

# HELLO! fast fashion MONTHLY

JAN/FEB

ONLY  
£1

Jessica  
HART

TEENAGE  
TEARAWAY  
TURNED  
GOLDEN GIRL

DENIM  
RULES

PEARL  
PATCH  
& HER  
HEART

EXCLUSIVE

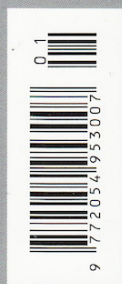
SOFI  
RICH

ON HER  
FAMOUS  
FAMILY  
SISTER  
ADVICE  
FROM  
NICO



**WIN!**

A £1,000  
TWO-NIGHT  
PAMPERING  
BREAK



SPAIN & PORTUGAL €2.70

NEW  
SPIRIT

NORDIC-STYLE KNITS & COSY COATS

Your winter wardrobe wrapped up



A photograph of a resort pool area. In the foreground, a large, rectangular pool with blue mosaic tiles is visible. Three palm trees are planted in raised, square planters with blue mosaic tiles, which are partially submerged in the pool. The planters contain green foliage. In the background, there are lounge chairs, white umbrellas, and a view of the ocean and distant mountains under a blue sky with some clouds.

# BEAUTY BREAKS

*Discover the latest super spas seducing us with their  
fancy-pants pampering. Champagne optional, relaxation obligatory*



WALKERS'  
PARADISE  
A serene haven  
in the heart of the  
Lake District

## 📍 FOR OUTDOORSY TYPES Brimstone Spa, Lake District

In a part of the world most commonly associated with fell walking, it's curious as to why there have been no five-star spas to ease those fatigued muscles in the Lake District before. Now, among the backdrop of the Langdale Pikes, you'll find Brimstone Spa and you won't get closer to nature than when you're cocooned in a sauna with panoramic views or bobbing about in an outdoor hydrotherapy pool accompanied by a crackling fire. From the aromatic blends infusing the herbal steam room to the Pure Alchemy oils in the treatments, you'll experience a sensory overload. Massages take an organic approach: therapists use rolling movements to detoxify, stretch and elongate tired limbs.

Bespoke is a trigger word here. With no reception desk, just

phones in every room and hosts on call 24/7, this hotel is one step ahead. Forgot to mention you were gluten-free? No problem. By the time afternoon tea arrives, so will a delivery of dietary treats. Factor in delicious cocktails, such as the Crystal Mule, and Cumbria will be on the map as much for its fluffy robes as for its fleeces.

**Rooms from £275, incl. breakfast, plus free snacks in The Reading Room and spa access. Treatments from £85. Visit [brimstonehotel.co.uk](http://brimstonehotel.co.uk). Virgin trains from London to Oxenholme from £25. Visit [virgintrains.co.uk](http://virgintrains.co.uk)**



## 📍 FOR ECO WARRIORS Lefay, Italy

If you've ever wanted to reach total Zen, this is the guilt-free place to go. Decked out in Verona-originated marble and sustainable olive-tree wood floors and overlooking Lake Garda, this eco spa, with a focus on complementary Chinese medicine, has programmes to combat the stresses of modern life. The treatments are all

about reactivating energy channels, increasing blood flow and rebalancing your meridians using techniques such as acupuncture and moxibustion (basically acupuncture without the needles).

The resort also encourages meditative walks between dips in the infinity pool. So whether you go exploring alone with one of their easy-to-follow map routes or take a guided walk with one of their pros, make sure you pack your trainers along with your flip-flops.

After all that exertion (or not), top up your energy levels in one of the two restaurants. Serving up a feast of Mediterranean cuisine alongside ethically sourced wine (we recommend the San Martino della Battaglia Campo del Soglio white), expect to reach total nirvana by nightfall.

**For two nights, an energy-rebalancing programme, incl. an energy body massage and all meals, from £560 per person. Visit [slh.com/LefayResortAndSpa](http://slh.com/LefayResortAndSpa)**

ZEN AT WORK  
Overlooking  
Lake Garda,  
this eco spa  
paves the way  
to nirvana

