

PORTER

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Winter Escape 2017
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Bright
and
Beautiful

IMAN HAMMAM

A woman with wet, dark hair is sitting on stone steps in front of a large, rustic wooden door. She is looking directly at the camera with a serious expression. Her hair is slicked back, and her skin appears damp. The door behind her is made of dark wood with many small, round metal studs or bolts. The steps are made of light-colored stone.

the beauty memo

*Your definitive
health and beauty
intelligence*

spa special

As the DAWN of a new year approaches, it's time for a FRESH start. Whether you want to plant the seeds for healthier HABITS, rethink how you EAT, or reset a STRESSED-OUT body, mind and soul, PORTER's global spa guide is your first step towards making CHANGES that LAST

Photography by Alexandra Nataf
Beauty editor Danielle Fox



THE QUICK FIX

1Hotel South Beach, Miami

Vacations to Miami Beach, with its pulsing strip of buzzy restaurants and vibrant nightlife temptations, don't often inspire healthy behavior, but at the 1Hotel's recently-opened wellness wing – comprising a state-of-the-art gym, a plant-based vegan café and the first stateside version of the reputable British Bamford Haybarn Spa – there's no shortage of virtuous options.

WHAT TO EXPECT This is the ideal city pit stop for those who want to maintain their healthy habits – or even challenge themselves to try something new. The Mind & Movement package incorporates gym classes, spa treatments and dietary recommendations at the aptly-named Plnthouse café (spelling intentional) and other dining venues throughout the area into a personalized, expert-guided experience.

NEED TO KNOW Set aside the time to have your consultation with a member of the wellness team before your arrival so that you can check in and hit the ground running with a pre-booked itinerary. In my case, this included a fast-paced, obstacle-course-inspired gym class, morning power yoga and an afternoon spa day. After three days, I left feeling well-rested, relaxed, and satiated from the abundance of clean-eating options. I've even taken more circuit-training classes back home, as I've found it's a great boost for my energy.

THE MUST-TRY The Spartan Circuit class I took the morning after my arrival was a 50-minute drill through a series of 15 or so obstacle-based exercises – a great intro to high-intensity interval training. A few hours later, the morning's rigorous workout had all but faded after my soothing foot soak and full-body massage. *Laura Neilson*

The Mind & Movement package costs £336 per person (room not included), for a two-night minimum stay; 1hotels.com/South-Beach



THE KICKSTARTER

Lefay, Italy

The handsome young Italian couple in the open-top Ferrari that glided past us on the way to Lefay was the first sign that this was not your typical European spa. Yes, you can stay cocooned in your dressing gown all day, drifting between treatments, but you can also join the elegant Eres-bikini-clad European crowd by the infinity pool for a cocktail as Hôtel Costes-style music fills the air.

WHAT TO EXPECT Don't be fooled by the gently sybaritic atmosphere, for Lefay is a serious spa boasting impressive medical and aesthetic credentials. I was overwhelmed by the sheer variety of plans, so let them know my goals before I arrived: I wanted to lose a few pounds, rediscover my energy and get help with my psoriasis. After my initial consultation, the doctor prescribed the spa's biolite menu, but advised me not to focus on losing weight, instead scheduling in relaxing treatments, plus a few Qi Gong sessions, as she felt severe stress lay at the root of my various complaints.

NEED TO KNOW Having previously thought that any exercise that didn't leave me sweating was a waste of time, I found the Qi Gong sessions transformative, both mentally and physically. And despite not following a hardcore program, I lost 6lb in just a few days. But the real takeaway was identifying how deeply stress has been affecting my life. I now find myself breathing more consciously and following a more balanced exercise routine. Since my return, I have also had several counseling sessions to address my response to stress and I feel much more relaxed for it.

THE MUST-TRY The extraordinary salt pool where you float in near darkness and feel the stress melt away. *Lucy Brooks*

From £3,225 for seven nights, including full board, treatment program, flights and transfers; thehealthyholidaycompany.co.uk

Making Habits Happen

Bestselling author Gretchen Rubin reveals the secrets to forming habits

Making positive habits as convenient as possible is very effective. If you want to exercise, pay for a trainer to come to you. Equally, the brain is amazingly sensitive to even small inconveniences. If you're practicing a 9pm smartphone curfew, for example, put your phone in your handbag, zip the bag, put the bag at the back of a closet and close the door.

Pre-plan for failure. You intend to meditate every day, but what happens when you're traveling for work, have a packed schedule and a noisy hotel neighbor? Anticipate as many challenges as you can and specifically think about what you'll do and say to overcome them.

Avoid making life-affirming excuses, like "life is too short not to...", and false-choice scenarios such as "I'm too busy, I'll have to cancel training today". Being aware of them allows you to refute them. Also, devise a routine that doesn't allow time for such thoughts to take hold – for example, exercising immediately after work rather than two hours afterwards.

Times of change, such as a new job or moving house, are opportune moments to shape new habits. Smokers who quit at the same time as moving house are often more successful as they have fewer triggers and associations to hamper them.

Rubin's latest book, The Four Tendencies (Two Roads, £15), is out now