable glazed walls and a roof terrace to seamlessly blend indoor and outdoor dining. The restaurant beat tough competition from the likes of Eccleston Yards and The Hoxton to secure the win, with the judges calling it an "amazing" achievement.





CADOGAN RECENTLY WON an award for 'Best Covid response' at the Property Awards 2021, the UK's leading industry awards. The award recognised Cadogan's support for local businesses, the NHS, creative sectors and the community throughout the pandemic. Hugh Seaborn, Chief Executive comments: "This is a particularly poignant award for us - as longterm stewards of Chelsea, our community means everything. During such a challenging time the team worked hard to put the safety and wellbeing of our neighbourhood first, while looking towards a more sustainable and inclusive future. Enormous thanks to the Property Awards for recognising this and our fantastic community for coming together and

demonstrating such resilience."

THE NEWLY REOPENED Carlton Tower Jumeirah has partnered with local hospitals to reward NHS heroes with a luxury stay. Four NHS workers from Royal Brompton and Harefield hospitals have been invited to relax and recharge in a suite, with breakfast at Italian restaurant Al Mare and a 90-minute massage at The Peak, the hotel's redesigned spa.





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Art / News

UNTIL JANUARY 23 Ally McIntyre: Dog Day Circus

Canadian artist Ally McIntyre creates large, unapologetic works which focus on nature, animals and the uncanny. This exhibition at Saatchi Gallery explores the development of her work between 2012 and 2019, allowing you to track the evolution of her style across the years.

Saatchi Gallery, Duke of York's HQ



FROM FEBRUARY 12 Beatrix Potter: Drawn to Nature

This family-friendly exhibition is a collaboration between the V&A and the National Trust and explores Potter's passion for the natural world and the legacy of her conservation work in the Lake District. Expect interactive elements, immersive experiences and trails that will guide you through more than 240 personal objects and sketches. V&A, Cromwell Road



ONGOING Maurice Broomfield: Industrial Sublime

This exhibition of Maurice Broomfield's photography celebrates the beauty of mechanisation. Born to a working class family near Derby, Broomfield's images of mid-century industry capture factories and their workers in an era of rapid transition. The display features more than 40 original exhibition prints, as well as a selection of Broomfield's cameras, press cuttings and negatives.

V&A, Cromwell Road

Art / News

Taschen has released the complete paintings of Frida Kahlo in a new XXL edition. Mexican painter Kahlo is known for her extraordinary self-portraits, which meditate on the chronic pain she suffered after a traffic accident. This new book from Taschen is a comprehensive study of her art, including works that were previously lost, housed in private collections, or unseen for more than 80 years. Taschen, 12 Duke of York Square

The Casa Azul





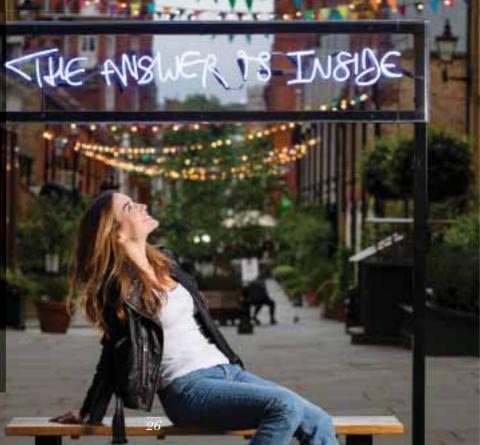
ONGOING The Wet Martini Exhibition

Justin Theobald of the Wet Martini Art Gallery is holding an exhibition of his striking pop art at the Chelsea Health Club & Spa. Taking inspiration from musical icons, his work puts a colourful and contemporary twist on iconic figures from Elvis Presley to Chairman Mao. Chelsea Health Club & Spa, Stamford Bridge, Fulham Road

Kensington + Chelsea Art Week 2022

The theme for Kensington + Chelsea Art Week 2022 has been announced (drum roll please...) This year, the public art trail will be inspired by the word "nourish". Artists will explore what it means to be nourished, whether that's physically, socially, or even spiritually. The highly topical theme also raises questions around ecology, and how we can nourish our bodies without depleting our planet.

KCAW 2022 will run from June 23 to July 3





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Art / Chelsea Arts Club





Above: Chelsea Arts Club decorated for the Dazzle Ball, 2014 Other images confirm that Chelsea Arts Club balls have never been dull

DANIEL PEMBREY DIVES INTO THE EXTRAORDINARY ARCHIVED HISTORY OF CHELSEA ARTS CLUB

Sun worship, Dazzle & Bubbles

"EVERY TIME I EMERGE FROM SLOANE

SQUARE TUBE STATION, I'm struck by the many ways in which Chelsea Arts Club members have shaped this special part of London," says broadcaster and writer Loyd Grossman.

"Thomas Heatherwick's sleek Routemaster buses rounding the square, Emma Bridgewater's distinctive mugs in the front of Peter Jones and Gilbert Ledward's landmark Venus Fountain in the centre of the square are just three examples of how the diverse talents of the club's membership add joy and inspiration to the daily lives of all those who live in, work in or visit Chelsea."

This rich artistic heritage is reflected in Chelsea Arts Club's archives, which date back to the founding of the club in 1891. Now these archives have a new home on Burnsall Street, just off the King's Road. The location, a former workshop provided by Cadogan, is almost as revealing as the archives themselves. A century ago, these streets leading off the King's



white stuccoed building on Old Church Street, home to the club since 1901.

One measure of the artistic community's growth in Chelsea was the club's decision to move its bi-annual balls to the voluminous Royal Albert Hall in 1910. The archives reveal just how ambitious, thoughtfully choreographed and tolerant (if boisterous) these balls became. A chosen artist, usually famous, would create

Road were home to joiners, potters and makers, including – in the vicinity of Burnsall Street – aircraft manufacturers thanks to the Wells Aviation Company. James Whistler, the founding club member and artistcelebrity of his day, may have been drawn to Chelsea by the river and its light (as Turner had been before), but it was the affordable workshops and studios that drove the growth of the artistic community here.

The club was functionally diverse from the start. Its second rule decreed that it should include architects and engravers as well as painters and sculptors, and the ensuing mix of creators, wealthy patrons and an enveloping social scene proved key. Over the last century an unusually eclectic array of personalities, from Lord Beaverbrook and Augustus John to Beatles members, "Hurricane" Higgins and Tracey Emin, has passed through the door of the long





a master image for the event, as Alfred Munnings did for the 1933 Sun Worship Ball. Scenic painters and costume designers would transpose this vision into an entire social realm for the night, which was typically fantastical, and occasionally riotous. These balls were also one of the few prominent places in London where attendees could be openly gay.

Perhaps the most famous ball was the Dazzle event of 1919. Occurring just after the First World War and the worldwide flu pandemic, it needed to balance an acknowledgement of the collective trauma with celebration and optimism. The theme took its name from the striking black and white naval camouflage devised by marine artist

Art / Chelsea Arts Club

Norman Wilkinson, whose grandson is a club member today.

The current members faced a similar challenge when planning the 2021 New Year's Eve Ball. Taking their cue from the social distancing bubbles required by the pandemic, they conceived the Bubble Ball. The remarkable mural spanning the front of the club

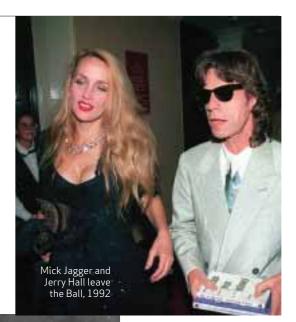
building, depicting bubbles emerging from a dark forest glade, was realised by a team of eight member artists led by Annie Ralli and Annie Millar, two scenic painters who had previously worked together on sets for the BBC.

One can draw a line from the theatricality of these balls to experiential projects happening around

Chelsea today. Take club member Anya Hindmarch's multi-unit "Village" concept on Pont Street. "Bricksand-mortar is key in our increasingly digital world," she says. "If retail is to exist in the physical world, it must offer something different to the digital experience. The Village is more than just a place to shop; it is a place to eat, drink, meet, learn, experience and have fun, with a focus throughout on craft."

Club members' actions were equally decisive at Chelsea and Westminster Hospital, 800 yards from the club building. "I had been interested in the role of arts in healthcare for a while," recalls member Trystan Hawkins. "I'd spent time in hospitals noticing how the quality of the built environment – acoustics, lighting, colour – affected patient outcomes, and how great art and design could prove transformative in these settings."

Trystan is now arts director of CW+, the charity of Chelsea and Westminster Hospital NHS Foundation Trust that is renowned for its world-leading Arts in Health programme. This was the first hospital in the UK to place an arts and design manifesto into its very foundation in 1993, led by consultant orthopaedic surgeon and club member James Scott. James and fellow member Richard Staughton in turn founded the hospital's permanent art collection, to which



Founders of Chelsea Arts Club meet on Manresa Road, 1890

members Bert Irvin and Jonathan Delafield Cook have contributed pieces, while former club chair Ginger Gibbons curates rolling group shows of members' work at the hospital.

Saatchi Gallery recently partnered with CW+ to present Journeys: The Healing Arts, featuring curated works from the programme. While the physical exhibition ended on January 13, the gallery is already planning a further CW+ event.

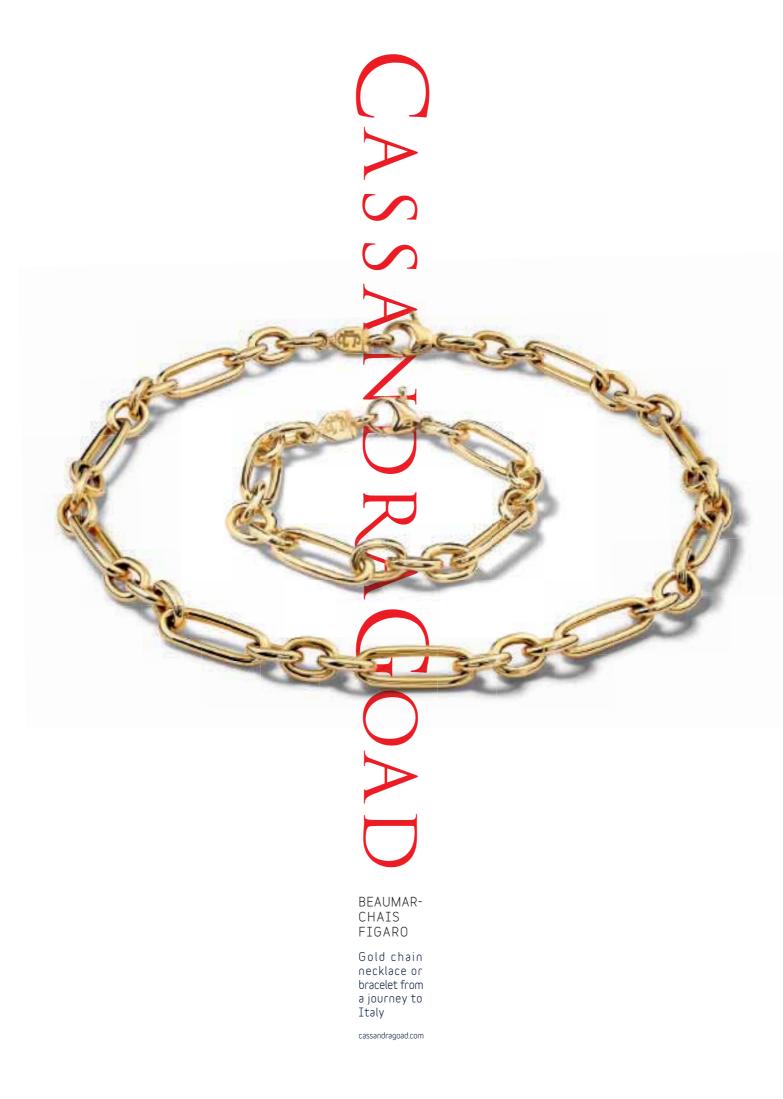
Arts in Health highlights how the club has deepened its links with the wider area, with galleries, hospitals and, separately, schools such as the Royal College of Art. "For all the ways in which Chelsea has

evolved over the decades, the club remains the hub of the local arts scene," says Geoffrey Matthews, club secretary.

"We now have more than 4,000 members, over 90 per cent of whom work in the arts, with some 2,400 being practising visual artists. We are so grateful to Cadogan for providing a home for our archives, since we see the area's character as being bound up with the creative energy of its inhabitants, both past and present. Our job is to help ensure that this creativity, for which Chelsea is deservedly world famous, carries forward to successor generations."

ENSURE THAT CHELSEA'S WORLD-FAMOUS CREATIVITY CARRIES FORWARD TO SUCCESSOR GENERATIONS"

"OUR JOB IS TO





PETER JONES IS AN ICONIC PART OF

SLOANE SQUARE - but how much do you know about the family who made it what it is today? Historian Victoria Glendinning, who grew up on Sloane Square, asked herself that very question. Her research into the remarkable and turbulent Lewis clan became her latest book, *Family* Business: An Intimate History of John Lewis ざ the Partnership.

"I was drawn to the story for absolutely no reason at all. I was walking along Oxford Street, as one does, when I glanced up and saw that familiar name, and I thought, who was John Lewis anyway? So I went and did a bit of gentle googling, and I found that he was a poor boy from the Somerset village of Shepton Mallet, and that his father had died in the workhouse."

In the next few months, Victoria set to work uncovering the tempestuous story of the Lewis family. She discovered that John Lewis was prone to outbursts, obsessed with accumulating a family fortune. His eldest son, Spedan, was a far more idealistic figure, forging the revolutionary John Lewis partnership with its democratic structure and voting rights for employees. The pair often butted heads in blazing rows - horrifying Oswald Lewis, John's youngest son, who wanted nothing more than to acquire the status of a gentleman.

"I had no idea what I was letting myself in

Above: Peter Jones' King's Road frontage in 1889

Right: Spedan Lewis in 1904



A family VICTORIA GLENDINNING TELLS ALICE CAIRNS ABOUT THE REMARKABLE FAMILY BEHIND

for when I started out!" Victoria laughs. "They're the strangest family I've ever met. There are betrayals and secret loves, sons hating fathers, fathers bullying everybody – it really does read like a Victorian novel."

And when Victoria uncovered a stash of intimate family letters, she developed a new theory to explain some of the unusual behaviour exhibited by John and Spedan Lewis.

"In their letters to each other, the family describe John and Spedan as having 'excitable brains', which basically meant that they were very clever, very set on what they wanted, but also capable of becoming almost hysterically angry. Of course, no one was diagnosed as 'being on the spectrum' back then. But I did note that John Lewis's father who died in the workhouse actually died of epilepsy, and that there is a strong statistical connection between epilepsy and autism. When I ran the idea past Peter Lewis [Oswald's son], my 91-year-old informant, he simply said, 'Of course!'"

In spite of their complex personal lives, John and Spedan received invaluable support from the women who surrounded them. John Lewis benefited from a "phalanx of loving sisters and aunts", while Spedan's wife, Beatrice, studied at Oxford and was a passionate advocate for the concept of partnership. With formidable intellects and a talent for soothing turbulent personalities, these women were an indispensable – though unsung – part of the John Lewis story. But *Family Business* isn't just a story of a bloodline – it's also a window into the everchanging world of retail. Just take Peter Jones, which was a ramshackle shop on the corner of Sloane Square when John Lewis strode in and bought a controlling share, eventually handing it over to Spedan to transform into the department store we know and love today.

"When I started writing this book, I was writing about a retail revolution: small, dimly lit draperies being swallowed up by palaces of pleasure, with lifts and WCs and great big displays and plate glass windows. That was meant to be the story. But then by the time I was finishing the book, the second retail revolution was underway, and the high street was completely in abeyance due to the pandemic."

She pauses. "We have to ask ourselves what's going to happen to all those palaces of retail? I believe that in many towns and cities, the department store is as iconic as the church or the town hall. I remember that when I lived in Sloane Square, Peter Jones was the sort of place where you would go to take a deep breath, to feel calm, an oasis where everybody was so nice and so well-informed. It was – and still is – terribly important in people's lives. Retail itself is a fantastic repository of skill, knowledge and tradition, and it's taken on a whole new gloss for me since writing this book. I hope the same is true for readers."

JOHN LEWIS AND PETER JONES LADY ANNE **GLENCONNER** WAS MAID OF **HONOUR AT** THE QUEEN'S CORONATION, AND SERVED AS A LIFELONG FRIEND AND COMPANION **TO PRINCESS** MARGARET. NOW SHE'S **TELLING THE STORY OF HER OWN** REMARKABLE LIFE. **ALICE CAIRNS FINDS OUT MORE**



WONDERFUL LIFE

HAVE YOU READ LADY IN WAITING? From

Lady Anne Glenconner's war-torn childhood to her tempestuous marriage, every page of this jaw-dropping autobiography contains fresh revelations. Chelsea residents will enjoy her memories of living on Tite Street, taking her children to play in the grounds of the Royal Hospital and accompanying Princess Margaret on regular trips to Peter Jones. The book has also made a splash with international readers, garnering a rapturous

Literature / Lady Anne Glenconner

reception in Europe and beyond.

"Lady in Waiting has travelled all over the world!" Lady Anne tells me. "It's in Russia, Japan, France, Romania, and it's got a great following in Finland. One of the added pleasures is that I receive so many letters: I've become a sort of 'agony author'. I get a lot of letters from young men who are gay, who don't dare to tell their parents, because I wrote about my son Henry dying of Aids. In fact, I even gave a talk to the gay community in Milwaukee over Zoom recently!"

This outpouring of good feeling came as some surprise to Lady Anne, who had feared that her colourful memories might cause pain to those around her.

"I tried to keep it as amusing and light as possible, but I was terrified that my children would mind what I'd written about their father. Luckily, when they read it, they all said, 'Oh Mummy, you've been too kind to Dad!"

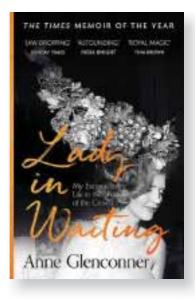
Indeed, Colin Tennant emerges from *Lady in Waiting* as a complex figure – a charming, fun-loving husband who is nevertheless plagued by demons, and who initiates his young wife into married life by dragging her to a Paris brothel on their wedding night. Lady Anne told that particular story on *The Graham Norton Show* in 2019, to a raucous reception.

"The actor Chadwick Boseman came up to me afterwards and said, 'Gee whizz lady!' And I thought, well, I've arrived!"

In recent years, Lady Anne has delved into the world of crime fiction, motivated by a lifelong love of Agatha Christie ("I've always wanted to be Miss Marple"). Her latest novel is *A Haunting at Holkham*, a semiautobiographical murder mystery set in her childhood home. The titular haunting is based on Holkham's resident ghost, Lady Mary, who Lady Anne assures me is "very real".

"I never saw Lady Mary, but my sister did. In fact, the present Lady Leicester, who lives at Holkham, has had to have a priest out to exorcise her daughters' bedrooms!"

And it's not just ghosts and murderers who stalk the pages of *A Haunting at Holkham*. Lady Anne has also used the book to explore her shocking experiences at the hands of her childhood governess.



"I JUST FEEL VERY LUCKY THAT I'VE HAD SUCH A WONDERFUL LIFE, AND THAT I HAVE SOMETHING TO WRITE ABOUT" "I had this really awful, sadistic governess while my parents were in Cairo during the war. She was absolutely wonderful with everyone else, smiling and making up to my grandfather, but every single night she'd find an excuse to tie me up. I assumed that my mother knew what she was doing and approved of it, which was a horrifying thing.

"For a long time, the memories were so painful to me that I didn't like to think about what happened, but I actually found that writing about my experience was very therapeutic. I realised I could simply kill her off at the end, which was wonderful!"

Discussing the decision to blend fact and fiction inevitably leads us onto *The Crown* – a sore subject for Lady Anne, who's had to swear off the Netflix original for the sake of her blood pressure.

"The latest series have been

completely fictitious," she tells me. "I don't mind if they want to make things up, but they should admit that's what they're doing."

Luckily, Lady Anne is too busy with a whirlwind of book tours, appearances and parties to worry for long about *The Crown*. Having worked as a travelling saleswoman (selling the pottery that her family hand-made at Holkham) she's more than happy to travel the UK to discuss her books with readers – even as her 90th birthday approaches.

> "Being married to Colin, one was invisible – and of course, it was one's job to be invisible around Princess Margaret. And so to finally be noticed, to have people come up to me and say how much they enjoyed my books

- well, I've left it rather late, but I've never had such a good time, ever! I just feel very lucky that I've had such a wonderful life, and that I have something to write about."





LONDON, ISTANBUL 359 KING'S ROAD CHELSEA LONDON SW3 5ES OFFICE: 020 7351 1102 MOBILE : 073 8554 2815 infouk@bretz.com.tr / bretz@bretz.com.tr www.bretz.com.tr P@@f bretzhestia

Food / News

A BRAND NEW DELI has opened on Pavilion Road. Chef Yotam Ottolhenghi is renowned for his vibrant, healthy Middle-Eastern food, studded with pomegranate seeds and packed with tasty veg. The deli will be serving up some newly developed dishes and never-before-seen bakes that have been specially designed for locals.

The Pavilion Road venue is one of the largest Ottolenghi delis yet, and is designed to take you all the way from breakfast to dinner. Open from 8am to 8pm every day (Sunday from 9am to 5pm) the deli starts the morning by serving up coffees, fresh pastries and hot breakfasts, including scrambled eggs with London salmon and French toast with mixed berry jam and orange yoghurt.





From 11am, the salad counter (an iconic Ottolenghi fixture) stocks a daily changing menu of salads, including the likes of spiced rice with pickled mango, and sweet potato with lime and cardamom sauce. There is also a range of fresh and healthy mains like sweet potato, chard and cashew nut fritters with red hummus. Finally, the rotating selection of bakes is the stuff of dreams: think caramelised white chocolate and macadamia cookies, lavosh and cranberry oat cookies, and seasonal highlights like a tangerine and pistachio mini loaf with yuzu icing.

Diners can eat at one of the expansive communal tables, or else opt for one of the smaller two-tops dotted around the room. 261 Pavilion Road

A NEW RESTAURANT is due to open at the Mandarin Oriental this year. The Aubrey will have an izakaya concept, showcasing traditional Japanese cooking with locally sourced produce. A space where "art and design meets high-quality drinks and innovative dining", it will serve lunch and afternoon tea before becoming a buzzy evening hub – the drinks menu is set to be epic.

Food / News

HEAD TO KUTIR for its five-course Hunters Expedition menu. available until the end of January. The seasonal menu includes both favourite and new British game dishes from chef Rohit Ghai, cooked with an Indian twist. Think quail naan with truffle and masala scrambled egg, slow-cooked venison with green peppercorn and fennel. and tandoori pheasant. In addition the Chelsea townhouse location is pretty sensational. 101 incoln Street

IF YOU HAVEN'T ALREADY got the Supper app, you'll want to download it now. A good one for dark January nights when you prefer to stay at home – but not cook – Supper will deliver from more than 150 of London's top restaurants, including some with a Michelin star. For local high-end hits, try using Supper to order from Dinings, Kahani, Cinquecento, Manicomio and more. Packaging is on the swanky side, too.





CARNIVORES REJOICE as Le Petit Beefbar, which achieved great acclaim where it first began in Paris and now has several global sites, has opened its first UK flagship at 27 Cale Street. Highlights include jasmine tea smoked bao bun, Kobe beef shawarma and anything with the Beefbar sauce, which contains truffle. Dishes manage to tick both the comfort food and luxurious boxes. Meat is very well sourced, and the menu takes inspiration from street food around the world. 27 Cale Street

 $\overline{38}$





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Food / News

NO FIFTY CHEYNE has partnered with the Chelsea Pensioners and will be exclusively serving gin crafted by the Royal Hospital Chelsea. Better still, once a month, Friday lunch will be hosted by former servicemen residing at the Royal Hospital Chelsea, with £1 from every meal and £2 from the Chelsea Garden gin cocktail menu donated to the charity. The cocktail list features bespoke crafted cocktails such as the Royal Lancer, made with Royal Hospital Chelsea Garden gin, grapefruit juice, Campari and St-Germain. Cheers.

> VALENTINE'S DAY is fast approaching – why not surprise your loved one with breakfast in bed? Here's our pick – hint, hint...

• Doughnuts from Bread Ahead. With flavours like praline and salted caramel, these have a cult foodie following for good reason.

• Waste bread from Gail's. Toast it, spread it thick with butter and jam, and it'll taste even better knowing that yesterday's leftovers didn't go to waste.

• Peggy Porschen cupcakes. When is cake acceptable for breakfast? February 14 of course. These are as pretty as they come.

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VEGAN VISION

CHARLOTTE PASHA TALKS TO THE WOMAN BEHIND THE VEGAN RESTAURANT THAT'S AS CHIC AS IT IS TASTY



Food / Holy Carrot

WHEN EX-VOGUE STAFFER IRINA LINOVICH opened vegan restaurant Holy Carrot, she was looking to serve the food she craved: dishes that looked and tasted great, while being healthy and leaving her feeling good.

Russian-born Irina became vegan following a trip to the Himalayas with her husband. Doing so, she found, left her with improved mood, sleep, energy levels and skin. So, she wanted to spread the word. "After my husband Roman and I turned to a plantbased diet, I mostly cooked at home as there were no plant-based restaurants that we enjoyed. By that time, I had collected numerous recipes from around the world that I was perfecting at home for my family, and I thought, 'Why not share this experience with more people?' I worked in fashion previously, which brought me a great sense of style and beauty that I've passed on to our beautiful dishes. These two things combined inspired us to create a place that is better for your body, better for your mood and better for the planet." And so the restaurant Holy Carrot was born, located on the ground floor of spa Urban Retreat at the White House.

Irina is a passionate cook and remains heavily involved in menu creation. The aesthetics of the dish are important to her, with colours, texture and plating all at the forefront, but of course, it's about nourishment: food should give energy without feeling heavy afterwards. The menu is globally inspired but led by the best seasonal organic British produce. "When I went plant-based, the sustainability aspect was crucial to me," she says. "One thing to remember is we are not perfect, and perfection is the enemy of progress. That's why I'm trying my best, and I believe if we all contribute with even small steps, a more significant change will happen. At Holy Carrot, one of the ways we do that is we try to use seasonal products delivered by small farmers as much as we can."

While it's all refined-sugar free (and also gluten, preservatives and additive-free) you'd never know it by taste: Irina's favourite dish is the miso caramel cake, which was originally her mother's recipe. And at this time of year, "it's all about comfort food and the power of mushrooms", she says. "We now have a super creamy and delicious 'mac and cheese' and 'crab' burger, if you are feeling fishy."

In January in particular, lots of us attempt to eat a bit cleaner after a season of gluttony. Irina's advice? "A cleaner, plant-based diet has helped me to change my relationship with food, but it wasn't a one-day journey. Be patient with yourself. Know that you are not only doing it for physical reasons. It helps your mental system and our beautiful planet as well. My favourite quote is 'do the best you can

until you know better, then when you know better do better."

As for why the restaurant is called Holy Carrot, "holy symbolises the incredible power of plants. The variety of their tastes and their nutritional and healing properties are endless. By naming our restaurant Holy Carrot, we celebrate nature and plants. Carrot represents the brand's

fun, intriguing and sexy element, which is the experience I wanted to create in our restaurant. The idea is to show people that the vegan experience doesn't have to be bland or tasteless." I ask Irina what is next for Holy Carrot. "We are collaborating with

are collaborating with the team behind the famous

Seaspiracy documentary to create a special menu for Veganuary. It is going to be a dream for all the plant-based eaters who are missing those fishy moments," she says. And come February, look out for the new Holy Bar – "a small and intimate bar hidden inside the White House that will offer a truly magical experience. And by magical, I mean actual magic like crystal therapy, a tarot-inspired cocktail menu, spiritual events and so much more. I want people to celebrate and be curious about life."

Well, you know where to go.

2-4 Hans Crescent

Food / The LaLee



THE CADOGAN, A BELMOND HOTEL HAS OPENED **THE LALEE**, AN ELEGANT NEW EATERY INSPIRED BY EUROPEAN CAFE CULTURE. ALICE CAIRNS CAUGHT UP WITH HEAD CHEF CHRIS HILL TO FIND OUT MORE

FINE



HOW DID YOU START COOKING?

From an early age, I would cook with my father in the kitchen. He is a baker and patissier and has always been a huge inspiration. In the last 18 years I've worked in the kitchens of some of the most acclaimed restaurants in Europe, including the three-Michelinstarred Überfahrt by Christian Jürgens in Germany and the Ritz in London.

WHAT WAS THE INSPIRATION FOR THE LALEE?

Our menu has been designed to follow in the footsteps of one of The Cadogan's most legendary past residents, the actress and Chelsea socialite Lillie Langtry. Her adventures across Europe's greatest culinary cities have inspired an all-day menu of European classics.

WHAT CAN WE EXPECT FROM THE MENU?

Dishes that transport you to a cafe-lined street in one of Europe's food capitals, like wiener schnitzel, steak frites with béarnaise sauce and aubergine parmigiana – comforting, but also elegant and full of flavour. Where possible, ingredients have been sourced from across the UK, and locally here in London. Our vegetables are supplied by Natoora, based on Pavilion Road here in Chelsea, which sources the best produce from farms across the country. We are also working with Neal's Yard to supply all our cheeses, and with British suppliers sourcing the best seafood and meat from across the UK.

WHAT ABOUT DRINKS?

The drinks menu and the wine list are as exciting as the food menu. We will be serving more than 80 wines by the glass, including champagnes and grands crus, which is a rarity in London. A bespoke 'Reserved for The Cadogan' English sparkling wine has also been created exclusively for the hotel by Rathfinny Wine Estate in East Sussex.

We also have 15 signature cocktails, each inspired by a European city that Lillie Langtry would have visited on her travels. They're designed to complement our all-day dining dishes, so the cocktail menu is split into brunch, lunch, aperitif and after-dinner concoctions.

WHAT IS YOUR FAVOURITE DISH ON THE MENU?

It would have to be the dover sole. It's a classic dish and is already a huge hit with the locals.

WHAT SORT OF ATMOSPHERE DO YOU WANT TO CREATE AT THE LALEE?

Our goal is to entertain guests and transport them to a bygone, slower-paced era. We want them to enjoy a comforting yet elegant meal in a homely environment that mirrors a beautifully designed private home – part of the restaurant is actually situated in what would have been Lillie Langtry's dining room [she sold her townhouse to The Cadogan in 1895].

We also wanted to add an extra layer of drama to the experience – very much like Langtry did back in the day. This is why we decided that our signature dishes, like the classic beef tartare, caesar salad and dover sole, will have the finishing touches added at the table. It is just a simple gesture, but it builds an emotional connection between the food we create and our guests.

WHERE DO YOU LIKE TO EAT IN CHELSEA?

Chelsea is full of wonderful local eateries. Some of my favourites are Colbert, Lucio, Stanley's, The Five Fields and Cinquecento.



With its cobalt blue cocktails, carefully sourced menu and intimate atmosphere, The LaLee could be the perfect Valentine's destination. HERE ARE THREE MORE PICKS FOR A ROMANTIC MEAL TO REMEMBER...

THE IVY CHELSEA GARDEN (ABOVE)

Lovebirds should head to the orangery for a candlelit meal and a cocktail under the stars. 195-197 King's Road



NO FIFTY CHEYNE With its flower-decked facade and river views, this elegant dining room is so romantic that it's also a licensed wedding venue. 50 Cheyne Walk



THE SURPRISE

The perfect destination for a relaxed and cosy Valentine's dinner, with seasonal produce and an adventurous wine list. 6 Christchurch Terrace





THE NEW BOUTIQUE HOTEL IN CHELSEA HAS MUCH OF THE ORIGINAL BEAVERBROOK MAGIC WITH A THEATRICAL TWIST, SAYS JONATHAN WHILEY

Clockwise from top: The bar at Beaverbrook Townhouse; guests enjoy theatre cooking at the Fuji Grill; cocktails at Sir Frank's Bar



Hotels / Beaverbrook

BEAVERBROOK SEEMS DESTINED to be inextricably linked with James Bond in my mind. On a visit to its sprawling French chateau-style mansion last year, I stayed in a room named after Ian Fleming. The 007 author was – among many high-profile names including Winston Churchill – a regular guest of powerhouse press baron Lord Beaverbrook.

Fast-forward 12 months and the country outpost original – in my book, one of Britain's most sensational hotels – now has a chic city sister. What's more, with the new Bond film fresh in my mind, tuxedos trickle into the bar and vesper martinis provide a punchy Sunday nightcap and a timely reminder of its illustrious history.

Like the very best Martinis, Beaverbrook Town House on Chelsea's Sloane Street – a partnership with Cadogan – serves up the classic recipe with a generous, welcome twist. Occupying two revamped Georgian townhouses, it offers 14 rooms individually decorated in a jazzy, whimsical manner with each named after one of London's most recognisable theatres.

Ours, the Criterion (others include the Royal Court, the Coliseum and Shakespeare's Globe) sees a collection of vintage theatrical posters and black-



and-white snaps bathe in the room's natural light, with corridors filled with further eclectic reminders of the capital's past.

Interior designer Nicola Harding – aided by the creative influence of advertising mogul Sir Frank Lowe (of Tesco "Every Little Helps" fame) – weaves her magic with Art Deco touches to transport you to the 1920s and 30s. Think Roberts radios resting on bedside tables, four-poster beds, heavy-set theatrestyle curtains, the jazziest of bathroom tiles and vintage drinks trolleys with bespoke Beaverbrook cocktails.

The no-holds-barred flamboyance is seductive, and entirely in keeping with Beaverbrook's largerthan-life personality. It's also vindication for the Mumford & Sons model; careful outfit curation that masquerades as "just-threw-this-together" nonchalance.

The purposeful panache could swallow your Instagram account whole; but save some room for the Fuji Grill and Sir Frank's Bar. Both are city equivalents of the original; the former another knockout showcase of contemporary Japanese cuisine with dishes such as Japanese aubergine with spicy plantain miso and dry-aged tuna tataki. Crispy Kentish ants feature in the sushi and sashimi selection (which includes Japanese Wagyu A5), while the Robata grill serves up delights like black cod with miso so tender it requires the merest prod of a fork.

Desserts are extraordinarily inventive; a chocolate "cigar" is made from smoked chocolate ganache and served on an ashtray (very clever but a little too much like chomping on a Romeo y Julieta for my liking), while the Namaleka is made with dulcey cremeux, tonka crumble and raspberry and shiso jam.

Staying for a few days? Work off the calories with a fitness class at nearby KXU, book in-room massage and beauty treatments, enjoy a private shopping experience or take a stroll around Cadogan Place Gardens (a key is available from reception).

Either way, you will find me in Sir Frank's Bar with one of the best cocktail menus in London – from the Beaverbrook classic Spitfire Collins to Miss Saigon and an espresso martini in the most ludicrously extravagant glass imaginable.

Naturally there is Pussy Galore, Dame Shirley Bassey and a 007 Negroni to choose from too; part of a Martini menu par excellence for those nights when you have all the time in the world. *Rates start from £400 on a room-only basis, 116 Sloane Street, beaverbrooktownhouse.co.uk*



of the best

Have you vowed to be a better, brighter, healthier you in 2022? We've found some of the best health and wellness buys to turn resolutions into reality

FRESH FACED

Celebrities are raving about FaceGym, a skincare experience that uses muscle manipulation to sculpt your face – no needles necessary. From £50, FaceGym, 352 King's Road





FIVE-A-DAY Vowed to eat more fruit and veg in 2022? Try the Peak Season Box, which comes crammed with in-season goodies that are selected on a week-byweek basis. £35 per box, Natoora, 245 Pavilion Road

PLANT FOOD

Looking for a healthy subscription service? Chelsea-based Mix & Rise provides monthly kits packed with everything you need to bake tasty plant-based goodies. £14.95 per month, mixandrise.com



Top 10 / Health and wellness

SNOWY CHIC

Get ready to hit the slopes with stylish ski and snow wear. This toasty base layer will keep you warm while you work out, whatever the weather. Top £75, leggings £75, Sweaty Betty, 125 King's Road

FITBIT FASHION

There's no need for a bulky fitness tracker – opt instead for the super-sleek Fitbit Luxe to keep tabs on your health. \pounds 179, Peter Jones, Sloane Square

FIGHTING FIT Boxing is the new workout du jour; brush up on your jabs and hooks with these training gloves. £38, Lululemon, 38-42 King's Road

deep pillow spray pillow spray spray

> ibleviolus narOzitan

DREAM ON

Good sleep is key to physical and mental health – maximise your chances with this pillow spray containing lavender and camomile. £19.50, Harvey Nichols, 109-125 Knightsbridge

with a Peloton bike,

ON YOUR BIKE Get fit from home

the immersive cycling experience that comes with 24-hour access to studio classes. £1,350, Peloton, 110-112 King's Road

BEST FOOT FORWARD

Every athlete needs a good pair of shoes. Visit the Nike by King's Road shop for a free footwear fitting. £109.95, Nike by King's Road, 33 King's Road

JUICED UP

This juice from Raw Press is packed with spinach, apple, cucumber, celery, kale, swiss chard and lemon juice. £5.50, Raw Press, 3 Ellis Street



Interiors / Soho Home

COSY NIGHTS IN

WE SPEND PLENTY OF TIME AT HOME, ESPECIALLY NOW, SO GOOD INTERIOR DESIGN IS WORTH INVESTING IN. SOHO HOME'S CANDY MURRAY SHARES HER TIPS WITH CHARLOTTE PASHA

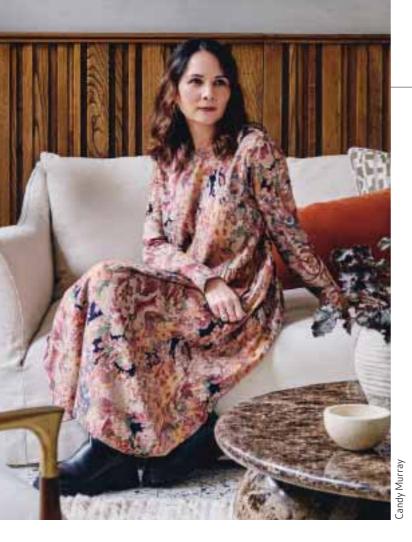


IT'S JANUARY, the days are short and the nights are long. Rather than bemoan the dark and cold, why not make it an asset: think red wine, thick socks, classic films and nights on the sofa.

Of course, all of this requires the perfect cosy setting. The living room is where we'll be spending most of our time, so getting it looking and feeling right at this time of year makes sense. Whether that's luxe fabrics or the right lighting, we have the answers, thanks to Soho Home's lead interior designer Candy Murray.

With a new flagship on Duke of York Square, the ultra-cool lifestyle brand, inspired by the decor of Soho House clubs across the world, knows chic and cosy. Its aesthetic skews towards the rustic, with plenty of wood, deep colours, texture and perfectly placed accessories.

6 Duke of York Square





So, how can we get the look in our living rooms?

Don't rush

"Take some time to put together the room. Gather as many fabric samples as you can, both wall and floor finishes, and see how it all looks placed together. Also, meticulously measure your furniture to see how big it is in the space"

${\it 2}$ Unique is best

"Spend time searching for a few unique pieces. I like visiting vintage fairs to find pieces that I know no one else will have. The Member Market at our new Soho Home Studio, which showcases products and brands from Soho House members around the world, is a good place to find special pieces.

3 Practical can be beautiful

"Recently, I've also seen a lot of furniture and practical objects doubling up as artwork and statement pieces that really make an impact, such as sofas taking on sculptural forms."

4 Involve all the senses

"Create that cosy atmosphere by using home fragrance. Our new pine scent really reminds me of winter nights by the fire. Then Add in layers of texture to your home for winter such as wool throws, shagpile rugs and warm velvet cushions – the mixture of tones will create a cosy and relaxed atmosphere. Lighting is crucial, and low-level lighting will create a warm glow."

$5\,$ Spend smart

"Spend the money on pieces you are going to spend the most time on – for me that's the sofa and my bed. Comfort is a must, so spending on top-quality bed linen really makes all the difference. You can save on art – if you get something framed well, it can make ordinary posters look amazing"

If you haven't yet made it to the new Soho Home flagship, now is the time. A treasure trove of accessories, kitchenware and bigger pieces, it's a swoon-worthy destination. "This building is so special, it's an old chapel with sky-high ceilings," Candy says. "We've always wanted to open a studio in London for our Soho Home collections and this area and building were the perfect fit."



Fashion / Trending

WRAP UP WATM

STAVE OFF THE COLD AND RAIN WITH OUR PICK OF THE COSIEST CLOTHES FOR WINTER

> REALLY WILD Lambswool cable roll neck in grey, £225, 53 Sloane Square

Fashion / Women

ESSENTIEL ANTWERP

Blue chunky ribbed turtleneck sweater, £220, 27a Sloane Square

RIXO

Rhae quilted jacket with ties, £245, 104 King's Road

KUJTEN

Women cashmere ribbed leggings, $\pounds 220, 98$ King's Road

STONED & WAISTED Kat leopard print shearling tiered waistcoat, £989, Curated Crowd, 8 Symons Street

JOSEPH Fine merino polo dress in sulphur, £345, 76 Duke of York Square

UGG Tazz slipper, £100, Office, 58 King's Road

intererererer

RAG & BONE Willow wool Fair Isle hot short, £215, 13-14 Sloane Square

Fashion / Men

SLOWEAR VENEZIA Zanone flexwool turtleneck sweater in mustard, £295, 15 King's Road

ALLSAINTS Ezra cardigan, £169, 14 Duke of York Square

TOAST Rototo Slub crew socks, £24, 205 King's Road Puffer, £300, Velorution Chelsea, 325 King's Road

MAIUM

OLIVER BROWN Cashmere scarf in red, £85, 75 Lower Sloane Street

COS

Relaxed fit cashmere joggers in recycled cashmere, £150, 19 Duke of York Square

BIRKENSTOCK Boston suede slippers in mink, £135, Peter Jones, Sloane Square

55

Fashion / Kids



MONSOON Baby bunny robe in pink, £24, Peter Jones, Sloane Square

Natasha Fair Isle jumper, $\pounds 52$, 34 King's Road

Eaton House Belgravia

Where Bright Minds Excel



Eaton House Belgravia, based in a large Georgian house on Eaton Gate, offers boys aged 4-11 a happy, confident, and ambitious start to their education. The school also has a co-educational Nursery with an exceptional Advanced Early Years + Curriculum.

• **Since 1897, Eaton House Belgravia School** has been a Westminster and St Paul's 7+ and 8+ feeder, with 30% of boys receiving offers in 2020, and other boys receiving offers to a range of top schools.

• **Eaton House Belgravia's Advanced 4+ Curriculum** helps every pupil to maximise his talents, which is shown by the consistent results achieved each year from a non-selective entry.

• The Good Schools Guide says:

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Fashion / News

OLIVIA VON HALLE has launched a new range of decadent sleepwear. Taking inspiration from Romeo and Juliet, the Star-Crossed Dreamers collection features plush fabrics, hand-stitched embroidery and luxurious touches, including Swarovski-crystal buttons and silk-velvet eye masks. The slippers feature explosions of feathers and sparkling sequin motifs. 190 Pavilion Road

> MANOLO BLAHNIK has teamed up with luxury repair service The Restory to offer a Mend My Manolos service. Customers can drop off their well-loved shoes at their nearest boutique, or arrange to have them collected from their home or office. They will then be expertly repaired by the team at The Restory, with services including reheeling, restoration and dyeing. 49-51 Old Church Street



MARY CHING, nicknamed "the Louboutin of Shanghai", has opened a Knightsbridge boutique. With stores in China and Hong Kong, the brand specialises in shoes and accessories embellished with ostrich feather accents, pearl details and imperial purple soles. It has also recently launched a line of cashmere loungewear and luxury slippers. 50 Beauchamp Place

Fashion / News

ANYA HINDMARCH has launched a reusable shopping bag in collaboration with Sainsbury's and Waitrose. Named the Universal Bag, the stylish tote is made from 100% recycled plastic and is guaranteed to last for at least 10 years. The project follows on from the groundbreaking "I'm not a plastic bag" campaign of 2007, and aims to reduce our reliance on single-use plastics. 157-158 Sloane Street; the Anya Village, Pont Street

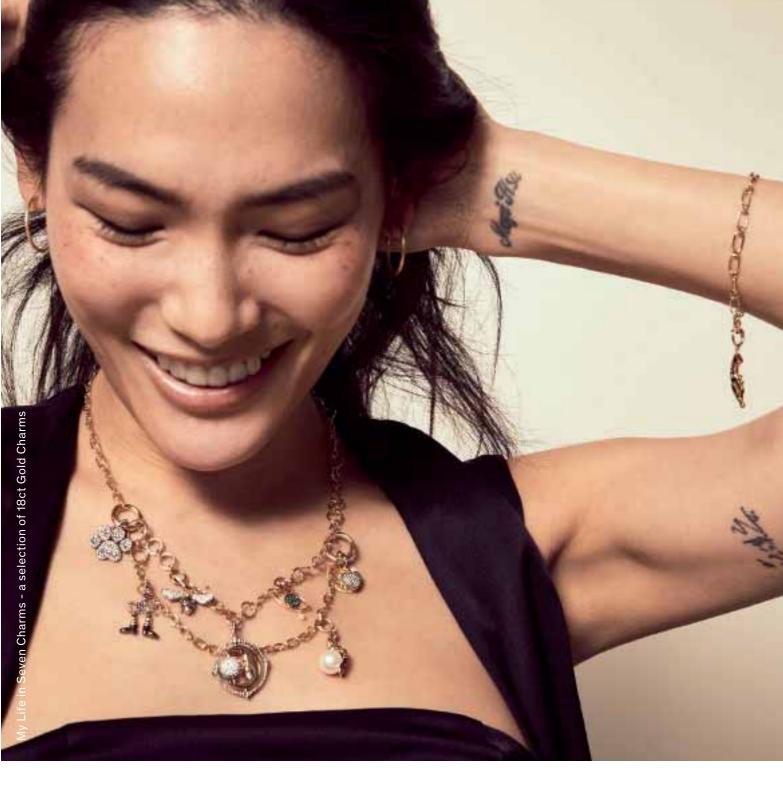


IN AN EFFORT TO promote sustainability and reduce textile waste. Rixo has announced a sixmonth partnership with rental platform Rotaro. Customers will be able to rent iconic party pieces in a range of sizes for either four, eight or 12 days, with prices starting at £25. The aim is to create a more sustainable way to experiment with fashion, complete with carbon-neutral delivery, eco-friendly laundry and a tree planted for every rental. 104 King's Road

GANNI HAS RELEASED a debut monograph with the help of world-class artists, photographers, stylists and designers. The colourful tome reflects on the brand's history, with photo

collages of its most notorious house parties and an essay investigating what it means to be a Ganni girl. The book also explores the ways in which Ganni is striving to become more sustainable in the future, and is printed on Forest Stewardship Council certified paper. 94 King's Road





London Cadogan Gardens Studio

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Annowshka

Valentine's Day / Gift guide

SILVER PLATED HEART BOX £38, The White Company 4 Symons Street

MAISON METALLIC SILK SATIN SHORT ROBE WITH FRASTAGLIO EMBROIDERY £845, La Perla 163 Sloane Street VALENTINE'S BOUQUET £400, Moyses Stevens 188 Pavilion Road

LOVE HEARTS TOTE £895, Anya Hindmarch, 157-158 Sloane Street



SEVERINE OVAL RUBY RING IN 9CT GOLD £4,220, Cassandra Goad, 147 Sloane Street







SPECIAL-EDITION RED ROSES COLOGNE £110, Jo Malone London 150 Sloane Street





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Valentine's Day / Gift guide



18CT GOLD AND PINK TOURMALINE BEE CUFFLINKS £3,950, Theo Fennell, 169 Fulham Road



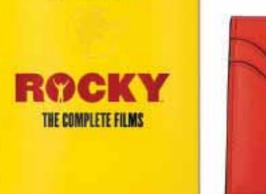
For HIM

SYLVESTER STALLONE



CHANGING CONSTANCE £204, Penhaligon's, 25 King's Road

ROCKY. THE COMPLETE FILMS £1,000, Taschen 12 Duke of York Square



DISCHEN

CREDIT CARD HOLDER £180, Tod's 35/36 Sloane Street

POPLIN BOXER SHORTS £35, Sunspel 73 Duke of York Square THREE-MONTH CHEESE AND WINE SUBSCRIPTION £150, London Cheesemongers, 251 Pavilion Road







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Charity / K+C Foundation

A NEW K+C FOUNDATION REPORT REVEALS THAT LOCAL RESIDENTS ARE AFFECTED BY STAGGERING INEQUALITIES ACROSS EDUCATION, EMPLOYMENT AND HEALTH

Understanding inequalities

The Kensington + Chelsea Foundation, a charity committed to improving the lives and life chances of local residents, has recently published the stark findings of its new report, Poverty and Prosperity in Kensington + Chelsea.

It reveals that beneath Kensington and Chelsea's strong economic performance, there lies a highly unequal borough, with many residents suffering from inequality and severe deprivation.

The report delves into the drivers of this deprivation and the resulting inequalities across education, health and employment to understand how, despite being in the top 10 per cent of UK local economies, more than one in five wards in the borough are in the 20 per cent most income-deprived in the country.

"The thing about RBKC is that it's different to everywhere else... it's the smallest, most densely populated, most diverse, most unequal."

Interviewee, Poverty and Prosperity in Kensington + Chelsea, 2021 The K+C Foundation is committed to working with local partners to tackle these issues and is focused on supporting initiatives to improve education opportunities and outcomes, increase skills and employment and improve mental health in the borough.

"It is our hope that the report's findings and recommendations, including developing a more tailored approach to support services and investment in preventative solutions, can help to leverage local philanthropy and unlock the full economic, social and community strength of Kensington and Chelsea."

If you would like to discuss this further or read the report, please contact team@thekandcfoundation.com.

The report was commissioned by the K+C Foundation, produced by WPI Economics and generously sponsored by LMAX Group.

Registered charity number 1125940.



A better life together

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Charli Howard

Kimberly Wyatt

Liv Bentley and Inga Valentiner

Tallia Storm

ICE ICE BABY

Lizzie Cundy

THE NATURAL HISTORY MUSEUM

VIP guests wrapped up warm for the launch of the Natural History Museum's last ever ice rink. Attendees enjoyed twinkling Christmas lights and a festive carousel, before strapping on their skates to take a turn around one of London's most iconic rinks. The five-acre gardens where the rink was held will now be transformed into an urban wildlife hub, to be opened in 2023.

> Ice skating at the Natural History Museum



FESTIVE FUN

STANLEY'S

The Gentleman's Journal held its big Christmas bash at Stanley's, treating A-list attendees to delicious canapés including mini crab crumpets, smoked cheese tarts and gnocchi squash. Drinks included a grapefruit and gin concoction courtesy of Monkey 47, an elderflower collins made with Absolut vodka, and plenty of Whispering Angel rosé.





Zak Abel, Sarah Weingust and guest

Elliot Edush and Aki Omoshaybi TED BAKER LONDON Ted's Grooming Room





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Beauty / News

SLOANE SQUARE salon Nyumba has seen a rise in male clients requesting skincare treatments, says aesthetician Flora Antoniou (flora-antoniou.co.uk), with around 40 per cent of clients now men. Responding to this demand, a popular new treatment is a herbal peel called Biopeeling. Made with spirulina, algae and acids, it peels off the top layer of skin leaving it looking brighter and less pigmented, and reduces oily skin significantly.

LET'S BE HONEST, we could all use a little bit of help with radiance come January. Enter Tom Ford's Shade & Illuminate Blush. The twoin-one powder has semi matte and highlighter finishes and is available in six shades. With a smooth feel and a light-reflecting glow, you'll find it long-lasting and ultra flattering on the skin. 201-202 Sloane Street

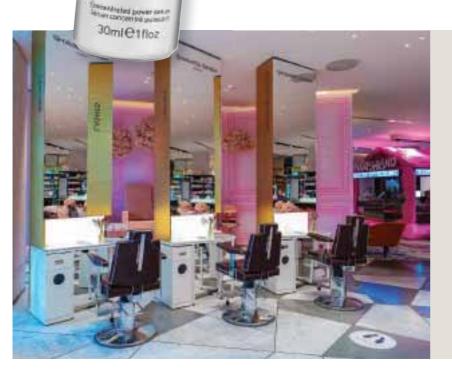
> SALON SLOANE has just launched the fabulous new K18 treatment. Dry, brittle winter hair begone – this restores the keratin chains that have broken in the inner layers of hair structure, reversing damage in just four minutes. Hair is left visibly restored, healthy and glossy.

Beauty / News

BEAUTY QUEEN Sarah Chapman has a new product. The Platinum Pep8 Stem Cell Serum is super potent, working on health, firmness and vouthfulness of skin. It uses cutting-edge technology to ensure its eight peptides and gardenia stem cells penetrate deep into the skin for a rejuvenated and plump complexion three of the peptides even have a botoxlike effect. Fine lines and wrinkles no longer.

SARAH CHAPMAN London

SKINESIS Platsnum Pep[®] Stern Cell Serum BEAUTY MECCA RICHARD WARD has just launched a new treatment. The Intraceuticals facial feels much like airbrushing oxygen and vitamins into your skin – with results to match. To show clients the difference it makes, the salon performs the treatment on half the face first – prepare to be wowed.



SHAVATA SINGH is a big name in certain circles, and now, the brow guru has opened in Harvey Nichols. Do book in, as the power of a good brow can be transformative. Her nifty waxing and threading treatments are second to none, as are the lash options. All the senior therapists are trained by Shavata, so you're in good hands.



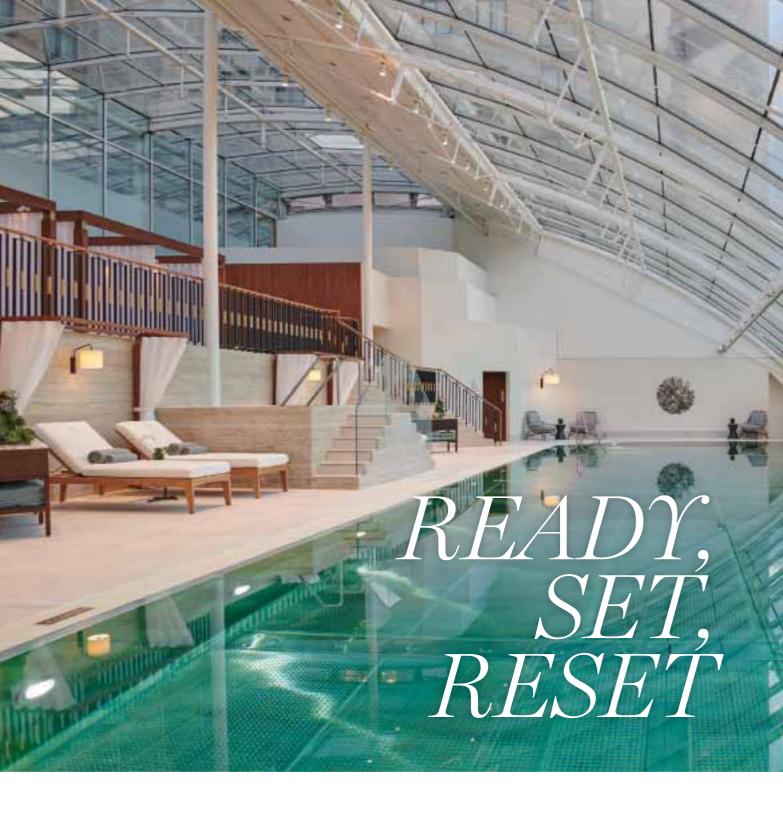
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IT'S THE PERFECT TIME OF YEAR to focus on wellness, and there's a new hotspot in town that promises to help you on your journey.

Those who have been to the revamped Carlton Tower Jumeirah – and the excellent Al Mare restaurant – will know it's had a facelift. So too has its spa and fitness centre, The Peak, which is for hotel guests and members only.

The 24-month refurb saw a complete makeover from British designers 1508 London. Now in chic, muted shades, it's a pleasure to spend time in but more importantly, fitness is at the forefront, with all the gym gear you could want. There's Technogym equipment, fitness classes starting from 6.30am and epic gym facilities spread across the ninth and 10th floors, along with a dedicated cool-down room and use of Theraguns for soothing any aches and pains. You can have a PT or simply do your own thing. Either way, being high up makes for a workout with some seriously good views, a far cry from a dingy basement set-up. The changing rooms are super swanky, with Dyson hair equipment, and the members' lounge, where healthy breakfast and lunch is served daily, looks on to Cadogan Square and way beyond.



Beauty / Spa



Elationnicon

TOWER JUMEIRAH **IS A TRULY SWOON** WORTHY SPACE, SAYS CHARLOTTE PASHA

I'm given a tour by The Peak's manager Ben Evans, who brings his experience from The Lanesborough Club & Spa and BXR London. We head down to the second floor of the hotel, home to central London's largest indoor swimming pool with natural light. It's gorgeous - 20 metres long, triple-filtered and warmer than your average pool. There are poolside cabanas, dried apricots and tea for snacking on, and an array of magazines.

Also on the second floor is the Talise Spa, which is where you can book in for face and body treatments from the likes of 111Skin

and Omorovicza. My Blue Diamond facial is gorgeous - 75 minutes of pure bliss, hydration, glow-inducing products and facial massage. Don't rush off post treatment as the spa facilities are worth spending time in eucalyptus-infused steam rooms, a Himalayan pink salt wall sauna and a Jacuzzi. Wellness treatments such as osteopathy, acupuncture and craniosacral therapy are also available.

We all know that staying fit and healthy is important, but it can often feel like a slog. Not so at The Peak - you'll be begging to come every day.

Wellness promotion



haven at Hot Spot

We catch up with our Fulham neighbours at The Hot Spot Yoga on how to heat up as the weather cools down

PARSONS GREEN SWG

What is hot yoga?

Hot yoga is a term used to describe a number of styles of yoga practised in a room heated between 30 and 40c. At The Hot Spot Yoga we teach Bikram Yoga which is at the hotter end of the scale at 40c. We also teach Inferno Pilates and warm Yin Yoga (both are taught at 30c).

Tell us more about Bikram Yoga

Bikram Yoga is a specific sequence of 26 hatha yoga postures and two breathing exercises. It is an extremely therapeutic and healing form of yoga (it was originally used as a form of yoga therapy) with many benefits: the heat allows you to stretch safely in addition to increasing circulation and lung capacity; it's an all-over mind/ body workout incorporating cardio fitness, strength training and mental endurance all in one practice. The postures are performed in the same sequence in every class which allows you to develop your practice at whichever level (beginner to advanced) you're working at.



Why is it so hot?

Due to the isometric nature of the postures you can endure a higher temperature – you're creating strength in the body through stillness within the postures. You couldn't have the heat as high in a vinyasa class for example due to the movement and the way that the heat works within the body, resulting in that Bikram 'glow' (once you've sweat it out in 40c you'll know why!).

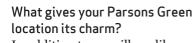
"You're creating strength in the body through stillness within the postures"

Melissa McIntyre Studio Director at The Hot Spot Yoga



How did you get started?

I started attending the studio when it originally opened in 2006. I went with a friend and from the very first class I was hooked - the power of the practice combined with the challenge of the heat was exactly what I was looking for in a voga class. I decided to train as a teacher in 2010 then bought the studio in 2014 from the previous owner. As a Fulham resident and client I had a unique insight into what people wanted from their local studio, ie what worked and what didn't. I have since sold the studio to vet another member but am still involved on a day-to day-basis. It's a testament to the studio that the ownership has always been 'in-house' so to speak - having a client buy your business does make you feel you must have been doing something right! It has been fascinating to watch the studio evolve through each of its incarnations over the years, culminating in our most recent makeover reflecting the charm of the local area.



In addition to our village-like atmosphere and an abundance of open and green spaces, our proximity to Kensington & Chelsea means that we get many clients from the neighbouring area as people always seem to ping-pong between the boroughs (including our studio owner, who is a Chelsea resident). Due to its longevity the studio has built up a very loyal and long-standing community, one of its more unique qualities – especially in a busy city such as London. We get people from all different personal and professional backgrounds including people in the arts, film, dance, finance - you name it. On any given day you never know who just might turn up! We pride ourselves on being a friendly and approachable place where people can come to switch off for an hour and practise their yoga in a supportive environment and most of all - have fun doing it.





The Hot Spot Yoga 25 Heathman's Road Parsons Green SW6 4TJ

020 3696 6050 thehotspotyoga.co.uk VITA BOUTIQUE FITNESS HAS OPENED A BRAND-NEW STUDIO IN SLOANE SQUARE. FOUNDER FEDERICA DE CARO TELLS ALICE CAIRNS MORE ABOUT ITS HOLISTIC APPROACH

The PERFECT

"I'VE ALWAYS BEEN SOMEONE who finds it hard to sit down – I suppose you could say I'm hyperactive. But I was never into fitness until I found myself in a super high-pressure job, and suddenly I was experiencing the most terrible pain in my neck, shoulders and back. Someone recommended that I try pilates, and almost instantly, I became aware of how much more effectively my body was moving and performing. I wanted to share that transformation with other people, so I quit my job and dived headfirst into the world of fitness.

"I opened Vita Boutique Fitness 10 years ago, specialising in something called 'dynamic reformer pilates'. The machines we use may look like medieval torture devices, covered in pulleys and straps, but to me, they're the best machines in the world. Just imagine that you go to a regular gym and spend half an hour doing lunges and squats. Well, if you performed the very same exercises on one of our machines, you'd get the same results within five minutes. That's because the machines add extra core and balance challenges, requiring your body to engage so many more muscles – even little ones you didn't know you had.

"Being time effective is so important to us. In an ideal world, we would all have at least an hour a day to spend on working out, but in reality, most people struggle to find an hour a week. Life is so busy, and so the idea behind our classes is to provide you with something very personalised, very bespoke, and above all, very effective – so that you can pack as much as possible into that precious hour you've carved out for yourself. Our classes are very small – a maximum of eight people – so that everyone can get the attention they need from the trainers, and the exercises can be customised to suit any skill or fitness level. You can use our machines to challenge yourself and

Fitness / Vita

"PEOPLE ARE LOOKING FOR MORE THAN JUST WORKOUTS – THEY WANT TO IMPROVE THEIR OVERALL WELLNESS"

really push your fitness, but equally, they can be adjusted to provide gentle rehab to someone who's just had surgery, or who is post-partum. It's a wonderfully flexible way to work out.

"After opening studios in Knightsbridge and Milan, it took us nearly seven years to find the perfect location for our next venture. We found that perfect space at 31 Sloane Square, which is everything I dreamt of and more. It's beautiful, bright and welcoming, which is exactly what I believe a studio should be – too many gyms are gloomy basements crammed with machines. I think a gym should be a happy place, somewhere that soothes your mind and soul while you strengthen your body.

"After the last 18 months, I've noticed that people are looking for more than just workouts – they want to improve their overall wellness, not just their fitness. I couldn't agree more, which is why our Sloane Square studio is built around the idea of holistic support. We've actually given over the entire ground floor to a cafe in partnership with Kiss the Hippo, a very cool roastery that's also London's first carbon-negative coffee company. We'll be offering our own Vita bean

blend, as well as a light and healthy menu of food and snacks that will support your fitness. We'll also be providing access to osteopaths and physiotherapists to tackle any long-term pain, which means that the workouts you do can be tailored to your recovery. Finally, we'll be offering alternatives to high intensity fitness classes – things like gentle yoga and sound baths, which really support mindfulness.

"During lockdown, people were so out of sync, and all that tension and stress was reflected into their bodies. We hope to welcome people back into a new kind of gym – one that feels welcoming, inclusive and positive, a space to socialise, meditate, eat and decompress, as well as exercise. I believe that's the future of fitness, and I can't wait to provide it at the Sloane Square Vita studio."

vitaboutiquefitness.com

Federica De Caro

My Chelsea / Theo Fennell

JEWELLER TO THE STARS THEO FENNELL IS AN ESTABLISHED PRESENCE IN CHELSEA – HIS TOP HAUNTS ARE WORTH KNOWING ABOUT

HOW LONG HAVE YOU WORKED IN CHELSEA?

I've lived here or hereabouts for 50-odd years and worked here for over 40 years.

It has always been the part of London that I know best. I have watched it morph from Swinging London through the punk era and minimalism, with shops and restaurants coming and going, but its character has remained largely the same.

WHY DID YOU START THEO FENNELL?

I had a passion to design silver and jewellery for people who wanted work that was original and handmade by truly great craftspeople, rather than the rather lacklustre branded offerings that were beginning to overpower the market. I always wanted to work in a creative and collective environment where everyone shared that same sense of purpose in fashioning pieces that were really well thoughtout, designed and made.

I spend most weekdays in the studio and workshop. I love designing and seeing any finished piece still gives me a huge thrill. Working with talented and nice people is a joy and I am lucky I'm able to do that.

WHAT IS YOUR TOP HOLIDAY LOCATION?

This always changes but Corfu and Barbados are the places I go most often, though I am happy anywhere with my family.

WHERE DO YOU LIKE TO GO IN CHELSEA?

Colbert, the Chelsea Arts Club, Chelsea Physic Garden and rummaging through books at Sandoe's. I am always happy wandering about in Chelsea.

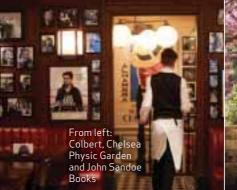
WHAT IS NEXT FOR THEO FENNELL?

I have a book of collected, hopefully amusing episodes called *I Fear for This Boy* coming out in April and we are working towards a pretty comprehensive book and exhibition of current and past work to be called Now And Then.

ANY WORDS OF WISDOM?

With a romantic voice I would urge, 'Find your own voice and let it be heard' but, more prosaically I would insist 'Never sign anything without a tough lawyer present!'

WHAT IS YOUR NEW YEAR'S RESOLUTION? To improve my golf from poor to mediocre, and then try and save the world.









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