

# VANTAGE

JUNE 2014 • £3.50



GUEST of  
HONOUR  
AT HOME WITH  
MARK NIEMIERKO

DID SOMEONE SAY  
*PARTY?*

WITH PRESTON BAILEY ON FLOWERS, NICHOLAS OAKWELL ON DRESSES AND THE ARTS CLUB ON MUSIC, THIS IS A SUMMER YOU'LL NEVER FORGET

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 *Hallmark of Geneva*

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# From the editor



**W**ith the summer social spell in full swing, most will be planning a seasonal get-together of some kind, be it passion fruit caipirinhas and nibbles on the lawn, a festival-themed secret garden soirée, or a full on society ball. And each will come with its very own checklist, from themes and flowers to fashion and food. So fill up a glass and let us take control as we turn to our little

black book for all the party-throwing fundamentals (p. 10).

“London is without question the best city in the world,” says event planner extraordinaire Mark Niemierko. “I could never get bored.” Join him and Gabrielle Lane as they share a bottle of fizz at his stylish Fitzrovia apartment (p. 16). And don’t miss our stunning fashion story for all this season’s most Cinderella-esque gowns (post fairy godmother makeover, of course, p. 52) and the tribal-meets-tropical accessory essentials for any abroad carousing (p. 58). But be sure to take care of your skin while out soaking up the rays (even through the clouds); get clued-up by reading our specialist skincare feature and absorb some insider secrets from Andrea Marshall; conservation biologist and one of National Geographic’s Emerging Explorers who has joined with Crème de la Mer in support of World Oceans Day (p. 64).

Shortlisted for a Catey award this month, Karam Sethi is up against the likes of Jason Atherton and Angela Hartnett for the Restaurateur of the Year gong. I indulge in an eight-course, south-west Indian banquet far too close to bikini season with the hottest chef in town (p. 92). Or if summer to you means getting away from the city, may we recommend Bath and Berlin for a bit of much-deserved ‘me’ time (p. 100); with top spas and Michelin-stars in abundance, all you’ll need is a plus one...

*Kari Rosenberg*  
Editor

Follow us on Twitter @VantageNW

Did Someone Say Party? (p. 10)

Backstage at Nicholas Oakwell Couture S/S14,  
nicholasoakwellcouture.com

Photography by Andrew Farrar,  
andrewfarrar.co.uk

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## VANTAGE

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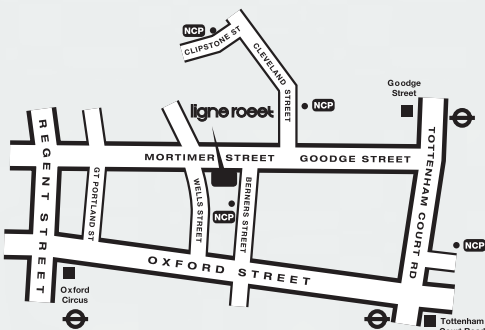




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# Did SOMEONE SAY Party?

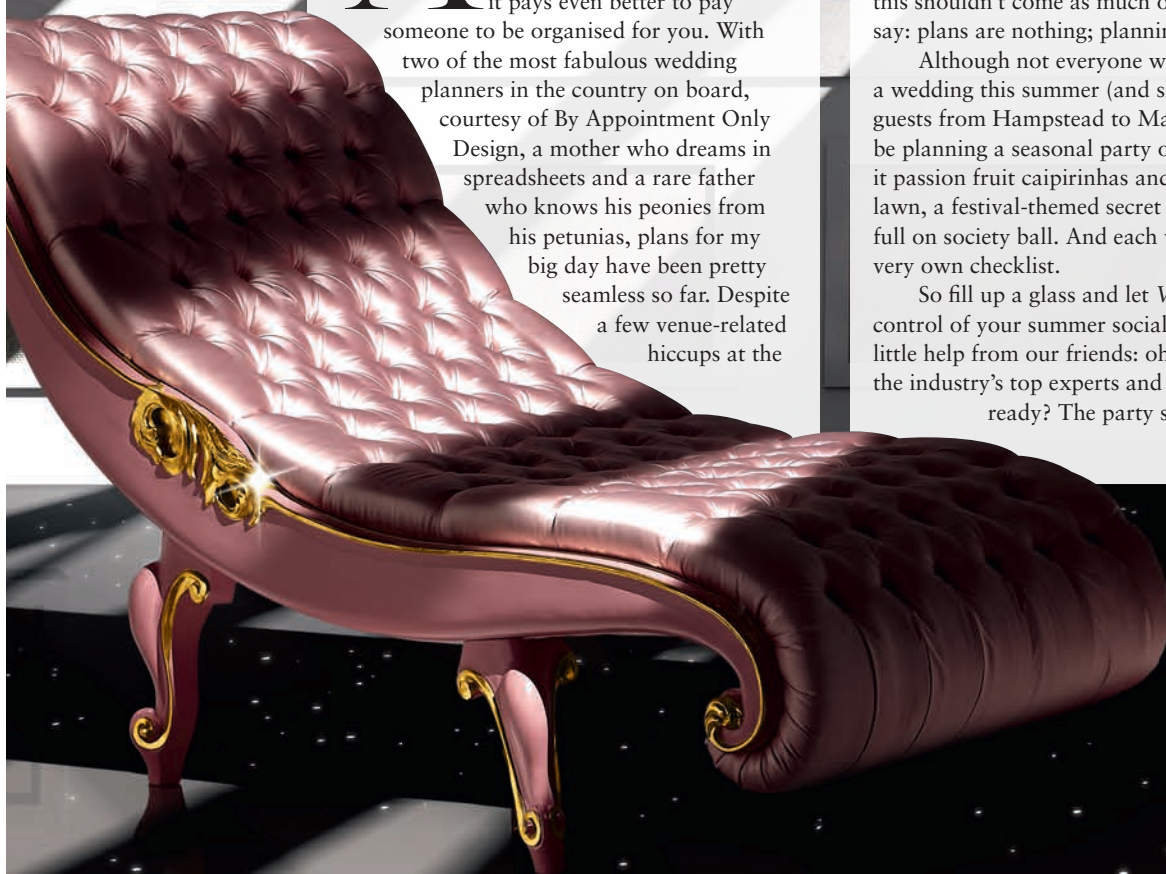
You've set the date and... that's about it. As the summer social season kicks off, *Kari Rosenberg* turns to her little black book for all the party-throwing fundamentals

**A**s someone only a few weeks away from the biggest party they'll ever throw will know, it pays to be organized. Indeed, it pays even better to pay someone to be organized for you. With two of the most fabulous wedding planners in the country on board, courtesy of By Appointment Only Design, a mother who dreams in spreadsheets and a rare father who knows his peonies from his petunias, plans for my big day have been pretty seamless so far. Despite a few venue-related hiccups at the

very beginning, I've really had nothing left to worry about except stumbling down the aisle in a pair of too-high Manolos. Then again, considering preparation started 18 months ago, this shouldn't come as much of a shock. As they say: plans are nothing; planning is everything.

Although not everyone will be orchestrating a wedding this summer (and shipping 300 guests from Hampstead to Mallorca), most will be planning a seasonal party of some kind, be it passion fruit caipirinhas and nibbles on the lawn, a festival-themed secret garden soiree, or a full on society ball. And each will come with its very own checklist.

So fill up a glass and let *Vantage* take control of your summer social calendar, with a little help from our friends: oh, just a handful of the industry's top experts and insiders. Are you ready? The party starts here... ▶





## Themes

Sophie McCorry Day, head of creative and editor at global elite lifestyle agency Quintessentially Events, says there are a number of key themes coming through on the party circuit this season, taking inspiration from the catwalk. “The American dream theme started with Chanel’s all-fringing, neon strip-lit, Métiers d’Art show in Dallas, swinging into rhinestone mode with Dolly at Glasto, and is all over the gastronomic scene with a rush of bowling alley-meets-soul food openings. Luckily, one of this year’s most accessible trends can translate happily into your next get-together with festoon lighting and Margaritas, Navajo-chic picnic blankets and a secret cinema-style open air projection. Nashville soundtrack, double denim

and ten gallon optional, of course... God bless America!”

If your vibe is more secret garden than secret cowboy, take inspiration from Hermès’ tropical prints with a L’Orangerie du Jardin ambience. “Hire in trees from Palmbrokers, and ask your florist to create a hanging garden feature,” says Sophie. “Brimming with flowers and foliage, summer’s event styling and flowers take the terrarium trend – and put it on acid. Add some wooden furnishings and House of Hackney Palmeral accessories, *et voila* – Borneo in your back garden.”

Or, get down with the real trend by hosting your party at home, or choosing a venue that feels like it could be, with a little added gloss. “Play with colour, giving your event a Matisse-meets Céline-splash,” says Sophie. “Enhance your setting with some well-chosen, colourful props (preferably mismatching-in-a-matchy-kind-of-way), a hot tub and some informal lounge areas.”

32 Portland Place, W1B  
[quintessentiallyevents.com](http://quintessentiallyevents.com)



Right:  
 Both Chanel,  
 Métiers d’Art



Above: Ananas Pineapple Lampstand, £425; Flights of Fancy Standard Lampshade with Rose Stripe, £125; S/S14 campaign All House of Hackney, [houseofhackney.com](http://houseofhackney.com)





Below and Right:  
All images courtesy of  
Preston Bailey



## Flowers

Master New York event planner Preston Bailey has been saying it with flowers for the past 30 years, creating exquisite and unforgettable floral designs for the most lavish events. This spring sees the release of his newest book, *Designing with Flowers*, which celebrates his latest ideas and inspirations. “To spend my days creating one-of-a-kind events that serve as the backdrop of some of the most memorable moments of my clients’ lives is an honour,” begins Bailey.

The esteemed event designer and floral couturier has become famous for his elaborate and occasionally ostentatious designs which have incidentally been the setting for some of the most high-profile celebrity, royal and society weddings, including the likes of Ivanka Trump and Jared Kushner as well as Catherine Zeta-Jones and Michael Douglas. “Flowers are a feast for the senses: vivid colors, unique textures, and signature scents all work together to transform a moment,” he says. From giant floral elephants to a life-sized working carousel, there appears to be no end to the designer’s genius and vision.

“My favorite flowers have always been Orchids. After so many years of working with flowers, I still discover new species to this day which is very exciting. But [my favourite part of the job] is seeing the element of surprise

on my clients’ and their guests’ faces when entering one of my events for the first time.”

*Designing with Flowers*, written by Preston Bailey, photography by John Labbe; [rizzoliusa.com](http://rizzoliusa.com); [prestonbailey.com](http://prestonbailey.com)

## Venues

“Our favourite London venues are One Embankment for a lavish party, the Corinthia Hotel’s Massimo private dining room for an intimate setting and Rosewood London for its amazing new spaces,” say Javier Salvador and Tony Marklew, directors at elite event planning company By Appointment Only Design. “Abroad, Purobeach Mallorca and the Conrad Hotel in Portugal both ooze luxury in a very different way.

“The setting is so important. A beach club will naturally create a relaxed-feel; a country house a sportier atmosphere; and somewhere like Claridges will make you shine your shoes for a glamorous ball. Work with a venue, rather than letting the venue work with you.”

38 Chiltern Street, W1U  
[byappointmentonlydesign.com](http://byappointmentonlydesign.com)

Moët Ice Imperial Limited  
Edition Summer Escape  
Trunk, moët.com



## Food & Drink

“With news that Prada has acquired an 80 per cent stake in Pasticceria Marchesi and Mulberry serving up miniature Wedgwood teacups and saucers in place of traditional invitations, it seems food is firmly back on trend,” says Sophie McCorry Day. “An iced finger bun up to Kate Moss’s often ill-quoted ‘nothing tastes as good as skinny feels’, fashion getting friendly with food means only one thing: the end of fatty canapés and cupcakes and a return to ‘real’ catering, slow-roasted barbeques and yes, proper cake that you have to eat with a fork.”

Invest in a Moët Ice Imperial Limited Edition Summer Escape Trunk, tailor-made and crafted in France. The mobile bar features space for up to 20 bottles of Moët Ice Imperial, 24 large glasses, five ice compartments, an ice compartment and a nook to store fruit.

Those with a sweet tooth can get their Mary Berry-on and create a cake to be proud of. “To me, the appearance of Alphonso mangoes in the shops signals the arrival of the very earliest part of summer,” says luxury cake-maker Fiona Cairns. “During May in our house we devour this unrivalled fruit, with its creamy texture and heady perfume. They are simply delicious on their own, but I blend the Alphonsons with the flavours from one of my favourite yogurt dishes from Gujarat – saffron, cardamom and pistachio – to provide the filling for a marshmallowy meringue. You can get

everything ready in advance earlier in the day (and the meringue a few days ahead), but assemble the pavlova only a couple of hours before serving.” For maximum impact with just a bit of effort, make [a cake] where everything on it is edible: crystallised roses, dog roses from the hedgerow, daisies, cherries and currants.”

For the full recipes, see *Seasonal Baking* by Fiona Cairns, published by Weidenfeld & Nicolson £25, [fionacairns.com](http://fionacairns.com)



Summer Extravaganza cake with edible decorations, courtesy of *Seasonal Baking* by Fiona Cairns

## Planning ahead

“If you are planning a party, the day and date is all important,” says Kevin Hilton, director of concierge and lifestyle management house Privée. “So if you are looking for a big turnout and minimal declines then there are a few things to bear in mind.”

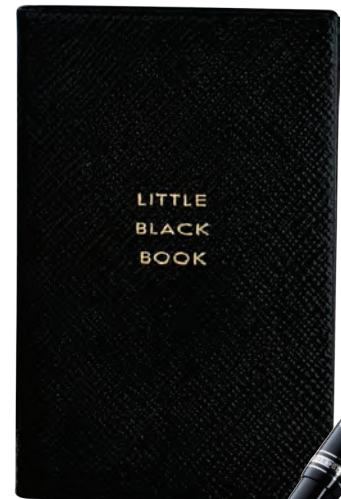
**Is it a bank holiday?** If so, then some of your guests may be taking this time to have a sly weekend away.

**Is it a children’s birthday party?** As your child no doubt mixes with kids of a similar age, just make sure that you aren’t planning a party on the same day as someone else. Children having to choose whose party to go to is not a good idea.

**Is it the Wimbledon Finals, FA Cup Final or World Cup Final?** It is always vital to check what’s happening in the world of sport, even if you won’t be watching – can you imagine organising a summer party on the night of the World Cup Final and even worse, England are in it (one can dream) or when there is another major sporting event happening?

We tend to find that people are away towards the tail-end of August. So if you would like your best friends to be at your party rather than sunning themselves overseas, you better check who is going to be away first.

**Privée specialises in accessing tickets for sold out shows, world premieres and big sporting events; 36 Queen Anne Street, W1G [priveeconcierge.co.uk](http://priveeconcierge.co.uk)**



From £35, Smythson, [smythson.com](http://smythson.com)



POA, Montblanc, [montblanc.com](http://montblanc.com)



Images courtesy of the Mount Street Printers



## Invites

“There is nothing more thrilling than receiving a stunning invitation in the post,” says Fridette Cain, owner of the Mount Street Printers. “The effort and style that goes into the first step of preparing for the party gives you a taste of things to come. A beautifully printed invitation will entice you to go. As in the Victorian days, it sits on the mantel piece reminding you of the fun to come.”

While the type of invites you can have will depend on the time of year, the nature of the party and the crowd, style never goes out of fashion. To avoid having the same invites as your friends, Fridette suggests using a logo or a motif that relates to the sender, making an invitation more personal.

“This summer, the trend is for die cutting, laser cutting, use of ribbons and multi coloured inks with beautifully bevelled brushed edges. We also have seen a lot of duplexing (two very thick boards mounted together) in different colours and tissue lined envelopes. Just as the pen is mightier than the email, so too is the invitation more enticing than the email. And you get to keep it!”

4 Mount Street, W1K  
mountstreetprinters.com

## Fashion

Inspired by Cecil Beaton, Charles James you can't help but fall in love with top couturier Nicholas Oakwell's latest ethereal, petal-covered collection.

He says the most important thing when dressing a client for a VIP event is first and foremost, that the dress fits. “Whenever someone wears an important gown, they have to own the dress like it is an extension of themselves,” he says. “Ultimately, the dress needs to complement the person's character. What I love about fashion at the moment is its versatility and freedom, and that goes for eveningwear too. Traditionally, you are more glamorous and sexy for the evening; a fitted cocktail dress for example is perfect, like my leather flower strapless dress from S/S14. However, as a rule, I always suggest a more tailored look, well accessorised with great jewels and amazing shoes!”

Excited for the season ahead, Nicholas can't wait for Wimbledon. “It epitomises Englishness and marks the proper start of the summer,” he says. “I am also going to the Serpentine Gallery Summer Party and the Royal Academy Summer Exhibition which I'm really looking forward to.” And he loves nothing more than enjoying the English landscape with a Hendrick's and tonic in-hand.

However, he's remaining tight lipped about the clients he'll be dressing. “Discretion is one of the unwritten rules of couture!”

49 Brook Street, W1K  
020 7495 8527

## Music

The Arts Club DJ  
Alex Le Roux's top 10  
summer party anthems:

1. Duke Dumont I Got U featuring Jax Jones
2. Tensnake Coma Cat
3. Amerie 1 Thing (Cherokee Remix)
4. Chris Malinchak So Good To Me
5. Andrey Exx & Fomichev Be Good
6. Oliver \$ & Jimi Jules Pushing On
7. ZHU Moves Like Ms Jackson (OutKast remix)
8. Luther Vandross Never Too Much (Bondye & Lee Jo Edit)
9. Le Youth C O O L
10. Bakermat One Day (Vandaag)

## Don't miss

Privée presents its ultimate summer hit-list:

- 6-8 June Chesterton's Polo in the Park, polointheparklondon.com
- 15 June Cartier Queen's Cup Final
- 14 June The Queen's official birthday marked with Trooping The Colour ceremony, royal.gov.uk
- 17 - 21 June The Boodles Tennis Tournament
- 17 - 21 June Royal Ascot
- 23 June Wimbledon Tennis Championships begins
- 28 June British Polo Day
- 2-6 July Henley Royal Regatta
- 18 July - 13 September BBC Proms
- 2-9 August Cowes Week
- 3-5 September Salon Privé Luxury Super Car Event
- 13 September Last Night of the Proms



Nicholas Oakwell Couture,  
photography by Andrew Farrar  
andrewfarrar.co.uk







# ICING on the CAKE

PHOTOGRAPHY / GARY MORRISROE

In the midst of expanding his internationally-revered events company, Mark Niemierko opens his Fitzrovia home to *Gabrielle Lane* to share the secrets of his glamorous business

“We can’t put a bottle of Champagne on the bed – what will people think!” A photo shoot with luxury wedding and event planner Mark Niemierko is great fun. Frank, funny and a rather stylish gentleman to boot, Niemierko has made his impeccable taste his business, and for over a decade has been masterminding lavish soirées for the cream of London society. Consequently, his home – a chic duplex in Fitzrovia – is well-suited to entertaining, and Mark is an enthusiastic set-dresser. In his living area, there are elaborate flower arrangements from Rob Van Helden, Diptyque candles and table settings featuring gold plates and crystal tumblers; fashion tomes flank ice buckets and cocktail shakers in bookcases and the fridge is lined with premium fizz – Mark dines out a lot.

Upstairs, the master bedroom has a monochrome theme. There’s a wall of vintage film photography, a tinted mirror-clad dresser and velvet chairs, as well as black lacquered accessories and ebony trays stacked with glossy magazines for inspiration. But it’s his closets that cause the team to marvel: rows of Prada and Tom Ford shoes, colour-coded coats organised with military precision, and approximately 17 starched white shirts – “great under a suit,” he tells me. Of course.

Niemierko – both man and brand – is about to launch Niemierko Kids, bringing his attention to detail and monogrammed, crocodile-skin contacts book to the birthday parties of little princes and princesses. With this in mind, once he’d organised his personal possessions for photography (featuring cufflinks from loyal clients, Cartier watches, a key-ring from his niece and the like) he sat down to share the lifestyle lessons that he’s gained from working at the top tier of the hospitality industry. ➤

- On career ambitions... “I worked in film and TV from the age of 17. I also worked within film PR and organised a few events – I fell in love with the experience and decided it was for me. When researching the industry trying to find a job, I didn’t find anything appealing or new so I started my own company – with a focus on wedding planning.”

On clients... “I think the fun part is meeting such different people. My clients are so diverse – from exceptionally private individuals, to pop stars, bankers and footballers. It’s fun getting to know them, their families, their likes and dislikes and then creating events for them. It’s also hugely glamorous to occasionally step into their worlds, yet also to step out. I’m not the star. My clients are the stars, and I’m hugely protective of them and their events.”

On the Niemierko USP... “The whole ethos around Niemierko is that we plan family social events. So, it’s important I come along when choosing the bride’s dress for example – you learn quickly from that experience what type of fashion they like and that helps me to develop other creative ideas. However, it’s always more important for me to know what my client doesn’t like so I can avoid it.”

On weddings... “I think my favourite four elements would be the guests – without them you don’t have an event; lighting – without good lighting you don’t see the floral displays; the groom’s attire – as it really sets the



tone for what guests will wear. And flow – it’s crucial with a wedding or event that guests can get from A to B easily. I’ve planned a wedding within two days before, but the average preparation time is eight months.”

On honeymoon recommendations... “It depends on the season, but I truly believe in a mini-moon before you set off on a private yacht for a month. It’s good to spend some time in the UK alone to collect your thoughts – just the two of you. The Treehouses at Chewton Glen are the perfect destination for this.”





**On business life in London...** “London is without question the best city in the world. It has certainly become more and more of an international destination for people on business, leisure or social trips. It’s also immensely inspiring, from Mayfair to Shoreditch. I couldn’t ever get bored.”

**On travelling...** “I don’t travel as much as I’d like. Even though I only plan a maximum of ten weddings a year, most of my weekends are spent in planning meetings with my clients. I go to New York twice a year for work and have added holiday trips in the past – like an upstate trip to Connecticut one year. Having said that, I am certainly more of a city person; two days of doing nothing is more than enough for me before I get bored.”

**On personal entertaining...** “When hosting a party at my home I’m all about simplicity. This means good cocktails – typically brambles and espresso martinis, handsome waiters to serve canapés and plenty of macarons.”

**On impeccable style...** “I was 23 when I started my business. Coming from the work background I did, I was used to wearing T-shirts, jeans and trainers. I needed to step up my look with my new job so I started to wear suits and ties – and the look has stuck. I wear a mixture of brands including Ralph Lauren, J Crew, Reiss, Cos and Spencer Hart.”

**On life’s luxuries...** “My four nieces and nephews – Ruby (nine), Annie (six), Edward (four) and Alistair (two) – are all beyond cute and hugely inspiring for such young people. As I’m working so hard it’s the simple things such as having them for a weekend that I look forward to.”

**On lifestyle mottos:** “I always say, ‘you can’t please everyone’, also ‘know yourself – both good and bad’.” ■

**7A Hanson Street, W1  
020 7580 5010; niemierko.com**



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# WISH list



## SECOND TIME ROUND

Watch connoisseurs will be thrilled to learn of the subtle development to Richard Mille's sought-after RM 011 model, which launched seven years ago. The updated model, the RM 11-02 Automatic Flyback Chronograph Dual Time Zone (£116,500), includes a UTC feature for the indication of a second time zone with a Super-Luminova-filled hand, along with the traditional functions of the original, such as the Flyback Chronograph, annual calendar with oversized date, 60-minute countdown timer and 24 hour totaliser. The PVD-treated titanium movement is fitted with two winding barrels and an automatic winding rotor with variable geometry supplying circa 50 hours of power reserve. Watch geeks will no doubt recognise RM 011 design elements on the new timepiece.

[richardmille.com](http://richardmille.com)

*Swiss movement, English heart*



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# WATCH NEWS

## DIAMOND DIVA

It was designed, we're told, for divas looking to unite their love of diamonds with an appreciation of high-end horology. No surprise then, that Roger Dubuis' new Velvet collection sparkles like the best of them. Fitted with a 172-component calibre – designed, developed and perfected in-house, to the industry's highest possible standards – it also has the mechanical credentials to boot. In case that wasn't enough, ladies are invited to select the watch's accompanying precious stones from a range that includes rubies, emeralds and sapphires. Choices, choices, choices.

The Velvet Collection  
Roger Dubuis, POA  
Arije, 165 Sloane Street  
020 7752 0246



## IN-HOUSE INVESTMENT

The Oris 110 might have flown under the radar had it not been for the calibre housed inside. Instead, with that movement having been developed in-house, the first from the brand in 35 years, the watch demanded attention the moment it was unveiled. Launched earlier this year to mark Oris' 110th anniversary, the 110 comes equipped with an astonishing – and industry-leading – ten day power reserve. 'Tis a pretty little thing too. Regrettably, only 110 will be made in stainless steel (£3,750) and 110 in rose gold (£9,950) so if you want one, get moving.



oris.ch

## ONE TO WATCH

Allun Michaels, store manager at Fraser Hart in Brent Cross, selects his watch of the month:



*“The Octo’s highly graphic, contemporary aesthetic is combined with a simple, classical display of the time, with the usual traditional functions. This is a watch that breaks the codes of watchmaking only to radically revive them again”*

Octo Solotempo (38mm), £5,300 / Octo Solotempo (41.5mm), £6,650, Bvlgari  
Fraser Hart, Brent Cross, 020 8732 8459  
brentcross@fraserhart.co.uk @FHBrentCross

## SUCCESS IN SIGHT

A watch allowing blind people to tell the time is up for the Design of the Year award at London's Design Museum. The Bradley Timepiece went through 25 iterations before it arrived at its present-day form: ball bearings denote the time as they are moved around a solid titanium face using magnets. More than 1,000 people pre-ordered the device before it went on sale last month, while Bradley's makers believe only one to two per cent of its customers are actually visually impaired.

Bradley Timepiece, £115, Eone Time  
eone-time.com





# MARQUES of Pedigree

Now, more than ever, it's possible to procure a decent piece of wrist candy without losing a substantial slice of your savings.

This month, as Tudor prepares to re-enter the UK market, we profile the thoroughbred brands offering high-performance timepieces at prices that won't break the bank. *Richard Brown* reports

**W**hile the costliest creation at this year's Baselworld came with a ludicrously lofty £33 million price tag (Graff's candy-coloured Hallucination is encrusted with 110-carats of diamonds and is billed as the most 'valuable' watch ever made), it was timepieces from brands operating at the other end of the price spectrum that most excited the value-for-money-minded.

As brands have moved to bolster their bread-and-butter offerings, never before has there been such a wide variety of accessibly-priced mechanical timepieces – quality watches that many can do more than just dream of owning. The following brands package sound mechanics in some of the industry's best-looking cases, keeping your bank manager off your back while commanding appreciative nods from those in the know.



Above from left:  
Christopher Ward  
Ball  
Baume & Mercier  
Frédérique Constant  
Montblanc

Longines





## Frédérique Constant

Cleverly named as to evoke images of octogenarian watchmakers plying their trade in centuries-old workshops, Frédérique Constant was actually formed just 26 years ago. Today, it sells more than 120,000 watches per year to people in more than 100 countries. Anchored to the centre of the affordable watch segment, the brand offers classically-inspired watches for the right side of £4,000 – some of which feature movements that have been designed, produced and assembled in-house. At 42mm, the company's Slimline Moonphase is a beautifully proportioned piece, perfect for dressy occasions. Choose between a variety of dials, all of which feature an attractive sunburst pattern, and either a leather or stainless steel strap. A snip at £2,840.



## Montblanc

More fool the person prejudiced against this brand's watches simply for the fact that 'Montblanc makes pens'. It does. But it also makes some damn fine time-telling devices too. Inspired by the exploits of French watchmaker Nicolas Rieussec (who invented the first chronograph in 1821), Montblanc's supremely handsome Nicolas Rieussec pieces form the brand's halo collection. At less lofty prices, the Meisterstück Heritage line, launched earlier this year, offers smart aesthetics, refined details and highly legible dials. Taking design cues from the famous pen that inspired the collection, the line comprises the Automatic (£1,870), the Date Automatic (£1,690) and the Moonphase (£2,965) – all well-made, well-priced and undeniably pretty to look at.



## Christopher Ward

Christopher Ward was founded in 2012 on a boat on the River Thames with one mission; to create 'the cheapest most expensive watches in the world'. The company would do so by selling direct to the public via its website (the first luxury watchmaker to do so) and by not investing in celebrity endorsement. The brand has reported year-on-year growth figures of around 60 per cent ever since. To celebrate its 10th anniversary, CW has unveiled the C5 Malvern Slimline, inspired by the company's first model, the C5 Malvern Automatic. At 40mm, it is 2mm wider than its predecessor and has wider lugs but is slimmer by 2.10mm at only 8.70mm. For £399, you get a hand-wound mechanical movement with 38-hour power reserve and one of the best-looking models from the brand to date.





## Baume & Mercier

One of the forerunners in the accessible luxury market, Baume & Mercier recently upped its game and moved into the sphere of serious watchmaking – its Clifton 1892 Flying Tourbillon (£38,000) propelled the brand into a position amongst the industry’s heavyweights. Yet it’s within the mid-range price bracket that the brand truly excels. For evidence, see the Clifton Chronograph (from £2,600) that arrived in stores in April. With a Swiss-made, self-winding movement, a day and date display and sapphire crystal case back, the watch offers wearers devilishly good-looks at down-to-earth prices.



## Tudor

Tudor owes its very existence to the gap that exists between the low-end, mass-produced watch market and the high-end, high-grade world of premium horology. It was, after all, built to fill that exact void and, 68 years after Rolex founded the company, it continues to excel at what it set out to do: offering the signature looks of its sibling brand at prices that won’t make too big a dent in your savings. Baselworld 2014 saw the brand launch the military-inspired Heritage Ranger (£1,940), which, equipped with a 41mm brushed stainless steel case, leather strap and luminous numerals, will make a great addition to any watch collection. Expect the brand to do very well indeed when it enters the UK market this September.



## Maurice Lacroix

Thanks to a mesmerising seconds’ indicator that turned on its axis every quarter of a minute in horizontal and vertical cycles, the Maurice Lacroix Masterpiece Seconde Mystérieuse proved to be one of the stars of the show at Baselworld 2013. Twelve months later and the brand impressed show-goers with what it does best: mid-priced mechanical watches that look and feel more expensive than they are. The Pontos S Supercharged (£3,750) weighs in at a portly 48mm, making it the biggest model in a line that debuted in 2012. Inside you’ll find a rare but robust ETA-produced ‘Valgranges’ calibre that will provide for a 46-hour power reserve. The watch comes in steel black PVD.

“

*The reason for Longines’ success is simple: it sells good looks and good quality at accessible prices*

”

## Longines

By far the biggest-selling player in this list, Longines shifts more watches per year than almost any other manufacturer on the planet. Having kept the time at 14 Olympic Games – including at the first modern-day meet in 1896 – the company celebrated its 170th anniversary in 2002, a year after it produced its 30 millionth watch.

Numbers aside, the brand is more than a bulldozing marketing machine. The reason for its success is simple: it sells good looks and good quality at accessible prices. Longines’ collections stretch from the classic to the contemporary and the company provides a particularly extensive range of ladies watches,



the PrimaLuna being a particularly elegant option. For men, the recently launched Heritage 1935 (£1,310), with its cushion-shaped steel case and fluted crown, is a monochrome, matt-black-dialled thing of beauty.



## Raymond Weil

With its conservative name and largely classical designs, you could be forgiven for thinking that Raymond Weil has been making watches for centuries. It hasn't. That doesn't mean its attractive designs aren't matched by sound mechanics. They are. Established in 1976, the company is now run by Weil's son-in-law and two grandsons, making it one of the few Swiss watch brands still in the hands of its founding family. Music inspires many of the brand's creations, accounting for partnerships with the Royal Albert Hall and, since 2008, the Brit Awards. The company recently unveiled the Nabucco Rivoluzione II (£2,940), an update to a line that has existed since 2007. At 46mm in diameter and 15.25mm thick, it's a masculine piece, made even more so by bright, contrasting red or yellow (whichever you choose) hands. The watch is notable for being the brand's first to feature a ceramic bezel.



## Hamilton

Marrying American styling with Swiss precision, and offering it at prices that start in the hundreds rather than the thousands, it is perhaps no surprise that Hamilton is the United States' number one watch brand. Since a debut appearance in the 1950s classic *The Frogmen*, Hamilton watches have appeared in more than 300 Hollywood films, spotted on the wrists of everyone from Elvis Presley to Russell Crowe. Collections are split into two lines: Khaki, which draws inspiration from military pieces, and Classic, which comprises the company's more understated creations. For a hard-wearing watch with a big personality, see Hamilton's Take-off Auto Chrono Limited Edition, complete with bullhead pushers and a quick-release case that can be removed from its straps to be stored in a suitably-showy display box. Yours for £2,360.



## Ball

It's the American brand with the Swiss-beating heart, re-launched in 2002 to offer some of the most well-made, value-for-money timepieces on the market. For prices that range from around £1,200 to £3,600 (its BMW range excluded), Ball offers mechanical movements, in-house complications and more patented technology than you'll find inside watches three times the price. Look out for the Engineer II Magneto S (£2,510), a watch that protects against magnetism by surrounding its movement with a brand new Ball-produced alloy, and the equally clever Engineer Hydrocarbon Black (£2,190), which, by employing luminous paint on its black ceramic bezel for the first time, allows its wearer to tell the time in the dark.

## Ebel

Ebel is not so much an under-the-radar brand as one that doesn't always receive the same attention as its shoutier stablemates. The company has been making watches out of La Chaux-de-Fonds, Switzerland, since 1911, including a period during WWII when it manufactured timepieces for the RAF. Most of its pieces flit around the £2,000 mark and the

brand is esteemed perhaps more for its women's watches than for its men's. Ebel's Onde Diamond (prices start from £3,100) is a tasteful, 30mm timepiece that's all sweeping lines and sculptured curves. For men, the Classic comes with an automatic movement, 42-hour power reserve and is water resistance to 50m. Not bad for a watch that costs £2,200. ■



# JEWELLERY NEWS

Sterle diamond bow necklace



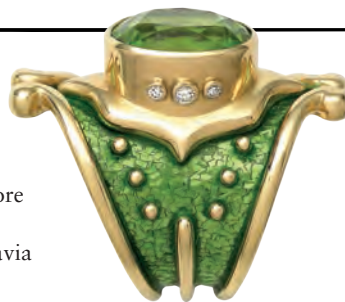
## SHOWSTOPPERS AT MASTERPIECE

Among the art and antique collectors who showcase annually at Masterpiece London are also a number of master jewellers who present their coveted collections at the summer fair. One of these is Mayfair-based jeweller Hancocks, which is choosing to celebrate the fair's fifth anniversary by displaying works from some of the finest jewellers from the canon of jewellery history, including Cartier, Boucheron and Pierre Sterlè. These will be showcased alongside pieces from one of the 21st century's most notable collections, owned by The Duke and Duchess of Windsor. Key pieces include a retro rose gold bangle by Boucheron and a stunning double row diamond 'Ribbon' motif necklace by Pierre Sterlè.

Masterpiece London 2014, 26 June - 2 July  
[masterpiecefair.com](http://masterpiecefair.com)

## CUTTING EDGE

The significance of Elizabeth Gage's work in the world of jewellery design is irrefutable and was recognised by the industry in 2010 when, after more than 40 years of work, her jewellery was entered into the permanent V&A collection. Gage's Belgravia store continues to house her coveted collections:



*"The garden is both my anchor and my reservoir of ideas when designing collections. The boldness, contrast of shape and colour are reflected in my jewels - constantly changing, they remind me that I, too, must change and so must my designs"*

- ELIZABETH GAGE

The House of Elizabeth Gage  
 5 West Halkin Street, SW1 8JA  
[elizabeth-gage.com](http://elizabeth-gage.com)



## MASTER DIAMONDS

Only in recent years have buyers begun to realise the financial benefits of investing in coloured diamonds. Unlike colourless diamonds where the margins are slim, prices for fancy colours – the most rare in the diamond family category – continue to increase and are therefore a great investment. This year, diamond house De Beers pays tribute to its 125-year-old heritage by unveiling the 1888 Master Diamonds: a unique collection of exceptional coloured diamonds. Ranging in weight from 0.68-carat to 10.10-carat, each exquisite piece has been astutely cut for beauty and come in vivid hues of blue, yellow, grey and cognac. Each piece has been hand-picked by the De Beers Institute of Diamonds.



1888 Master Diamonds & Creative Solitaires  
[debeers.com](http://debeers.com)



## JEWELLERY & WATCH LONDON

As of this year, this prestigious event is relocating to Chelsea's Saatchi Gallery. Previously held at Somerset House, since its inception in 2012, the inaugural show has grown considerably and this year it has announced that more than 60 jewellery and watch brands will be exhibiting, hence the move. Confirmed jewellery brands in attendance include Lalique, Roberto Coin, Chavin Jewellery, Rosato and Fei Liu Fine Jewellery. Visit the website for more details.

Jewellery & Watch London, 18-19 June  
[jewelleryandwatchlondon.com](http://jewelleryandwatchlondon.com)



OYSTER PERPETUAL GMT-MASTER II

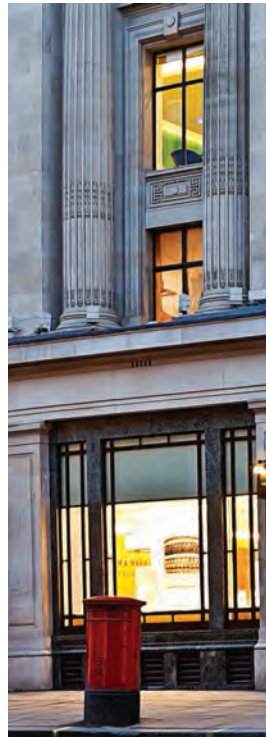


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## FRASER HART

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[www.fraserhart.co.uk/rolex](http://www.fraserhart.co.uk/rolex)

WATCH FEATURED SUBJECT TO STOCK AVAILABILITY



# TAKING the REINS

Mappin & Webb has found its way back to the British luxury jewellery marketplace. *Olivia Sharpe* meets creative director, Elizabeth Galton, as the heritage brand prepares for Royal Ascot

In 2012, Elizabeth Galton joined Mappin & Webb as the new creative director. The jewellery designer was charged with the task of modernising the 235-year-old British brand and bringing it into the 21st century, with jewellery being its ultimate focus. 18 months later, Elizabeth has already given the company a new lease of life, including a refined logo, new monogram and several jewellery collections.

This year saw the launch of Mappin & Webb's latest collection, Floresco. In keeping with its refreshed philosophy, Elizabeth has incorporated a graphic floral motif designed to appeal to a modern woman. The collection of 20 pieces, ranging from delicate studs to a statement cuff, starts from £1,250, which will no doubt appeal to women who are buying for themselves: "The modern woman is invariably not relying on her boyfriend or her husband to purchase for her," comments Elizabeth. "The lovely thing about Floresco therefore is that there's a choice between the smaller pieces and the more expensive hero products."

The creative director is well aware of what the modern woman wants when it comes to jewellery. Before joining the Aurum Holdings-owned company, Elizabeth had carved out a name for herself at Links of London, where she was creative director between 2006 and 2009.

Elizabeth was credited with redefining the watch and jewellery brand's identity, overseeing the store design, advertising campaigns and creative portfolio. Before this, she had her own eponymous jewellery brand which took off following 15 minutes of fame on *Dragons' Den* where she banked a £150,000 investment from Duncan Bannatyne and Rachel Elnaugh. In 2010, the designer expanded with Elizabeth Galton Studio; a unique, online retail destination for emerging jewellery and accessories talent, as well as her own line. Elizabeth is the first to admit that her past experiences have proven essential in getting her to where she is today. "I have a very broad perspective of the market and quite a holistic approach. I think it stems from having been an entrepreneur. I'm fortunate in having had quite an eclectic career."

While her main aim is to return Mappin & Webb to an international stage, Elizabeth is also keen to ensure that the brand's historic heritage is not lost. To create the new collection, she delved into the house's past archives and discovered a book which was originally created for the Queen Mother; called *The Red Book*, it contains a selection of royal ciphers and floral motifs and from this, Elizabeth was able to create the range's signature pattern. "Coming into summer, we wanted something that would suit the mood so *The Red Book* proved very inspiring with its images of roses which



were very 'of the day'."

Along with the more affordable pieces, the Floresco collection also includes 'hero products' such as an Explosive cuff (Elizabeth's favourite piece) featuring 10.10 carats of brilliant-cut diamonds, 28 pear-cut sapphires at 5.35 carats and an Art Deco-inspired diamond collar. All "epitomise the fantasy mood of a quintessentially English ball" which Elizabeth and her team wanted to achieve. Mappin & Webb has a long-standing association with the Royal Family; it almost seems predestined that Elizabeth should share her name with HM The Queen. It began in 1897 when Queen Victoria granted Mappin & Webb a Royal Warrant as a silversmith. This has been sustained through five sovereign generations and the company was granted its second in 1980 from HRH The Prince of Wales, with the company's craftsman Martin Swift being named Crown Jeweller in 2012. Mappin & Webb also has a 75-year-old association with Royal Ascot and this June sees it return as the official supplier of silverware and trophies. In celebration, the Regent Street store's windows will be suitably dressed for the occasion (Mappin & Webb has collaborated with British milliner Laura Aspitt Livens) and there will also be an in-store event celebrating trophy engraving.

Also new to 2014 are three more jewellery collections, including Prima, a set of colourful gemstone pieces inspired by the glamorous era of the silver screen; Moments, a collection of fine jewellery charms featuring timeless symbols of luck and love; and Aster, a reinterpretation of the classic floral motif in diamonds and platinum. In terms of future plans, Elizabeth hints that there's a good deal more to come, the key focus being launching the brand into third party environments. "Our first priority is to extend our new store concept across our London boutiques," she explains. "We've just trialled the new concept in

Manchester and Chester stores and will be rolling this out in our Regent Street flagship next year. So there's a lot of change."

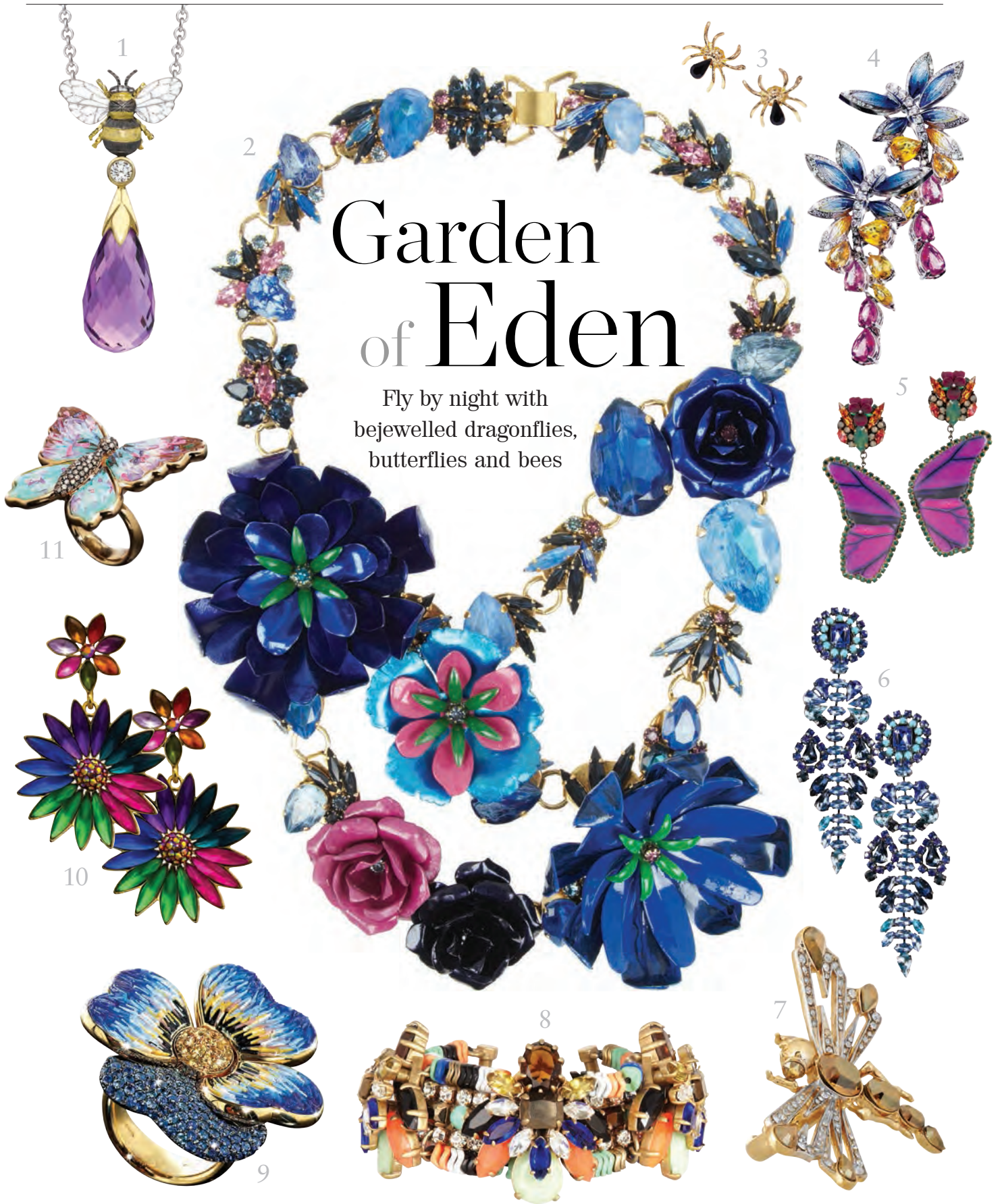
The forward-thinking businesswoman also plans to develop Mappin & Webb's online presence in due course.

Being part of a creative industry, Elizabeth finds that no two days are the same and has her fingers in many pies. From "choosing a fabric for the store" to "dealing with the finance team" which, she jokes, is the least favourite part of her job, Elizabeth often has more than "100 different decisions to make in a day". However, she has mastered the art of having a focused approach to her work as "ultimately it's about the brand and not about me as an individual." Saying that, Elizabeth's passion and dedication, not to mention her love of the brand itself, is evident, as she tells me that one of her own favourite pieces of jewellery is by Mappin & Webb, along with a gold dollar which is a family heirloom handed down to her from her grandfather that dates back to the 1900s.

With HM The Queen and the Duchess of Cambridge as supporters, Mappin & Webb hardly needs any more; however, when I ask Elizabeth who else she would like to see wearing its pieces, she singles out model Erin O'Connor and *Downton Abbey* star Lily James. For the creative director, both women represent the quintessential Mappin & Webb client who "carries herself elegantly" without "courting attention". While Mappin & Webb has similarly never sought the limelight, with Elizabeth Galton at the helm, I feel certain it will not be able to avoid it for much longer. ■

**Mappin & Webb, 132 Regent Street, W1B  
020 7287 0033; [mappinandwebb.com](http://mappinandwebb.com)**





# Garden of Eden

Fly by night with  
bejewelled dragonflies,  
butterflies and bees

- 1 Amethyst and diamond bee drop pendant, £2,995, Theo Fennell, theofennell.com 2 Urban Jungle gold-plated Swarovski crystal necklace, £1,295, Erickson Beamon, net-a-porter.com  
3 Binsect spider earrings, £85, Tom Binns, matchesfashion.com 4 Fantasia earrings in 18-karat white gold, diamonds, pink sapphires and micro-mosaic, POA, Sisis Jewels, sisisjewels.com 5 Butterfly gold-plated Swarovski crystal earrings, £430, Erickson Beamon, net-a-porter.com 6 Stone embellished earrings, £433, Ermanno Scervino, farfetch.com  
7 Gold-plated and silver-plated Swarovski crystal dragonfly ring, £335, Roberto Cavalli, robertocavalli.com 8 Honeybee gold-plated, crystal and Czech stone bracelet, £98, J. Crew, net-a-porter.com 9 Printemps Mon Amour ring in 18-karat yellow gold, sapphires and micro-mosaic in blue and yellow tones, POA, Sisis Jewels, as before 10 Candy coloured flower drop earrings, from a selection, Butler & Wilson, butlerandwilson.co.uk 11 Papillon Royale ring in 18-karat white gold, diamonds, sapphires and micro-mosaic, POA, Sisis Jewels, as before



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**LONDON  
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# LOCAL UPDATE

Covering the whole of north west London



Nobuhiro Nakanishi's layer drawing,  
*Tokyo Sunrise 2010*



## UP WITH THE SUN

There is still time to view the Kashya Hildebrand gallery's current exhibition of artwork from Japanese artist Nobuhiro Nakanishi. *Reticulated Time* is a collation of pieces from his Layer Drawing and Stripe Drawing series which include sculptural works and pencil drawings that aim to capture moments in time, "rendering the transitory and fleeting more tangible and permanent". Sensory experiences, such as feeling sunlight at sunrise for example, are his main focus.

Until 14 June,  
22 Eastcastle Street, W1W  
[kashyahildebrand.org](http://kashyahildebrand.org)

## KEAT IT

Writer and former Hampstead-resident John Keats wrote his first poem 200 years ago, and an extensive festival is being held this summer to celebrate his much-loved work. Actors Simon Russell Beale and Dame Eileen Atkins will headline, performing some of Keats' best-loved poetry as part of the Spoken Keats series. Other events include a screenwriting workshop, a poetry surgery and a family day with former Children's Laureate Michael Rosen.

7-15 June, Keats Grove, NW3,  
[cityoflondon.gov.uk](http://cityoflondon.gov.uk)



Keats' House



Barbican Piano Trio



Edna O'Brien  
© Joanne O'Brien

## YOU WILL GO TO THE PROMS

Proms at St Jude's is to be a celebrated community festival, with surplus funds donated to Toynbee Hall and the North London Hospice. A series of walks will give a new perspective on the local environment, from its conservation areas to a tour of the homes of the Hampstead literati. A weekend lit-fest will celebrate current authors and journalists, with talks from high profile figures.

21-29 June, Hampstead Garden  
Suburb, NW11, [promsatstjudes.org.uk](http://promsatstjudes.org.uk)

## HIGH SOCIETY

The Tricycle Theatre is to host the world premiere of *The Colby Sisters of Pittsburgh, Pennsylvania*, the latest production from OBIE award-winning Canadian playwright, Adam Bock. Prepare to be transported far from Kilburn across the Atlantic to a giddy world of Champagne and canapés, style and socialites; New York's high society. Behind the smokescreens of their perfect lives, chaos ensues and the five Colby sisters struggle to keep their world from tumbling down. Trip Cullman directs this new and captivating black comedy.

19 June - 26 July, 269 Kilburn High Road, NW6, [tricycle.co.uk](http://tricycle.co.uk)



## GREEN FINGERS

The team behind the Affordable Art Fair has taken a green-fingered approach to its latest venture. GROW London is a contemporary, boutique gardening show, to include plants, furniture, outdoor sculpture and decorative accessories. It will bring innovative and high-quality products to visitors, from classic and hand-crafted furniture and tools, to rare plants direct from the best British nurseries. Free children's activities and a programme of talks will provide ideas and inspiration, with a Champagne bar and café open for practicing how to relax in your new garden. The show hopes to attract all budding urban gardeners.

10am-6pm, 20-22 June  
GROW London Marquee  
East Heath Road, NW3



Hampstead's Village People, Fenton House, photography by Sam Roberts



## VILLAGE PEOPLE

Hampstead has long had an artistic and cultural community, and this new exhibition celebrates some exceptional local personalities. The National Portrait Gallery and The National Trust have collaborated to present a series of 30 portraits of the area's notable residents, past and present, to be displayed in the equally eminent Fenton House. Images will include those of Judi Dench, Sir John Betjeman, Edward Elgar and Helena Bonham Carter. The show also references particular families and cultural circles in a bid to investigate why the area has been so attractive for so many admirable figures.

Until 29 June, Hampstead Grove, NW3



## MEMORY LANE

The Freud Museum is to host a fascinating touring exhibition, *The False Memory Archive* this month. AR Hopwood's work explores the nature of misremembering, and how susceptible we are to believing in memories that are entirely false or blended with fiction. By revisiting key experiments in memory research, and using photographs, film and personal accounts, Hopwood questions pre-conceived ideas of memory, and reasons why or how we reconstruct our pasts.

11 June - 3 August,  
20 Maresfield Gardens, NW3



## DRIVING FORCE

The St John's Wood NW8 Business Association is to host its second Classic and Supercar Pageant this summer. Around 50 rare and valuable models will be on display including Stirling Moss' C-Type Jaguar and Rod Stewart's yellow Lamborghini Miura SV, one of only seven right-hand drive versions ever made. With the high street closed off to traffic, you can explore and support local shops and restaurants while rides, a birds of prey demonstration and a jazz band will add to the atmosphere. Funds will go to Rays of Sunshine and St John's Hospice.

11am-5pm, 22 June, [stjohnswoodnw8.com](http://stjohnswoodnw8.com)



Rod Stewart's yellow Lamborghini Miura SV

# MAX WEBER:

## The man behind the canvas

Having studied under Matisse and Rousseau, Weber's work was first scorned in his native New York. Ben Uri explores his formative years this month, writes *Jack Watkins*



Portrait of Alvin Langdon Coburn, 1911, Reading University Collection  
© Estate of Max Weber

There are only three great modern painters, Max Weber once commented, before nominating his choices: Paul Cézanne, Henri Rousseau – and himself. Cézanne is familiar to anyone who is the slightest bit interested in art. Rousseau you have probably heard of, even if only in passing. But Max Weber? The name might present a question mark to all but the cognoscenti.

A new exhibition at the Ben Uri gallery not only fills in the necessary details, but explores a facet of his career which has seldom been given much attention, even in art circles: that of his influence on the British avant-garde

before the First World War. It also explores his formative years in Paris when he studied under Henri Matisse and became a great friend of Rousseau.

To be fair, Weber's low profile owes much to the fact that he lived most of his life in the United States and, with the exception of Edward Hopper and one or two others, painters from that neck of the woods have seldom had much of a run for their money in London. Yet in New York, in his later years at least, when he was recognised as a last survivor from Modernism's "golden age," he was much lauded. After his death, in 1961, aged 80, he was remembered as the "Dean of American Moderns". But it hadn't been roses all the way, and like many a member of the avant-garde, he'd suffered more than his fair share of scabrous attacks. His graceless assertion of his own merit, therefore, can be partly attributed to a defensiveness born of having to spend most of his early years fighting his own corner.

Born in 1881 in Belostok, western Russia (now in Poland), the son of a tailor, he'd come to live in America with his parents in 1891, settling in Brooklyn, New York. Opting for art as a career, his teacher was a progressive who'd spent time with Paul Gauguin during his years in Brittany and who was a rare American enthusiast for the art of Japan and China. It meant that when Weber came to Europe between 1905 and 1908, he was immediately responsive to the new notion that art was not simply about the accurate representation of nature, and that form and colour could be employed as instruments of design and emotional expression, instead of the convincing representation of "reality".

These were qualities Parisian artists were increasingly finding in the primitive art of ancient civilizations, so Weber, one of the first Americans to show an interest in native American art, immediately felt at home in the city. The critics called the new guard "les Fauves" (wild beasts), among whom there was no bigger beast at this time than Henri Matisse. Falling in with some of his disciples, Weber helped set up a class under Matisse's tutelage. It was a license for many



*The Blue Pitcher*, 1910, gouache and pencil on cardboard, University of Reading Art Collection, © Estate of Max Weber

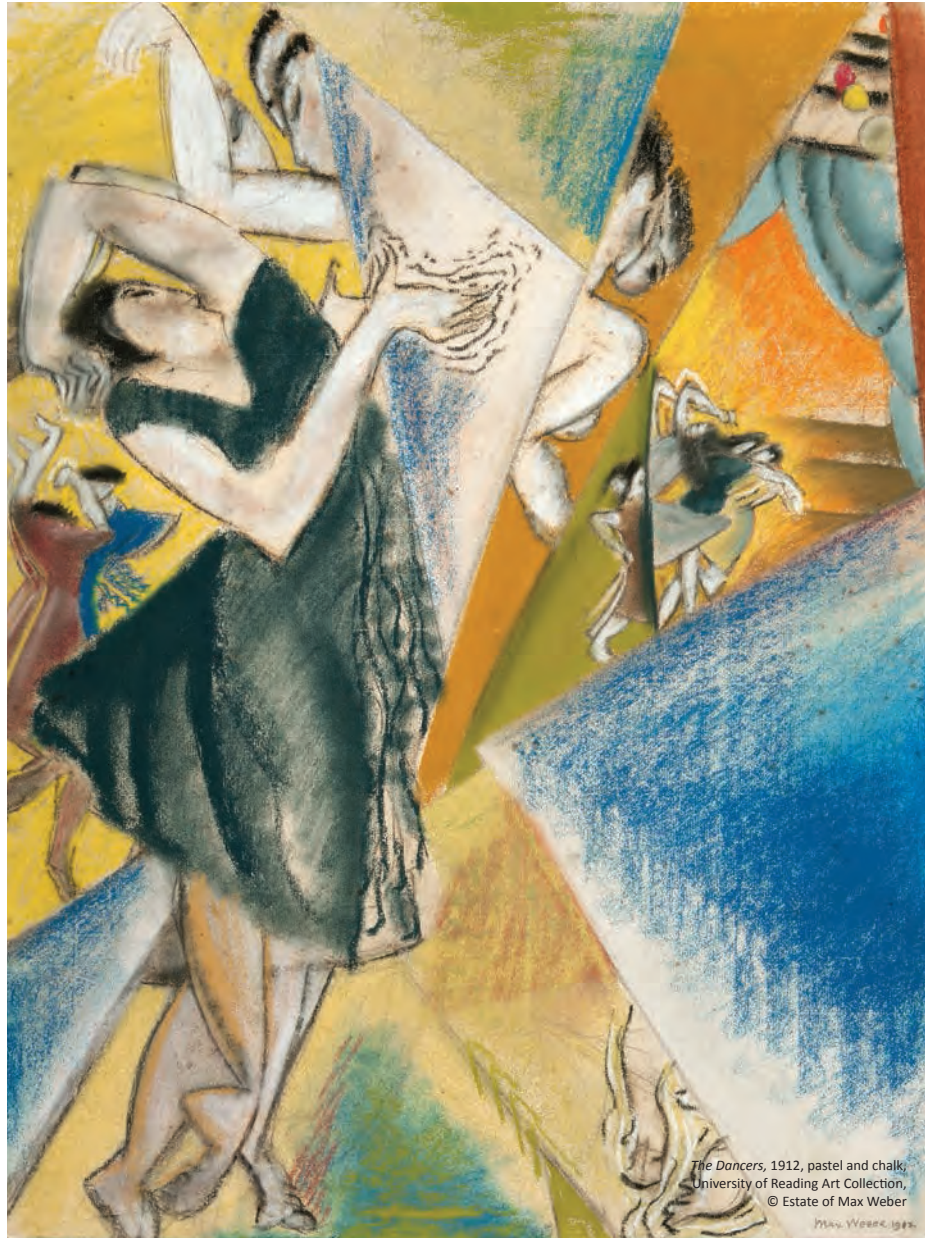
who attended to imitate the master's Fauvist approach, but Weber never forgot the way he drilled them in the necessity of good drawing and the close observation of nature. He instructed them that: "You must be able to walk firmly on the ground before you start tightrope walking," something that registered with Weber. It's one reason why sound structural composition and fluidity of line seem characteristic features of much of his work.

Another mentor was Henri Rousseau, an unworldly figure living a life of poverty and extreme simplicity in Paris's Montparnasse quartier, where Weber himself was domiciled. While subjected to much public ridicule for his "naïve" approach, the self-taught Rousseau, who claimed he had "no teacher other than nature," was loved by the younger painters, and Weber became a close friend. Technically, Rousseau was no modernist and the pictures of Cézanne and the Fauves baffled him, but to Weber a visit to his studio was "like going from a suffocating atmosphere into that of a fragrant vineyard".

When Weber, his funds running out, decided to return to America in 1908, Rousseau carried his bags to Gare St Lazare and, as the train began to leave, with an admonitory wag of the finger, Weber heard him say: "*N'oubliez pas la nature, Weber,*" (Don't forget nature).

Back in New York, Weber's work reached its experimental peak, the influence of Cézanne and Matisse plain in its curves and distortions and bold use of colour. Cubist touches were apparent too, though the draftsmanship remained strong. New York at this time was changing fast and Weber was both thrilled and disturbed by its "new beauty." The giddy grandeur of the skyscrapers featured frequently in his paintings and drawings, but his avant-garde stylings repelled many pundits. "No-one is going to believe that nature alone ever made anybody as bad an artist as all this," wrote one, attending a Weber one-man show in 1911. "Such grotesquerie could only ever be acquired by long and perverse practice."

Weber continued to exhibit his abstractions, however, and in any case, his star was rising in Europe. A close friend was the photographer Alvin Langdon Coburn, who shared his fascination with New York's modernity. Setting up his own studio in London, Coburn began lobbying on Weber's behalf and showed



The Dancers, 1912, pastel and chalk,  
University of Reading Art Collection,  
© Estate of Max Weber

some of his work to Roger Fry, leader of the Grafton Group, Britain's foremost society of modern painters. Fry was so impressed he featured 11 Weber paintings at a show at the Alpine Gallery in London's West End in 1913. The only other foreign artist to be included was Wassily Kandinsky.

Weber's work, so long scorned, found itself alongside the canvases of the likes of CRW Nevinson, Frederick Etchells and Wyndham Lewis, who would lead the short-lived English Vorticist movement – the original angry young men – as well as that of the Bloomsberries, Vanessa Bell, Duncan Grant, and Fry. Examples of work from all these figures – names as controversial in their day in England as Weber was back in New York – are featured in the Ben Uri show, as well as some from Coburn. They are reminders of a time when young artists not only challenged technical orthodoxy, but tried to make the public think. ■

**Max Weber: Paris & London**  
24 June – 5 October  
108A Boundary Road, NW8  
[benuri.org.uk](http://benuri.org.uk)





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# IN THE BLICK of an EYE

BAFTA award-winning director, Hugo Blick, will unveil *The Honourable Woman* this summer. *Gabrielle Lane* speaks to British acting talents, Andrew Buchan and Katherine Parkinson, about their roles in the political thriller

Last time writer and director Hugo Blick turned his hand to a gritty, multi-part thriller for BBC Two, he walked away with a BAFTA for Best Fiction Director. And, almost three years exactly after *The Shadow Line* explored police and criminal investigations into a fictional murder case and gained praise for its complex characters (including that of Academy Award nominee Chiwetel Ejiofor's Detective Inspector Jonah Gabriel), his latest project is set to be every bit as compelling, with just as stellar a cast.

In an era in which espionage and government-inspired conspiracy theories are in the public consciousness, reflected by series such as *Homeland*, Blick has written, directed and produced *The Honourable Woman*, an eight part political thriller played out against the backdrop of the Israeli/Palestinian conflict. Set to air this summer, it will see Maggie Gyllenhaal make the transition from films to television as lead character Nessa Stein, the daughter of a Zionist arms procurer who, upon his death, uses the family company to lay data cabling networks between Israel and the West Bank and subsequently causes controversy when nominated for peerage. Nessa's brother Ephra, is played by acclaimed British actor Andrew Buchan and his wife Rachel, by the equally renowned, Katherine Parkinson.

"Hugo himself urges people to realise he is in no way trying to solve problems between Israel and Palestine; *The Honourable Woman* is about family, guilt, compromise and secrets," explains Andrew.

Having graduated from RADA in 2005, Buchan rose to prominence in award-winning crime drama *Broadchurch* (which will return for its second series later in the year), period legal mini-series *Garrow's Law*, and a turn as St John in the 2006 BBC adaptation of *Jane Eyre*. While he's refreshingly honest about wishing to cast off his serious side in favour of something more light-hearted – ("In real life I'm a happy chap; when I did *The Fixer*, I actually had to ask the director when I was allowed to smile. The character had a sense-of-humour failure: you couldn't just be smiling willy-nilly,") – it's both





- Hugo Blick's role as writer, producer and director of *The Honourable Woman* that has tempted him to practise his poker face once more.

"The script is extraordinary, it's mind-blowing," he tells me. "When Hugo Blick drops into your inbox... none of his characters are 2D, they're all brilliantly realised and fleshed-out and intricately woven. Ephra is a very complex individual and has a few secrets; he's a dark, anxiety-ridden man. He's world-weary and has to take a lot on his shoulders at a young age which is now showing, and he's trying to juggle a family with a huge business without a mother and family figure. It's a complex relationship that he and Nessa have."

Admiration for the script is a sentiment shared by Katherine Parkinson who jumped at the chance to appear as mother to Ephra's children. "Everyone was quite blown away," she agrees. "Hugo Blick is a phenomenal talent. It's always very pleasing to work with someone who is going to both write and direct because there's a strong sense of authorship."

Best-known for appearing as Jen Barber in Channel 4 comedy *The IT Crowd* (for which she won a British Comedy Best TV Actress Award), in *The Honourable Woman*, Parkinson plays an intelligent, Jewish-born stay-at-home mother, who is less secretive than the other characters. "There's some part of her that's frustrated at not being involved in the work arena," Parkinson adds. A bright, quick-witted Oxford graduate herself, she tells me that, in her own life, recent motherhood has influenced her choice of role. "What has changed is that I'm a mum now and pregnant again, so I guard my time more preciously. In terms of work, motherhood has been good as it's focused me: I used to like being busy all of the time but I've realised that it's more satisfying to do the stuff that you want to do and recover in between – it's intense filming or doing a play as you have to give a lot."

For Parkinson, it's the themes in *The Honourable Woman* that she recognised from her Classics degree – brothers and sisters, loyalty, territory and lies – which engaged her. "Hugo would be the first person to say not to be intimidated by the politics; I wanted to know what my character knew," she says. Andrew Buchan, on the other hand, chose to grapple more directly with the context of the series. "I carried with me at all times a map of Israel, Palestine, Gaza and the West Bank," he explains. "Without oversimplifying things, when you look at the map, it's easy to see that there might be conflict or difficulty. It speaks volumes. I did a lot of reading on it; I definitely had to look at it in depth."

Were there scenes that were daunting? "Nigh on every single one," comes Andrew's reply. "Ephra goes on a hell of a journey; it gets very emotional and messed up. It only goes downhill from episode one so most scenes carried a weight and a challenge." It's the type of work he enjoys, however. "I like anything that challenges you – anything that makes you think – a role that dives in and explores things and has scenes that you're almost afraid of. There are so many scenes that I've done where you're in the car on the way thinking, 'I've got no idea how I'm going to do this'. But that's always preferable to thinking 'oh, my character has to make a cup of tea today'."

Beyond the complexities of their characters, both Katherine and Andrew enjoyed the atmosphere on set. "I didn't feel like I'd gone on to the set of a drama or



thriller, where everyone's po-faced," says Katherine. "It's awful when you feel like you have to have a different kind of personality because you're doing a different type of work; I wanted to be an actress because I admire actors that do everything. *The Honourable Woman* had one of the most fun crews that I've ever worked with."

As a result, she admits to something of a girl-crush on Maggie Gyllenhaal. "I was excited to work with her and she's just so cool," she gushes. "Nessa Stein is such an immense part and I can't imagine anyone else doing it. You see some Hollywood actresses pretending to be geniuses and they're obviously not, but Maggie is as intelligent as Nessa is. I did have a crush on her by the end, she's got two children and she's such a full-on mum but she manages to make it all work. It's inspiring to see how she manages to juggle things."

Asked about his co-stars, Andrew breaks into a list of similarly positive adjectives, "talented, warm-hearted, generous, focused, brilliant women," is levied at Gyllenhaal and Parkinson. The formidable Hugo Blick also showed himself to be down-to-earth and supportive. "He wasn't in the

least bit precious,” he explains. “If you wanted to change a word or a sentence, he’d be like ‘let’s go for it’. It was a very creative atmosphere on set. I don’t know how he did it – you can say that about a lot of writers but Hugo’s just different: Some nights I’d be on set and look around and say ‘where on earth did all this come from?’”

In total, Blick assembled more than 95 actors from around the world: “I enjoyed meeting all of them. They bring with them a different style and approach and that’s handy for an actor to be around; you learn things from them,” says Andrew.

Neither he nor Katherine Parkinson could be accused of complacency, in spite of their previous



success and the buzz that is already building around *The Honourable Woman*. Do you realise how well you’ve done? I ask Katherine “I don’t think you do really...” she muses. “That’s why you keep trying your best. You tend to think ‘I must do better’; I guess that’s the human condition. Although, I definitely feel pleased that I get to do the work that I want to be doing. That’s more meaningful than any award.”

“It’s a poignant question and a good question,” says Andrew. “It makes me sound like I go to a coffee shop with a pile of scripts and just choose one! I still have to audition and I actually like auditioning because you have to work to earn the part.”

After six intense weeks of filming in London, both actors are understandably keen to see the reaction to their latest project. “We’ve given it our all and Maggie really has just acted her skin off. She’s gone at it and it’s exceptional to watch. I hope people will tune in for the script and the characters,” says Andrew. Katherine agrees: “It’s such exciting television and epic in its scale. It made my heart beat faster and I just hope other people find it as thrilling.” ■

*The Honourable Woman* is a Drama Republic and Eight Rooks production for BBC Two co-produced by Sundance TV and will air in July 2014



# GUEST LIST



## Nicky Butler Jewellery Launch, Bloomsbury

6 May 2014

In the first event of its kind to be hosted at the British Museum, jewellery designer Nicky Butler unveiled his new Egyptian collection in the fitting surroundings of the Egyptian Gallery. As guests enjoyed wine and canapés, catwalk models showcased the fine pieces, before those present were entertained by a performance by vocalist Haula Nakakembo. Fashion icon Barbara Hulanicki hosted a question and answer session with the designer, while Twigg, Sonique and Sir Alan Parker looked on.

Great Russell Street, WC1B



Barbara Hulanicki, Nicky Butler and Twigg



Guests and Bip Ling

Amber Le Bon

Arizona Muse

Charlotte Stockdale and Lily Allen

Suki Waterhouse, Cara Delevingne, Poppy Delevingne



David Gandy

Naomi Campbell

Tinie Tempah

## Fendi Boutique Opening, West End

1 May 2014

The big guns of the fashion industry came together on a Thursday night in May for the opening of the Fendi boutique on New Bond Street. Cocktails were flowing as guests got an exclusive preview of the Fendi Peekaboo bags which are set to be auctioned online with all proceeds going to Kids Company. Gwyneth Paltrow, Cara Delevingne, Adele and Naomie Harris are four out of ten iconic women who designed a custom version of the handbag for charity. The reception was followed by an exclusive dinner at Sotheby's created by Italian restaurant, Assunta Madre. Suki Waterhouse, Tinie Tempah, Amber Le Bon and Lily Allen were in attendance.

141 New Bond Street, W1



Cara Delevingne

Jamie Hince and Kate Moss

Sienna Miller

Naomi Campbell

Stella McCartney, Mary McCartney and Sienna Miller



Suki Waterhouse, Sir Philip Green, Kate Moss, Cara Delevingne, Sienna Miller and Naomi Campbell

### Kate Moss for Topshop Launch Party

29 April 2014

After her first successful collaboration with the brand in 2007, Kate Moss has rekindled her eponymous line for Topshop. The global launch was a somewhat frenzied affair for eager shoppers, with a live performance from Duke Dumont and Kelli-Leigh, and an appearance from Kate herself. Selected party-goers were invited back to the Connaught Hotel in Mayfair, to continue celebrating with Kate and Sir Philip Green over dinner and drinks. Lucky invitees included Naomi Campbell, Stella McCartney, David Bailey and Cara Delevingne.

[topshop.com](http://topshop.com)



Guest

Ben de Lisi

Guest

Virginia Bates

Guest

Stephen Jones

Zandra Rhodes

### V&A Wedding Dresses 1775-2014 Exhibition Opening, South Kensington

1 May 2014

Wedding dress fanatics and designers gathered at the V&A for the opening of the new Wedding Dresses 1775-2014 exhibition. Taking over two floors of the museum, the show presents everything from vintage lace of the 18th century to Kate Moss's John Galiano dress. Despite there being a distinct lack of wedding cake, guests filled up on asparagus tarts and raspberry meringue kisses. With a speech from Stephen Jones, guests including Alice Temperley, Zandra Rhodes, Virginia Bates and Ben de Lisi no doubt left feeling inspired and ready for the wedding season to begin.



Ed Grant and Chloe Delevingne

Guest and Alice Naylor-Leyland

Mary Charteris and guest

Cromwell Road, SW7

*From the Honeycomb Eternelle Ring Collection*



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# WISH *list*

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## 500 DAYS OF SUMMER

Dolce & Gabbana's pre-fall collection has all the Sicilian glamour and femininity we saw in its main line for spring/summer 2014, reworked in strong, silhouette-skimming shapes. Launching in stores from early June, its panels of lace, citrus-bright floral prints and lashings of sequins give fashion a distinct dose of fun, without forsaking a refined finish which will suit all ages.

[dolceandgabbana.com](http://dolceandgabbana.com)



# STYLE UPDATE



## HERMÈS SWIMMING ON AHEAD

Hermès revealed in March that it made a net profit of €790million last year, and one assumes its summer 2014 swimwear collection will only add to this success. Le Bain gives us swimsuits and bikinis in vintage shapes, combined with the colours and prints we've come to associate with enveloping ourselves in one of its silk scarves. Suitable for all ages, its one-pieces in particular strike the right chord between flattering and fashionable. The summer collection also includes sophisticated accessories for the beach.

[hermes.com](http://hermes.com)



## ALEXANDER MCQUEEN'S EYE-POPPERS

Speaking at the unveiling of the spring/summer 2014 clothing collection for Alexander McQueen, its creative director Sarah Burton said: "I didn't want it to feel too referenced to a period or theme." The result is lace-like lattice skirts worn with armoured belts, traditional feather fringing juxtaposed against geometric prints and these Maya sandals – completely, fantastically otherworldly in their sense of drama, and as fun as they are intimidating. Arriving in stores imminently, the platforms have a futuristic feel and we can't take our eyes off them.

£2,645, [alexandermcqueen.com](http://alexandermcqueen.com)



## LAGERFELD'S LOVE FOR LONDON



To celebrate the opening of his flagship Regent Street store, Karl Lagerfeld will introduce a selection of limited edition clothing and accessories this June. Fingerless gloves, studded handbags and printed T-shirts have been created in honour of his personal style, while details such as Union Jack motifs and a key ring in the shape of his famous cat, Choupette, are likely to appeal to an international audience. The line will be available in London, wider Europe and Asia.

145-147 Regent Street, W1



## CHOO BEGINNINGS

The pre-fall 14 collection from Jimmy Choo has just landed – and it's one that the brand boldly admits is marking an 'evolving direction'. Given the name Choo.08°, to reflect the latitude of London (-0.08°), the wardrobe of shoes is inspired by the British capital under the creative direction of Sandra Choi, who recognised the need for an edgy daytime option to offset the iconic Choo stilettos. Critics are already tipping the Marlin boot as a success story – the slim and glossy style is full of character.

£650, [jimmychoo.com](http://jimmychoo.com)



## THE ART OF MARNI

This June, Marni will give a platform to Outsider Art; creative expression by individuals who have not received tutoring and who are not connected to the mainstream art world. Elusive talents Christophe Joubert and Francois-Xavier Tavy-Sacle from France and Stefano Favaro from Italy were invited to jazz up the label's pre-fall collection of shopping bags, purses and T-shirts on a whim, and have done so with bright colours and abstract ideas.

£200 each, [marni.com](http://marni.com)



## DO YOU DARE?




Having epitomised the art print trend of spring/summer 2014 with Picasso-style portraits on dresses,

Prada's 'Voice' sunglasses are similarly experimental styles in primary colours, with contrasting gems applied to temples and arms. At first glance, the look is not for the faint-hearted, but worn with a pared-down shift and flats, the effect is youthful but sophisticated.

£325, [prada.com](http://prada.com)



Light rose short lace dress, £1,470,  
Sophia Kah, [sophiakah.co.uk](http://sophiakah.co.uk);  
Gold and bronze Vincentian mask, £900,  
Julia Burness, [theshopatbluebird.com](http://theshopatbluebird.com)

A photograph of a room with a patterned wall, a framed painting, and a person in a sequined dress. The text is overlaid on the image.

YOU shall go  
to the *Ball*

PHOTOGRAPHY : REBECCA MILLER

STYLIST : DAVID HAWKINS



Metalised lemon short dress, £910, Sophia Kah, as before; Toy Box crown, POA, tamwalsh.com

Long Joan dress and apron skirt, both  
POA, Vivienne Westwood Gold Label  
capsule collection, AW14/15  
6 Davies Street, W1K



Beaded dress, £2,905, Roberto Cavalli Couture, 20-22 Sloane Street, SW1X; Couture feather hat, POA, Little Shilpa, lovehats.com







Silk chiffon and bead fishtail dress with train, POA, Roberto Cavalli Couture, as before

MAKE-UP: MARCO ANTONIO USING MAC COSMETICS | HAIR: BART CZAJKA | MODEL: BRIT WOOD @ M & P | PHOTOGRAPHIC ASSISTANT: JAMES RAWLINGS | STYLIST'S ASSISTANT: PHOEBE HAINES | RETOUCHING: KASIA KRET @ STUDIO INVISIBLE

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HARTWELL-HOUSE.COM

# Totally TROPICAL

PHOTOGRAPHER: IAN WALSH  
STYLIST: BOO ATTWOOD



- 1 Beach body oil, £24, Bobbi Brown, [bobbibrown.co.uk](http://bobbibrown.co.uk) 2 Nail lacquer in Coral Beach, £26, Tom Ford, [selfridges.com](http://selfridges.com) 3 Patent leather wrist cuff in blue, £230, Miu Miu, 020 7409 0900  
4 Gold lurex embroidery shoulder bag, £710, Dolce & Gabbana, 020 7659 9000 5 Straw hat in natural and caramel, £430, Hermès, [uk.hermes.com](http://uk.hermes.com) 6 Treatment lotion, £80, Crème de la Mer, [cremedelamer.co.uk](http://cremedelamer.co.uk) 7 Toboggan flat in glitter, £395, Christian Louboutin, 0843 227 4322 8 Linea watch, £1,950 and wrap-around strap, £125, Baume et Mercier [baume-et-mercier.com](http://baume-et-mercier.com) 9 Silk scarf 90cm Della Cavalleria in grey, pink and yellow, £310, Hermès, [uk.hermes.com](http://uk.hermes.com)



10 Palméral high waist bikini in white and green, £185, House of Hackney, [houseofhackney.com](http://houseofhackney.com) 11 Safari ivory 21" trolley case, £995, Globe-Trotter, 020 7529 5950 12 Leopard print shorts, £220, Bella Freud, [bellafreud.com](http://bellafreud.com) 13 Alph bomber jacket, £995, Mother of Pearl, 020 7629 9161 14 Sun care hair and body cleanser, £17, Aveda, [aveda.co.uk](http://aveda.co.uk) 15 Touche Éclat wild edition, £25, YSL, [yslbeauty.co.uk](http://yslbeauty.co.uk) 16 Crème eye liner in Canard, £19, Laura Mercier, [houseoffraser.co.uk](http://houseoffraser.co.uk) 17 Acetate-wrapped sunglasses in aqua snakeskin 18, £449, Linda Farrow [lindafarrow.com](http://lindafarrow.com) 18 Cellul'nov intensive anti-cellulite body care, £146, Sisley, [johnlewis.com](http://johnlewis.com)

*Bachet*



# BEST OF BEAUTY

*June*

1. The time has come to dig out the lip balm pens (which we were obsessed with last year) as an alternative to heavy textures and shades. Clarins has launched a collection of limited edition Lip Balm Crayons formulated with moisturising shea butter for a slight sheen. The colour boost given by Sweet Cherry in particular, makes it our favourite tone.

£18, Clarins, [clarins.com](http://clarins.com)

2. If you've not yet discovered the trend for matte manicures, behold Paul & Joe's new Matte Top Coat, straight from its summer collection of colours and conditioners. It instantly gives any varnish a frosted texture should you wish to experiment, and the Paul & Joe packaging makes everything gift-worthy.

£12, Paul & Joe, available at Selfridges

3. Creative team Calm & Collected has produced five exclusive bottle designs for Jo Malone fragrances. Reflecting the ingredients within the scents, illustrations include those for English Pear & Freesia and Peony & Blush Suede. The artists will also be in residence at Jo Malone in Selfridges until 15 June to design personalised gift boxes as part of The Selfridges Beauty Project, a campaign celebrating different expressions of beauty.

£82, Jo Malone, available at Selfridges

4. The linchpin of Givenchy's Croisière summer offering is the Poudre Terre Exotique – a bronzer that seems to suit everyone, encased in a glossy black compact. Armed with a big brush, complexions become instantly 'sun-kissed'. And that makes everyone look fabulous.

£39.50, Givenchy, [givenchy.com](http://givenchy.com)

5. There's a luxurious way to self-tan and it comes courtesy of uber popular brand, St Tropez: Its Self Tan Luxe Dry Oil made its way quietly to counters in March, inspired by the Brazilian approach to bronzing and buffing. While the oil is easily absorbed and nourishing, the tanning agent is 100 per cent natural – as is its neroli, lemongrass and grapefruit fragrance. Once applied (ideally with a mitt), skin is left with a subtle, shimmering guide colour which washes off to reveal a golden glow.

£25, St Tropez, [st-tropez.com](http://st-tropez.com)



# BEAUTY UPDATE



## IS THIS THE MOST LAVISH BEAUTY CONCIERGE EVER?

French skincare brand Institut Esthederm is renowned for its detailed approach to sun care – but it has taken its passion for UVA/UVB protection a step further by hiring dedicated therapists to apply it. Guests staying at the One and Only Reethi Rah resort in the Maldives can enrol at the Institut Esthederm Sun Spa for regular inch-by-inch skin check-ups with a tanning coach – hourly if your skin demands it. The idea is that the careful monitoring programme prevents burning and restores moisture levels. The biggest tip? Use the Pre-Tanning Suncare spray before departure to trigger melanin production.

[feelunique.com](http://feelunique.com)



## ◀ HAPPY BIRTHDAY TERRACOTTA

This year, Guerlain is celebrating 30 years of creating the perfect sun-kissed complexions, with the release of Terracotta Sun Celebration. It incorporates two tones of bronzer alongside a blusher and is said to give the appearance of having spent three weeks in the sun. The limited edition range is available nationwide from 4 June.

£47, [guerlain.com](http://guerlain.com)

## JOIN THE JET-SET

Urban Retreat has used its connections to assemble the Summer Essentials Package, a top-to-toe beauty routine for the season. During the months of June and July, clients can schedule the works – including an Everlasting Manicure, Everlasting Pedicure, a half leg and bikini wax and either a Thalgo Body Scrub or Sienna X Spray Tan and will also receive a broad collection of recommended products worth more than £300. The product edit includes Soleil CC Crème from Kérastase, Foundation Primer from Laura Mercier and other wonders – highly luxurious and perfect for your travels.

£215, Urban Retreat at Harrods





## FIVE MINUTE MAKE-UP



Imagine if your beauty routine could be simplified to the swipe of four crayons. It's the vision of NUDESTIX – the company founded by former MAC Cosmetics creative, Jenny Frankel

with her daughters Ally and Taylor. Space NK has just become the worldwide exclusive stockist of the products, which include Lip & Cheek Pencil, Concealer Pencil, Magnetic Eye Colour Pencil and Mascara in neutral tones for a natural look. Each is enriched with vitamins, moisturisers and anti-oxidants.

£24 each, Space NK, 62 Hampstead High Street, NW3, [uk.spacenk.com](http://uk.spacenk.com)

## HAIR TODAY

Having built his reputation at the salons of Daniel Hersheson and Josh Wood Atelier, hair stylist George Northwood, who counts Rosie Huntington-Whiteley among his clients, has opened his first outpost in Fitzrovia. The service menu features a super-quick cut for those on-the-go and colouring services which rely on the balayage technique – natural, hand-painted highlights. In keeping with the new breed of super salon, Northwood's first is modern and quirky featuring upcycled furniture and a cold-pressed juice menu for refreshment.

24 Wells Street, W1T  
020 7580 8195; [georgenorthwood.com](http://georgenorthwood.com)



*A WOMAN  
who doesn't wear  
PERFUME,  
has NO FUTURE*

COCO CHANEL  
*designer*

## ANOTHER CHANCE

To add to the experience of its popular Chance perfume, Chanel is to issue three new body products for the summer. Mere weeks after it turned the legendary Coco fragrance into a Scented Foam Bath, it has paired the jasmine and citrus fragrance of Chance Eau Fraîche with Shimmering Touch, a gel that gives a subtle sparkle to the décolletage. Elsewhere, Chance Eau Tendre is available in what is billed as a Shimmering Powdered Perfume – which is in fact a scented powder puff, while the original Chance perfume is infused into a Shimmering Body Cream.

From £42  
020 7493 3836







# The Skincare SOS

With around 1,000 skincare products in an average London department store edit, the pursuit of a clear, youthful complexion has never been more complex. *Gabrielle Lane* asks internationally-leading figures in dermatology, to bust the beauty myths

**H**ow many pots of moisturiser do you own? Chances are, it's a few. In February of this year, leading market intelligence agency Euromonitor International issued a briefing, suggesting the UK's super-premium beauty and personal-care sector will generate sales of £1.4 billion by 2018. It insisted that consumer demand for luxury facial care in particular, had remained constant in the face of reduced spending in other areas, and that the skincare world is one of set routines and ingrained habits that typically last a lifetime.

Yet, while the appetite for effective skincare products is clearly present amongst British women (industry analysts at UK firm Canadean suggest 72 per cent of facial care purchases are made by females), our heaving bathroom cabinets betray more than just our consumerist enthusiasm. When it comes to skincare, we're confused. "I think a lot of people use far too many products and they don't need them. There is misinformation about the numbers of layers that they need to put on the skin," says consultant dermatologist Dr Nick Lowe, president of the British Cosmetic Dermatology Group. Practising both in LA and London (at Cranley Clinic in Cavendish Square) Dr Lowe led initial research into the use of Botox on wrinkles around 25 years ago; today he remains inundated by patients looking to combat the lines and dark sunspots that can appear with age.

Botox, fillers and gentle tightening and lifting systems such as Thermage – which uses radio frequency energy – are his more intensive solutions, but Dr Lowe works

holistically and has even developed his own product range. "I have to look at advice on sun protection and a combination of prescription rejuvenation creams – together with non-prescription creams that help them to tolerate the more intensive options."

## Sun protection

While most people are aware that failure to apply daily sun protection ages the skin, it is a mistake to think that the SPF integrated into our cosmetics will protect us. Not least because research suggests we'd need seven times the standard application of foundation and 14 times as much powder to receive the dose stated on the box; SPF ratings on cosmetics do not always offer broad-spectrum (UVA and UVB) protection and typically only refer to UVB rays which cause burning. "A lot of cosmetic day creams are not tested to sun screen standards," reveals Dr Lowe. "Somebody who has olive or dark skin needs SPF 15, providing it's got good UVA protection. If you have fair skin, I would go with an SPF 30 when out in the sun for a period of time. UVA rays that penetrate, even in small amounts, can damage the skin's collagen."

Jeff Murad, vice president of product development for skincare brand Murad – and son of its founding dermatologist and pharmacist, Dr Howard Murad – is in agreement that we need to look at the type of SPF we are using. "SPF can only ever provide a maximum of 97 per cent protection against UV rays," he says. Murad

- has recently incorporated antioxidants into its own sun care formulation, to help counter the effects of damage caused by exposure to UV light: “UV rays create free radical damage which can lead to premature ageing. We need antioxidants that penetrate deep within the surface layers of the skin to neutralise these free radicals before harm is done.”

## Antioxidants and other ingredients

Identifying useful skincare ingredients is the first step to acquiring an effective routine. “I love Retinol, Glycolic Acid and Vitamin C – they’re amazing skincare ingredients because they can combat multiple skincare concerns,” says Murad. “Regular use of Retinol (Vitamin A) can normalise the production and life cycle of skin cells which traditionally slow with age and is also good for fighting blemishes; Glycolic Acid is a great exfoliator and can also help with skin congestion, while Vitamin C is a powerful antioxidant – when applied topically, it helps to protect skin cells against environmental damage. When used in intense quantities, Vitamin C also helps to build collagen, brighten skin and neutralise toxins.”

However, the mere presence of these ingredients does not guarantee success. “It really is a minefield for the consumer,” warns Dr Lowe. “A lot of finished products actually aren’t tested. While there is regulation of the types of [marketing] claims you can make, brands will rely on the manufacturers’ data that exists for individual ingredients, but they might not have tested a final formulation for effectiveness. One ingredient might be affected by the inclusion of another, so unless an ingredient is protected, or ‘encapsulated’ within that formulation, then it can degrade.”

While the answer here is to do your research and consult a professional – Dr Lowe has led studies on such topics as the impact of skin redness, blemishes and the ability of Vitamin C to protect the skin – at least in the case of Vitamin A, which is negatively affected by visible light, switching to a product intended for night-time use might help to keep it active. And in general, day and night products should form part of a basic routine.

## Simple routine

“Keep it simple,” implores Dr Lowe. “I think people need a broad-spectrum day cream, with antioxidants in it; put it on, let it dry and then put other cream on as required – if you’ve got dark circles, then use a dark circle cream. If you’ve got increased pigmentation

then I advise using a lightening cream, let it dry, and *then* put your protective day cream on. After that, use your cosmetics. At night, you could use a prescription rejuvenating Retinoid-like cream two or three times a week and on other nights, a good night repair cream.”

At Murad, after protective sun care, the reparation step of a skincare regime is regarded as the most important. Jeff Murad suggests opting for a serum. “If you wish to invest in just one product, then a treat/repair product which targets your skin priority is the one to choose. This is usually the serum product, with the highest percentage of active ingredients. I also recommend that people exfoliate once or twice a week to remove the top layer of dead skin cells and allow for further absorption.”

## Lifestyle

Of course, regardless of the techniques in question, a good anti-ageing regime can be quickly hindered by an individual’s lifestyle habits. Smoking? “I can always tell a smoker,” says Dr Lowe. “I’d say ten cigarettes or more a day and you’ll age at twice the natural rate.”

Sunbeds? “Serious agers, huge amounts of UVA are in sunbeds,” comes the reply. Erratic dieting is implicated in the draining loss of volume in the face – as is the weight gain and weight loss associated with pregnancy: “Some women do extremely well but others get stretch marks, jowls and loose skin because of the changes the skin goes through from having fullness and then losing volume. The key is to make sure all of your other protective factors are in place,” he explains.

On a superficial level, exposure to high temperatures can also increase the signs of ageing. “If you have dry skin it means you have a poor skin barrier and that barrier increases your risk of sensitivity, eczemas and inflammation which, in a way, can add to skin ageing. Showers, hot baths... saunas – with all of those things, if you’ve got a tendency towards broken blood vessels, spider veins and thread veins, they will increase those. Getting too much heat on the skin can be a problem.”

## Newer is not better

Finally, whichever piece of advice you choose to hold dear, streamlining one’s skincare routine should never be confused with updating it. “I am always asked ‘what’s new?’” says Dr Lowe: “New is not necessarily better. There’s a lot of technology that has been tested and has been shown to give reliable and safe results. With treatments and with products, if something is effective, why change it?” ■

Dr Nick Lowe, 3 Harcourt House,  
19A Cavendish Square, W1  
020 7499 3223; drnicklowe.com  
murad.co.uk



Essential-C Sun Balm, £19.50 and Advanced Active Radiance Serum, £99.50, murad.co.uk



The Secret is Out Lifting Cream SPF15, £28, drnicklowe.com

# Personal Skincare IN FOCUS:



**ANDREA MARSHALL**, *Emerging Explorer*

Andrea Marshall is a conservation biologist and one of *National Geographic's* Emerging Explorers. Through her programs in south-east Asia, eastern Africa and South America, she works to research and protect globally-threatened manta rays and other vulnerable marine life. Living in Mozambique, she is regularly exposed to harsh environmental conditions, so her skincare routine is of great importance.

"I have always loved nature and exploring always came second-nature to me. Since I was a young girl I always tried to understand the natural world: I love to travel, to see new places and environments. I now pick up on the subtle nuances of a place and can compare it quickly to other habitats and I have discovered many incredible locations for manta rays and other rare marine creatures because of this.

It seems like I am in the water my whole life, which suits me fine. I love to swim and dive and when I am in the field I often dive two to four times a day, doing my research and exploring new areas. The work that I do also involves quite a lot of data analysis and scientific writing.

People always told me that living the life that I do meant that I would compromise my beauty and my health. While it is true that I live in harsh environments and I am subject to long exposure to the sun and the salt from the ocean, I think that I take better care of myself than most girls my age; you only get one face and no matter what it looks like it is an expression of your own individual beauty. I try to respect my skin as much as possible to preserve my youthfulness.

I am very diligent about moisturising my skin. I am blessed with naturally olive, problem-free skin, but I know that without a proper skincare regime the elements can take their toll quite quickly. Rehydrating my skin and hair after coming out of the sea is a daily affair for me, but also using non-harsh, natural products has become second nature.

No matter where I am in the world I give myself facials every week. I think it is my right as a woman to pamper myself and honour the beauty we are bestowed with. I have been in dusty huts in Africa or on boats in the middle of the ocean and have still managed to put on a nourishing mask or exfoliate. I am also quite well known for having a perfect French manicure all of the time.

Just because I pursue an adventurous lifestyle doesn't mean I don't still want to look my best! I would never leave home without my face creams, a good lip balm, eye liner and of course, my nail polish bag.

As a biologist, I am convinced that many of the health and beauty problems we face can be solved by looking to nature first, which has been redefining itself and evolving since the beginning of time. The ocean itself is an untapped resource in many ways and there are so many secrets under the waves waiting to be uncovered. I think people often fail to remember that the ocean is not only beautiful, but it can be incredibly useful." ■

**Crème de la Mer is supporting National Geographic as part of World Oceans Day on 8 June; [cremedelamer.co.uk](http://cremedelamer.co.uk)**

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Tel 020 7483 5000 [www.theplatinummedicalcentre.com](http://www.theplatinummedicalcentre.com)

# Putting on THE RITZ

A new refurbishment at The Salon at The Ritz, gives *Gabrielle Lane* the perfect excuse to visit



A little bit threadbare and small, The Salon at The Ritz of old was not quite the glamorous beauty hub you would expect of one of London's most iconic hotels. It had a novel excuse though: "The celebrities usually bring their own entourages," one of its hair stylists told me a couple of years ago. In some ways, its peeling paintwork and simple treatment offering added a touch of British charm, at odds with its more ostentatious rivals – there were no cymbals, mud baths or bizarre rituals that involved mythical spirits, being painted with gold, beaten with sticks and the like. Nevertheless, as of last March, it's been transformed – or rather, given a lick of paint and a new treatment menu that bursts at the seams.

The Salon is still not lavish, but it is now cosy and there's a certain amount of fun that comes from declaring: "I'm off to The Ritz for a massage," which is something everyone should do at one time in their lives. Its new flagship treatment is The Ritz Signature Jade Stones, which involves both a deep, hot-stone massage and a facial over the course of an hour and a half – the therapist even rolls a pebble over your face to soothe and sculpt.

The treatment is very relaxing. In a small suite, there are candles and music which was originally derived for insomniacs and is consequently almost hypnotic. The therapists are down-to-earth, putting clients immediately at ease, and the treatment bed is heated – all conducive to a light sleep. The facial and the massage were both good and use Comfort Zone products, although you should book separate treatments if you want more intensive results: this is

a place for gentle, fun pampering rather than a tailored, health and beauty prescription, but there's nothing wrong with that.

Also of note is the fact that The Ritz has invested in a range of dedicated treatments for its male visitors. The Man Space Hydra Performance is a moisturising body package which aims to restore a healthy glow to weather-beaten skin and is proving particularly popular. With a couples' suite on-site, there's no reason why you and your other half couldn't both go for a day of indulgence. ■

7th Floor, The Ritz, 150 Piccadilly, W1  
[theritzlondon.com](http://theritzlondon.com)





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# WISH *list*

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## HOME AND AWAY

Proving that coastal inspirations don't need to yield distressed paintwork and images of boats, the latest collection from Ralph Lauren Home, Point Dume, is a smart compilation of mahogany furniture, crisp white upholstery and metallic accessories, triggered by its founder's love for his upscale vacation residence in Montauk, New York. The effect of a space dressed with its nickel pendant lamps, handsome console tables and glass hurricanes for candles, is one of modern serenity.

From £125-£5,350  
[ralphlaurenhome.com](http://ralphlaurenhome.com)



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# INTERIORS

## *INSPIRATION*



### WALLFLOWERS

From dusky roses and nautical motifs to scribbled geometric shapes, Galerie offers one of the broadest selections of feminine patterned wallcoverings we've seen. Its latest additions come under the header Painterly Prints and combine pastel hues and floral emblems with an unashamed nostalgia. Paired with scrubbed wood interiors and white-washed walls, the collection adds a touch of country charm into city life: it just might be what you're looking for.

[galeriehome.co.uk](http://galeriehome.co.uk)





## TUB OF LOVE

Famed for its hand-made Chesterfield sofas, luxury furniture-maker Fleming & Howland has unveiled the Oxford Tub, a comfortable armchair upholstered in 'silk leather' – the brand's term for its glossy, super-soft finish. The hand-waxed piece is available on a made-to-order basis, with a buttoned or unbuttoned back and in the most vibrant selection of colours that Fleming & Howland has used to date. Pull up a tub.

£1,350  
[fleminghowland.com](http://fleminghowland.com)



## GAULTIER'S BIRDS OF PREY

At a time when London is in the grip of a Jean Paul Gaultier fashion renaissance, the designer has unleashed his new collection of cushion covers, which owe less to his trademark adventurous corsetry and more to elegant images of wildlife. Each style has been inspired by birds and subsequently varies in embellishment, feathers and embroidery. Yet, while there may be a slightly quirky nature to this new collection, it still manages to sit well within a sophisticated interior. The new line of upholstery by the creative visionary is now being stocked at contemporary design studio, Urban Living Interiors which has made its name through stocking an interesting and modern curation of pieces.

85 Portland Street, W1W  
 020 7637 9427; [urbanlivinginteriors.co.uk](http://urbanlivinginteriors.co.uk)



## START THE FIRES

Since launching at the end of April, NW3 Interiors has caught our attention for its smart curation of international brands. The small showroom in Hampstead is a gateway to the high quality interior design work of founder, Carly Madhvani. A former furniture dealer, Madhvani gained trade experience from architects for a number of years. Today she is an expert at marrying the high ceilings and period details of north-west London's family homes with contemporary pieces. Under her leadership, NW3 Interiors specialises in hand-painted wallpaper and hand-made rugs, as well as furniture. Brightly-coloured indoor and outdoor bio-ethanol fires from Vauni are amongst her top picks for summer.



[nw3interiorsltd.com](http://nw3interiorsltd.com)



# PLAIN TALKING

Lord help your cupboards once  
you've seen inside Katie Fontana's  
Georgian Quaker kitchens, writes  
*Kari Rosenberg*





If you've ever walked past Plain English's Blandford Street shop and not been immediately compelled to rip out your kitchen and make Katie Fontana's "Georgian Quaker aesthetic" your new interior design philosophy, then frankly, you must have had your eyes closed. Indeed, we would quite like to take it all – including the kitchen sink.

Set up in 1992 with her then (life) partner Tony Niblock, the two are still solid in the business department, having opened their Marylebone showroom around five years ago. "We started off very small, working from home, with a little showroom in Hoxton Square," says Katie. "It came about kind of by accident after a series of events." Having previously worked together in commercial interior design, the recession of the 80s and 90s saw the two lose their biggest client, prompting them to take a year out and build a house in Combs just outside Stowmarket, Suffolk. At the time, Shaker shops were cropping up all over London, and Katie's eyes were opened to Shaker-influenced minimalism and styling. "I was very taken with it," she says. "I realised, actually, that its roots had come from early Georgian English architecture and architectural joinery, so I started researching and decided to do the house we were building in that style. I found examples of windows, doors, skirting and staircases and did the whole house in that look. However, when it came to the kitchen, I couldn't even find one I liked, let alone one that I could afford. So I designed my own cupboards in the style that I thought they should be. All I wanted was plain cupboards, and I couldn't understand why nobody just did plain cupboards! So I did them for myself." ●

• While “plain” is undoubtedly a humble and misleading adjective that does her designs little justice, it’s hard to find another word to describe its elegantly understated, yet contemporary appeal. Katie’s assertion “beautiful in its simplicity” perhaps comes a little closer. When her current house (in Framlingham, Suffolk) was featured in a magazine, Katie assumed that it would be a springboard for launching a career in interior architecture, but she was mostly inundated by questions about where she got the kitchen. “We had so many requests that we thought we better start selling some. It snowballed, and 20 years later we’re still going!”

As the years have gone on, the brand has added a few other ranges to its name, now totalling five different kitchens. “I did a slightly fancier one and a sort of shaker-y one and then one with a slightly American feel about it. Recently I did the Osea island,



which is the one displayed downstairs in the Marylebone store. It has a slightly more modern look about it and that was directly in response to some potential customers asking after something a bit more modern looking, but still with all the careful detailing and human elements: the soul.

“However, there’s certainly a trend at the moment for teaming very modern or contemporary looking pieces with some quite traditional cupboards; mixing and matching from our ranges. The first time someone asked for it we thought ‘that’s a bit of a weird idea!’ But I liked how it tuned out. More people seem to be suggesting it. I don’t really know where it’s come from but it definitely seems to be a trend at the moment.”

Although the brand has expanded into other rooms, Katie’s first love will always be the kitchen. “It’s almost like, forget the rest of the house, you just need this one big room with a loo and a bathroom somewhere and some bedrooms. The kitchen has very much become the most important room in the house I think; a lot of people don’t venture out of that room: they live most of their lives in their kitchen-dining-living space.”

However, surprisingly, her kitchen is not a Plain English model. She laughs: “My house here in Suffolk is quite a humble townhouse and the kitchen used to be a brew house for a brewery so it’s just got whitewashed walls and a brick floor, a black Aga and a huge sink that’s four feet wide, and a freestanding lovely Bosch retro cream fridge. The only Plain English thing I have in it is a worktable, which is ten feet long with a zinc top. But disappointingly, no kitchen cupboards!” When pressed, she isn’t embarrassed by this admission, showing a rare integrity that goes far beyond endorsing her brand for fast sales: staying true to the character of the home,



no matter what. “It just didn’t suit this house. And despite the fact that I own a kitchen company and could have anything I liked, I just didn’t feel it was right for this property. The architecture speaks to you. I don’t like to do things that are against what the architecture is asking for, and this house didn’t warrant having lots of cupboards. It wasn’t that sort of room.”

People are quick to judge her interior skills because of what she does, and while the downstairs is perfectly thought out, it gets a lot more chaotic as you ascend. “Inevitably in my home, downstairs is the bit that people see most, and that’s where you’ll find my more prized pieces; things I’ve chosen and carefully selected. I was once horrified because there was a photo shoot at my house and I couldn’t be there and they’d ventured into my spare bedroom which has got some bits and pieces that were left over from my parents’ house, that I didn’t especially like but I couldn’t bear to part with. And I was horrified to see them in the photo shoot! I think as you get higher up, my house gets less special.”

And choosing a few items to lift a house is easy: “I’d have an Aga... predictable there! For me, an Aga is everything. I’d be very happy with a simple room with lime plastered or lime washed walls. I like very beautiful floors. The rest of the room can be simple with just a couple of other beautiful pieces of furniture. At the moment, I’m mad on a Georgian bookcase I’ve seen in an antique shop and it’s rather a lot of money. I keep thinking ‘I’d be very happy if I had nothing else, if I just had that!’ All the furniture I have is antique. So I don’t have any modern furniture from any particular designers. I’ve got a beautiful 1836 square piano by Broadwood & Sons, which I love. Probably my next most treasured piece is a Georgian armchair; I’ve pulled half the fabric off and it’s here in its half-stripped state but I absolutely adore that chair, it has real character to it. The other thing I have is a very nice 18th century French bed.”

While Katie is in love with her Suffolk home, she enjoys heading to Marylebone to spend time in the shop and the local area. “We adore Marylebone. It has a wonderful village-like feel about it. There are all sorts of lovely shops and restaurants.” We discuss the new restaurant openings planned for the summer, and all the big names making the area home. “It’s extremely exciting, we’re very happy to be there. Maybe one day we’ll get another London showroom, but right now we’re so pleased with Marylebone.” ■

28 Blandford Street, W1U  
020 7486 2674; [plainenglishdesign.co.uk](http://plainenglishdesign.co.uk)



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# *Your Health in Your Hands*

When you lead a busy life, health matters can be pushed to the bottom of your priority list.

In support of Blue September, we are urging busy men with unresolved health issues to visit their GP.

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The Wellington Hospital

020 7483 5000

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







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# WISH *list*

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## LITTLE RASCALS

For a superhero-themed shindig complete with a wrestling ring, an all-pink fashion show with a catwalk and stylist, or even an under-the-sea soir ee with an all-singing all-swimming mermaid, Les Enfants bespoke event-planning company can bring your (and your child's) dream party to life. Owner Katie Burnett has been designing children's luxury parties for the past nine years, and with the help of an army of working mums to make handmade decorations and props, she has a record of creating gorgeous galas fit for pint-sized kings and queens.

[lesenfants.co.uk](http://lesenfants.co.uk)



# NURSERY NEWS

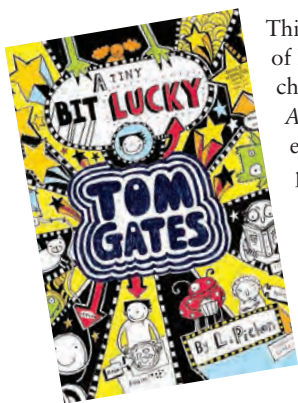
## BORN FREE

Born Free is a private organisation dedicated to one specific and admirable goal: ending mother-to-child HIV transmission by 31 December 2015. To help raise awareness, 22 designers have used their collective resources to create the Born Free Collection, with world-class talents Stella McCartney, Miuccia Prada and Donna Karan contributing. With support from the M.A.C AIDS Fund, *Vogue* and Shopbop, the collection will no doubt raise vital awareness and funds. The designs include childrenswear and matching mother-daughter pieces.

Available exclusively on [shopbop.com](http://shopbop.com)



## BOOK NOW



This summer has seen the publication of Liz Pichon's eagerly awaited new children's book. Aimed at 8-12 year olds, *A Tiny Bit Lucky* is the exciting new episode in the author and illustrator's prize-winning Tom Gates series. With prestigious awards like the Waterstones Children's Book Prize and Roald Dahl Funny Prize to her name, Liz has proven she knows how to captivate children through reading and laughter. Written in diary form with fun and distinctive illustrations, the books provide a first-hand glimpse

into Tom's hilarious, characterful and chaotic adventures. His latest entries promise doodles, disasters and band battles.

Published by Scholastic, £10.99

## FOR CRYING OUT LOUD!

Wigmore Hall is known for providing access to musical experiences for every age. For Crying out Loud! is a series of chamber concerts by Royal Academy musicians, aiming to provide a welcoming and relaxing environment for parents and their babies to enjoy classical music together. This concert series is specifically for babies under the age of one, but there are also other events taking place throughout the year which are intended for older children, such as Toddler Bop and Chamber Tots.

19 June, 36 Wigmore Street, W1U



## ALL ROUNDER

This June, Lord's will host an anniversary bonanza to celebrate 200 years at the current cricket grounds. Marylebone Cricket Club will play Hertfordshire's side, to mirror the ground's first ever match in 1814. Alongside the cricket, the grounds will be filled with entertainment, activities and workshops for children and adults alike. Particular highlights are the food and drink festival and masterclasses by former England Internationals. The ground rules will also be relaxed; the first 1000 general admissions will have entry to the Grade II listed Victorian pavilion, usually reserved for members.

22 June, Lord's Cricket Ground, St John's Wood Road, NW8



## A CLASS ABOVE

Luxury furniture company Jetclass has the perfect way for children to receive the same luxury interior design treatment as adults. The Jetclass Kids branch creates exclusive kids' furniture that is beautifully designed, yet is practical and safe, with non-toxic paint used and a thorough control process in place. With generations of the Moreira family's experience going into every product, the company looks both forward and back, applying new and innovative research and technology to its classical and refined aesthetics.

[jetclass.pt](http://jetclass.pt)



## GRAND SLAM



The Wimbledon Championship is tantalisingly close, and from 23 June to 6 July, it will once again dominate television sets and conversations. There are certain recurring traditions that Wimbledon would not be the same without, like strawberries and cream, Pimm's, or the ball boys and girls in all their precision and perfection. This year's new ball boy and girl uniforms have

been designed by Ralph Lauren, official outfitter for the tournament, and retain a classic design with a modern sportswear feel, with the classic purple and green colour palette tastefully referenced. The Polo Ralph Lauren Collection will be available to purchase in select stores and online.

[ralphlauren.co.uk](http://ralphlauren.co.uk)



## BUMP TO BABY

To expand on its comprehensive nursery range, Alex and Alexa has curated a selection of products to take you from maternity to motherhood in the most luxurious fashion possible. Products for both mother and baby are featured in the new Pregnancy and Pampering boutique, all of which prioritise quality and safety. Brands featured include Bloom and Blossom and Mama Mio, who both specialise in natural, organic skincare products.

[alexandalexa.com](http://alexandalexa.com)



## OUTSIDE THE BOX

Box Upon a Time recently launched a new personal shopping service, but this time it's for the little ones.

Urban parents can sign up to have an elegant box of beautiful baby clothes delivered to their doorstep every month, handpicked by stylists from the company's 25 partnered brands. The edit functions as a valuable time saver and styling service for busy parents.

£49 per month  
[boxuponatime.co.uk](http://boxuponatime.co.uk)

# HEALTH & FITNESS



## ONE LOVE

Spruce up your tenniswear with new luxury sportswear Monreal London and its range of sexy and stylish dresses and separates. Having only launched this time last year, the brand is already attracting a cult following; and it's not hard to see why. Using highly functional high-tech performance fabrics from Italy, with plenty of stretch and no polyester, the pieces are both supportive and feminine, with inbuilt sports bras that have removable cups. Once you've put on the mesh-panel performance dress, you won't take it off all day.

Available to buy at  
[matchesfashion.com](http://matchesfashion.com)  
 87 Marylebone High Street  
 W1U, [monreallondon.com](http://monreallondon.com)



## ACE OF GRACE

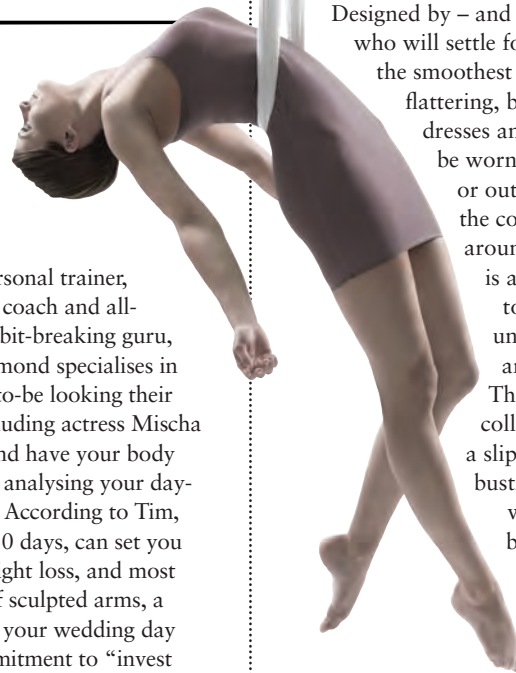
If you've ever bought the perfect LBD, only to be let down in full Bridget Jones-style glory by your lingerie underneath, then Grace & Wilde may have a pair of non-granny pants with your name on. Designed by – and for – women who will settle for nothing but the smoothest silhouette, the flattering, body-sculpting dresses and bodices can be worn as underwear or outerwear, while the control paneling around the stomach is always hidden to ensure any unsightly seams are concealed. The first Classics collection includes a slip, dress, boned bustier, front-hook waist cincher, body and high-waist mid-thigh pants, available in five colours; Black is a Girl's Best Friend, Blush at First Sight, Hot in Chocolate, Lady in Red and Midnight Blue Rendezvous. All we need now is a Mark Darcy.



## BRIDE WARS

Personal trainer, life coach and all-round habit-breaking guru, Tim Drummond specialises in getting brides-to-be looking their best. With previous clients including actress Mischa Barton, you'll get weighed-in and have your body fat distribution measured before analysing your day-to-day dietary and lifestyle habits. According to Tim, just 30 minutes of exercise, for 30 days, can set you up for "unlimited energy, easy weight loss, and most importantly, an inspiring life". So if sculpted arms, a toned back and slim waist are top of your wedding day checklist, Tim's your man. With a commitment to "invest highly" with each client, he will only work with four women at one time, ensuring long-term commitment every step of the way. Sessions can be carried out between the Baker Street and Park Lane-based private gyms, or in your own home.

Packages from £12,000 for six months to £24,000 for 12 months, [timdrummond.com](http://timdrummond.com)



[graceandwilde.com](http://graceandwilde.com)

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SPEAKING OUT ABOUT  
**MEN'S HEALTH:**  
The prostate and bladder

## The risk of developing a problem with the prostate grows with age, so it's vital for men to know the signs

We spend 98 per cent of the time with our bladder in its filling phase, with only a fraction of our time 'answering the call of nature'. While men's health has often been a taboo subject amongst the male population, health problems associated with the prostate and bladder are receiving greater attention across the country through awareness campaigns.

The majority of men will notice changes in their bowel habits as they get older. The risk of developing a problem with the prostate grows with age, as the population lives longer and the prostate gland has to support this extended life-expectancy.

### Benign prostatic enlargement

Around 60 per cent of men aged over 60 will experience a degree of prostate enlargement. This is a large section of the male population, emphasising the importance of recognising the symptoms. Caused by an enlarged prostate putting pressure on the bladder and urethra, prostatic enlargement symptoms can include:

- Difficulty when beginning to urinate
- Straining to pass urine
- Frequency in needing the toilet (particularly at night)
- Weakening the flow of urine, or causing 'stopping and starting'
- Inability to empty bladder fully
- A sudden urge to urinate
- Blood in the urine (haematuria)

Source: NHS website

Timing is key in regards to early diagnosis and the success of the treatment you receive. If you notice a change in urinary voiding pattern or you are experiencing any of the above mentioned symptoms, you should make an appointment to see your GP. If you are unable to pass urine, you should attend an acute centre such as your local A&E for immediate treatment. Although the diagnosis may be benign prostatic enlargement, an acute presentation can feel far from 'benign' at the time!

### Treatment

Natural remedies to reverse this testosterone-driven growth in the prostate have proven elusive. The majority of pharmaceutical trials have concentrated on medications that either 'relax' (alpha-blockers), or 'shrink' (5-alpha reductase inhibitors) the prostate, with novel agents combining these approaches. The advocates of herbal therapies will include saw-palmetto (*serenoa repens*) as an alternative to these drugs.

### Surgery

When symptoms have become significantly bothersome, or when acute retention of urine develops, your GP or specialist may suggest more invasive treatment. This has traditionally been by a transurethral resection of prostate (TURP) operation during which a channel is created through the centre of the gland.

Newer alternatives to the TURP include laser prostatectomy and bipolar prostatectomy. More recent developments include embolisation of the prostate (blocking the blood flow that supplies the prostate) and a procedure to 'hold-open' the prostate lobes without needing to cut through the tissue and possibly preserving the ability to ejaculate.

### Prostate cancer

This is an area that is often in the news, whether in the press or gaining airtime on radio or TV, and has generated much debate. The basic screening blood test, PSA (Prostate Specific Antigen), can usually be offered by your GP after consultation. If you receive a high reading in your results, you will then be referred to a Urologist for further investigation. Recent diagnostic developments include advances in imaging and biopsy techniques, all of which will be discussed with you following your referral.

The options for treatment broadly include active surveillance of the condition, radiation treatment and even radical surgery, which includes the highly precise and state-of-the-art robotic assisted surgery. Novel chemotherapeutic agents are now also available for the most advanced cases, complementing the hormonal strategies that have been practised for decades.

### Bladder problems

The symptoms of prostatic enlargement can often overlap with problems inherent to the bladder. If blood is present in your urine or as further investigation into urinary difficulties, your GP or specialist may suggest a further bladder examination.

Problems associated with this area of the body can be broadly divided into those relating to incomplete bladder emptying and those due to an 'overactive' bladder. While the vast majority of the latter group respond to a combination of lifestyle changes, bladder training exercises and oral medications (commonly 'anticholinergics', or recently 'beta-agonists'), a small subset may benefit from Botox injections or novel electrical therapies.

Correct determination of whether the problem is primarily of the bladder or the prostate is a good starting point, and treatments should be tailored accordingly. Men, in particular, have traditionally been reticent in discussing these issues; pleasingly they are now opening up, so we can hopefully address the 'call of nature' in good time. ■

## MEET the specialist

*Having graduated from Cambridge University, with postgraduate surgical training in London, Mr Ranan Dasgupta gained an MD thesis in neuro-urology before sub-specialising in endo-urology, including the comprehensive management of kidney stones. As the lead for endo-urology at Imperial College Healthcare, he undertakes and trains doctors in percutaneous surgery, endoscopic laser surgery and lithotripsy (ESWL), as well as functional voiding problems*



# CULINARY Masterpiece

Boasting touchscreens, intelligent sensors and a great deal of gastronomic innovation, *Gemma Knight* investigates the new cutting-edge kitchen

There's certainly no replacement for pure, unadulterated culinary talent – but even the world's Michelin-starred chefs would be hard pressed to create the award-winning delicacies upon which their reputations depend without the right tools. Enter Electrolux Grand Cuisine, the first ever professional cooking system designed to be used in the home and destined to release your inner gourmand.

Just imagine the thrill of sautéing, steaming and stir-frying like the pros with the help of the nine state-of-the-art devices now installed in your kitchen, presenting your next dinner party guests with perfectly seared scallops, impeccably braised beef and flawlessly chilled martinis thanks to the trade secrets now at your fingertips.

Indeed, chefs the world over are (when pushed) more than happy to admit that their abilities have been heavily bolstered by such gastronomic innovations as the Blast Chiller (which allows hot dishes to be prepared

ahead of time, chilled, then returned to the perfect serving temperature – not to mention taking ten Champagne bottles from room temperature to an ideal 8°C in just 30 minutes). And then there's the Induction Zone (a vast cooking surface with specialist power levels) and the Precision Vacuum Sealer. When coupled with the Combination Oven, this intuitive device allows for the use of a technique known as *sous-vide* (literally

'under-vacuum'), a method that cooks food in a vacuum-seal at low temperatures for a long period, meaning that it holds on to all its natural flavours, colours and juices. Even London's hottest chef Nuno Mendes swears by *sous-vide*. "I think that the systems really propose a change in the approach to cooking at home – it's really pushing things forward," he says. "I mean the kit, what it offers, the units themselves open a whole different range of possibilities for the home cook.

"These days there are a lot of cooking aficionados and this is their passion. I think having something like this in their kitchen is amazing because they can really do the things that are happening in a restaurant," he says. Praise indeed.

So, domestic chefs, the truth is finally out – it is your gadgets that have been letting down your culinary prowess all this time – and, with the tricks of the trade finally available to us mere mortals, dinner parties will never be the same again. ■

[grandcuisine.com](http://grandcuisine.com)







# WISH *list*

## THE ART OF BLENDING

Seeing as the overindulgence of Champagne is something of a social season necessity, you can comfort yourself with Olivier Krug's philosophy that blending is an art form. We suffered in silence after some particularly interesting collaborations at the House's annual recreation of Krug Grande Cuvée, where they were joined by the Philharmonia Orchestra, a master tea blender and the most eccentric salmon smoker (who insists on playing Mozart to help his fish reach their optimum taste). It was a creative combination reflecting the fabulous blend of its Champagne, created with more than 400 individually-tasted wines over ten years. We'll be drinking nothing else all summer.

[krug.com](http://krug.com); [hansen-lydersen.com](http://hansen-lydersen.com)



# FOODIE FAVOURITES



## GET US TO THE GREEK

Since hummus made it to the mass market, Greek food has taken a bit of a back seat on London's insatiable culinary drive. Named after the ancient Greek word for 'delicacy', Opso, a new all-day dining restaurant and bar, is poised to open in Marylebone any day, offering food inspired by the "tastes, produce, and social-style dining of Greece". The menus have been created by consultant chefs Georgianna Hiliadaki and Nikos Roussos, founders of the two-Michelin-starred restaurant Funky Gourmet in Athens, and begin with weekday breakfasts of Tsoureki (a brioche-style bread flavoured with aromatic Greek spices) followed by lunchtime meaty sharing platters and evening cocktails.

10 Paddington Street, W1U



## A FIRST TASTE

There's no denying that chefs are the new rock stars. So where better to get your gastro-groupie kicks than at Taste of London, where the likes of Michel Roux Jr, Monica Galetti, René Redzepi, Theo Randall, Tom Kerridge and Tom Sellers (to name but a few) will be showcasing their culinary talents, all in one place? Get your Crowns (Taste currency, don't you know) ready: our tastebuds are a-tingling.

Regent's Park, 18-22 June



## PURL JAM

If an Improper Martini or a Meringue Sling, topped off with a good swig of Quintessentially Vodka sound as though they could just be your newest favourite cocktails, then head to Purl London any Monday night this month to enjoy some jazz with your weekday tittle. It doesn't count in summer.

Q-Jazz nights, every Monday  
from 8pm-11pm  
50-54 Blandford Street, W1U



## FROM THE HORSE'S MOUTH

This year for the first time, guests of the Balmoral, Carriages and Sandringham restaurants at Royal Ascot will enjoy three Michelin-star cuisine designed by French gastronomy house, Lenôte. Renowned in its native Paris for creating bespoke fine-dining experiences for Givenchy and Louis Vuitton, Lenôte executive chef Guy Krenzer will use produce brought in fresh from Parisian markets each morning and include signature dishes such as 'Le Chocolat', a crunchy, chocolate cake with a lemon sorbet. Fine food will be paired with wines selected by one of the world's best sommeliers, Olivier Poussier, while diners can soak up the surroundings of the luxury marquee and the view overlooking the winning posts.

Prices range from £330 per person plus VAT for the Sandringham to £660 per person in The Balmoral Royal Ascot 2014, 17-21 June, [ascot.co.uk](http://ascot.co.uk)



## RESTAURANT REVIEW

*IZAKAYA* to stay

*Kari Rosenberg* enjoys a young, fun, street-food version of Nobu as Scott Hallsworth's Kurobuta goes permanent



There's been a lot of hoo-ha over the opening of Kurobuta, which started as a (groan) pop-up on the King's Road and has since become a permanent fixture in Connaught Village, just a hop skip and a jump over the Edgware Road vortex. A cursory glance at the social-media sphere promised a 'rock and roll izakaya' from Scott Hallsworth, the Australian chef and co-founder who earned his whites at Nobu.

The interiors are cool, young and industrial-chic – exposed bulbs, wooden booths, high tables with backless bar stools – and it's packed on a Tuesday night with a

real mixture of punters, here for the music, and the maki. The menu is split into eight main sections (nine if you count steamed rice and miso sides, but I don't) offering snacks, cold/raw/salads, Robata BBQ, junk food Japan, 'something crunchy', 'significant others', maki and sushi. It's hard to choose just six dishes between two people, as suggested by our waitress, so instead we went for something from each corner. Sweet potato fries 'with sauces' were delicious, and arrived while we were still debating our choices, followed by a zingy and refreshing yellowtail sashimi with wasabi salsa and yuzu soy. Unable to pick just one from the BBQ bit, chicken kushi-yaki was merely a yakitori (albeit a pretty tasty one) while the pork belly in steamed buns with spicy peanut sauce was a finger-licking winner. We by-passed the junk food (having double indulged on BBQ), but regretted not going for the wagyu beef sliders once we saw the next table's. Black pepper soft shell crab tempura was crunchy and the dipping sauce moreish, while the crispy confit duck with watermelon would have been perfect had it not been over-doused in soy sauce, ruining

the fruity refreshing element. Kombu roasted Chilean seabass with spicy shiso ponzu was outstanding, and just as good as the Nobu version, but spicy tuna maki rolled in 'tempura crunchies' would have been better minus the batter.

Unusually for a Japanese eatery, all the desserts appealed; a pistachio parfait with matcha meringue and hazelnut and chocolate mini doughnuts in green tea sugar was fantastic, and the carrot cake with shortbread and a coconut sorbet was also delicious, and unusual. All in all, the atmosphere was buzzy, and the food was fantastic, if not a little on the fattening side, but it needs a second visit to try everything else I missed. Luckily it's here to stay this time. ■

17-20 Kendal Street, W2  
kurobuta-london.com



# Currying Favour

Shortlisted for a Catey award this month, Karam Sethi is up against the likes of Jason Atherton and Angela Hartnett for the Restaurateur of the Year gong. *Kari Rosenberg* indulges in an eight-course, south-west Indian banquet with the hottest chef in town

Feeling from the unsheltered terrain of Marylebone High Street as the torrential May showers gain momentum, I can smell Trishna before I spot it. Having re-launched in February after a month-long refurbishment, the restaurant earned its first Michelin star in September 2012, before Karam Sethi's second venture Gymkhana launched to critical acclaim a year later. The latter prompted a "perfect 10" review from *The Times'* restaurant critic Giles Coren after visiting three times in

one week – ("I think he said he had 24 out of 35 dishes and loved every single one of them, which was obviously amazing to hear," says Sethi) – and has been much-lauded as one of the best openings of last year, thrusting Trishna back into the spotlight as foodies look to sate their Sethi FOMO wherever they can get a table. And while curry has long been the nation's favourite dish, there's no denying that this new style of Indian cooking (like they do in *Inja*) is having a bit of a moment.

"I think it's always been a very popular cuisine, which stems back to British rule and the whole curry house thing," says Sethi. "Then it went from curry house to a more sophisticated authentic take on Indian cuisine in the early nineties to a kind of modern, Frenchified style in the late nineties, early noughties. And then



we opened Trishna in 2008 and the whole idea was to take it back to authentic, well-spiced Indian food. But it's always been a cuisine that's had a place close to Brits' hearts. It's nice to see [people's] eyes opened to the idea that Indian food is actually very sophisticated and complex; on par with French and Italian cuisine.

"South Indian food is more fragrant in its spicing in terms of using lots of black pepper, curry leaves, mustard seeds, fennel seeds and onion. I think one of the biggest differences [between north and south Indian]

is that onion in northern cuisine is heavily caramelised, whereas in southern cooking it's softened and the food is more fragrant. There's also a lot more coconut used in southern cuisine; coconut and seafood are the two main characteristics. Northern food is focused on heavy curries, kebabs, and lots of tandoori food. It's a lot richer in taste and flavour."

It's the kind of food that Indian families in Britain eat at home, he says, and doesn't apologise for its boldness. "The spicing is just on point," he says. "It's not overly hot, and it's not toned down. You won't leave feeling bloated. It's just very fresh and fragrant, mainly in terms of the spicing and the whole sharing concept. It's never overly complicated because there are never more than two or three things on the plate. We



Gymkhana private vault



Nandu Varuval at Trishna



Quinine Sour at Gymkhana



- are, however, using British ingredients. 90 per cent of our ingredients are from the UK. The smallest things in India, from the water to the tomatoes and onions, are completely different over there to over here, so we try and use things like Indian onions and Indian lemons in our food, but there's always going to be a slight difference because of the water, and the quality of the ginger and garlic, that kind of thing. But it's not toned down; we want to keep it as authentic as possible."

His pet peeve is walking into a high street curry house and seeing sauces and meats listed separately. "You've got vindaloo, korma, jalfrezi, bhuna and then you've got prawn, lamb, fish and chicken and you can have any one of those meats in any sauce. Indian food is all about slow cooking, and cooking the protein with the sauce, so that is very much a shortcut. I can never ever eat in those kinds of restaurants, and the amount of food colouring used [is awful]. I've been a couple of times with friends, had a few too many in the pub, and I just couldn't eat it. I know exactly what goes into them and it's just not nice.



Tandoori Guinea fowl breast, leg and green mango chat with mint coriander chutney at Gymkhana



Moplah Seafood Biryani at Trishna

"While many of the dishes originate from India, they've somehow been bastardised just to make things simpler. Saying that, balti is not actually an [authentic] dish. Chicken tikka masala is not a dish either; it's a take on butter chicken."

As well as Gymkhana and Trishna, Sethi also backs Bubbledogs and Lyle's which has just opened in Shoreditch, but the whole business is a family-run affair. While Sethi remains focussed on the food and business development in general, his brother is the managing director of the company while his sister heads up operations. The last few years have been a blur of hard graft, and Sethi has built a team to be proud of, enabling him to get out and spread his wings while the restaurants tick over under the watch of his head chefs. "You can't open a new restaurant if you're working six days a week in the kitchen," he says. "With me, I need to put all my eggs in one basket and really focus on one thing. And I can only do that when I have a lot of good people with me, who are very loyal and trustworthy and can work to the standard I need."

Sethi seems uncomfortable with the whole interview process and I can't help but wonder who wants to get this over and done with quicker; me so I can embark on a lunch far too indulgent this close to bikini-season or him so he can escape the media essentials that now come part and parcel with super-chef stardom. My stomach is rumbling while my nostrils take on a life of their own as he describes in further detail his use of spices and the food starts to make an appearance; poppadsoms with a sweet and sour, tangy shrimp chutney, a mint sauce and a sweet mango chutney; a delectable lobster samosa which I have to force myself to eek out to more than one bite; salmon tikka; a mixed seafood biryani; beetroot with coconut; lamb masala; Hariyali bream... you'd think I'd never seen food before at the rate every dish is demolished, each more utterly perfect than the last.

Having grown up in Finchley, Sethi moved to St John's Wood last year, and is a Londoner through and through. His favourite places to eat (apart from his own restaurants) are Roka, Yauatcha, Koya and Barrafinna. "Those are four staples my wife and I will go to at least twice a month." And when they're not eating out, they split the home cooking fifty-fifty. "My wife is a very good cook. We got married last October so she's enjoying cooking and learning. Her parents live in India, so it's always nice when she gets her mum on FaceTime and she talks her through the recipes."

I can see he's getting antsy as he keeps looking back towards the kitchen; more comfortable to let his extraordinary food do the talking than having to worry about sound-bite appropriate quotes. And I'm persuaded to appease him as a light mango-centered dessert makes its way to the table, and a foodie friend with impeccable timing just happens to walk by the restaurant.

One last question: how does he feel about his Catey nomination? "It's the first time it's happened – to be alongside Angela Hartnett and Jason Atherton is huge. They've been at it for the past 20 odd years so it's really nice to be recognised," he says humbly. Whether he wins or not will be seen on 1 July at London's Grosvenor House... although I'd be inclined to get the biryani ready for when the crowd starts demanding a speech. ■

**Trishna, 15-17 Blandford Street, W1U**

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# WISH *list*

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## BIRTHDAY BEATS

When you think of old-school French glamour, it's impossible not to be instantly transported to Hotel du Cap-Eden-Roc. Celebrating the 100th anniversary of the Eden-Roc Pavilion this summer, it was originally the tearoom of the Grand Hotel du Cap, frequented by royalty, maharajahs and artists who lived in Cap d'Antibes. What began with a gala dinner in May, recalling the decadent lifestyle of the 1900s, will finish with a bang on 5 September with a menu prepared by a variety of the Oetker Collection's famous chefs from Le Bristol Paris and Le Château Saint-Martin. In between, watch silent films shown on giant screens to commemorate the famous artists of the period.

[hotel-du-cap-eden-roc.com](http://hotel-du-cap-eden-roc.com)



# TRAVEL *IN STYLE*

HOT SPOT *in June*



## UMBRIA, ITALY

Close to the borders of Tuscany, Umbria is known as the true green heart of Italy

*why* The countryside of the central landlocked region of Italy, Umbria, is the ultimate rural getaway, with a rich and fertile natural landscape. While enjoying the stunning scenery and sun-kissed summer days, visitors can sit back and be entertained in the hilltop town of Perugia. A highlight of the Italian calendar, its famous annual Jazz Festival is now in its 41st year, and will take place from 11-20 July. Acclaimed artists entertain around 20,000 visitors each year with additional musical performances being hosted by the local bars and restaurants.

*stay* A short distance from Perugia, Chiesa del Carmine is a gloriously-restored ancient church and country house. Al fresco dining is a must in the impeccably landscaped gardens, while its pick-your-own vegetable garden, olive groves and truffle woods reflect the rugged natural beauty of the Umbrian countryside. Personal service is highly valued on the estate, with the provision of private chefs and masseurs upon guests' requests, while a picnic hamper will be provided during the festival.

[chiesadelcarmine.com](http://chiesadelcarmine.com)



## PICTURE PERFECT

With a view of the Ponte Vecchio, the new Portrait Firenze hotel holds a privileged position on the charming Arno riverbank. Native architect Michele Bonan has designed a truly lavish space inspired by the 1950s emergence of Italian couture using contemporary photographs, handcrafted furniture, sumptuous fabrics, marble bathrooms, Salvatore Ferragamo toiletries, oversized beds and walk-in wardrobes. Guests can tailor almost every aspect of their experience, as if it were their own exclusive address, from personal training to shopping and location tours.

[lungarnocollection.com](http://lungarnocollection.com)



## FOR THE JET SET

Beginning in February 2015, Four Seasons will be inviting passengers on its first ever branded private jet experience.

The Four Seasons custom-designed plane will transport only 52 guests while catering to their every need, from comfort to connectivity; handcrafted leather flatbed seats, an on-board concierge and five-star, globally-influenced dining will ensure the Four Seasons treatment every step of the way. Bespoke journeys include Around The World, a nine-destination adventure for explorers.

[fourseasons.com](http://fourseasons.com)



## A VERY SOCIAL SUMMER

### *Saddle up in Cornwall*

Veve Clicquot Polo on the Beach has become an annual weekend attraction, hosted by the Watergate Bay hotel. Exhibition polo matches are played out on the sandy Cornish coast, including top England players, and an all-ladies match. This year, a Champagne bar and beach hut BBQ will be available for spectators, while further entertainment includes Segway polo, horse stunt shows and live music. There will also be a Veve Clicquot Polo on the Beach House Party.

5-6 July  
[watergatebay.co.uk/polo](http://watergatebay.co.uk/polo)



### *In the blue*

Monaco's new nautical hub is to be inaugurated this June. The Yacht Club de Monaco's new venue on Quai Louis II has been designed by revered architect Sir Norman Foster. All of the spaces, including a ballroom, library, five generous guest cabins, swimming pool and fitness room will be connected by a sweeping spiral staircase. Care has been taken to ensure that the building has a low environmental impact on its surroundings.

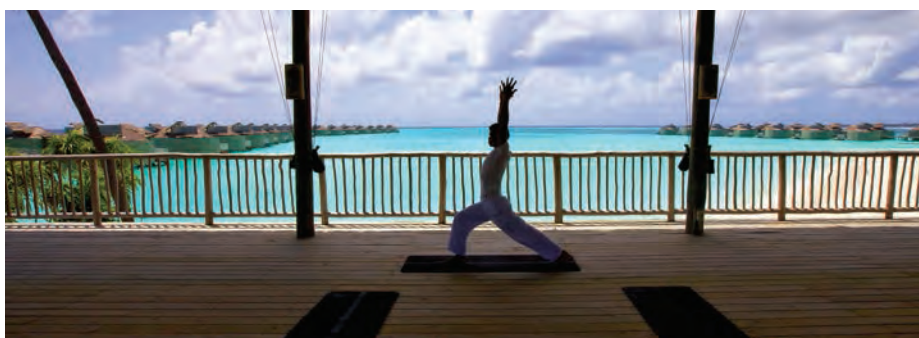
[visitmonaco.com](http://visitmonaco.com)  
[yacht-club-monaco.mc](http://yacht-club-monaco.mc)



## BREATHE, STRETCH AND CLEANSE

Six Senses Spa has launched a series of relaxing and results-driven Yogic programs at its picturesque retreats. In its calm, restorative settings such as the Maldives or Thailand, guests can experience different sessions to exercise both mind and body and achieve stress relief and an optimum fitness plan under expert guidance. Different programmes for beginners and those with more experience are available, alongside Yogic Sleep, an initiative designed for thorough relaxation and deeper sleep.

[sixsenses.com](http://sixsenses.com)





# LADIES WHO LUCKNAM

Bath's most famous resident Jane Austen would revel in the splendour of Lucknam Park, the country house that fulfils all weekend break fantasies, says *Daniella Isaacs*

**C**all it a cliché but *Pride and Prejudice* is my go-to novel when in need of a little TLC. I can swiftly escape into the world of extravagant dinner parties, frivolous afternoon teas and a general swooning for Mr Darcy. In a desperate bid to escape the general stresses of London life, my sister and I decided to wave good riddance to our other halves (just for the weekend) and journey down the M4, just six miles from Bath, to indulge in a break that would impress even the likes of the Bennett siblings.

As we drove down the sweeping mile-long avenue lined by beech trees and lavender gardens, the grand 17th century honey-hued mansion known as Lucknam Park appeared in full view. Dating back to the Georgian era, Lucknam has all the opulent and traditional elements that would fit comfortably into any lavish period drama. Large oil paintings adorn the drawing room walls and ornate chandeliers hang grandly in the wood-panelled library. Our room, located in the former stables across a courtyard of Oxbridge college-grade lawn, strikes a perfect balance between cosy and stately. Patterned fabrics, gold and cream chesterfields and a sumptuous four-poster bed cohabit in perfect taste. Although the afternoon could easily have been spent indulging in the welcoming plate of homemade chocolates, plump strawberries and complimentary bottle of Champagne, we booked ourselves into the equestrian centre to re-enact one of Austen's favourite pastimes by having a ride across the estate.

With more than 35 horses to choose from, all sizes and capabilities are catered for. Many keen horse riders have booked in to the Clinics on offer, whether to improve their show-jumping technique, hone their dressage skills or to experience the cross-country course. We opted for a hack, which meant we could traverse around miles of uninterrupted bridgeway. The horses are so highly trained, that even I was able to canter around the field regardless of my extremely rusty riding skills. Lucknam is like a grown up pony club; rather than having to muck out the stables after our ride, we just handed the horses back for their daily grooming and headed for the spa to rest our aching legs.

Cocooned within the walled gardens of the hotel grounds, a leafy Japanese walkway leads to the entrance of the award-winning spa. Hours can be spent experiencing the array of indoor and outdoor pools, tubs and thermal cabins. The top pick has to be the Japanese salt room complete with horizontal marble chairs; an amethyst clad hub which boosts circulation and promotes spiritual healing. Feeling suitably relaxed

from the endless lazing locations on offer, we were spoiled even further as we indulged in our 'top to toe' treatment; an hour of pure pampering. Anne Semonin oils were massaged all over while a refreshing facial mask made up of evening primrose oil, red micro algae and wild indigo left my skin feeling radiant and rejuvenated.

In another attempt to spoil their guests further, Lucknam Park opened its well-being house last year. The treatments on offer read like a therapy shopping spree; Hatha yoga and pilates lessons, sunlight therapy (a treatment which creates the feeling of a warm's summers day, bathing you in light), burn out therapy (a steam massage for the whole body) and even sleep clinics and nutrition programmes are available.

You won't help but be drawn in by the aromatic smells from the various herb gardens, and the cookery school run by Hrishikesh Desai is definitely worth booking. The cooking house has been made into a foodie's dream; filled to the brim with the latest culinary gadgets. Guests can choose from a huge variety of courses, the most popular being the Michelin-star cooking at home course, which leaves students with all the tools to impress even the most ardent critic at their next dinner party.

And executive chef Hywel Jones has got Lucknam's epicurean delights down to a fine art. The Brasserie is the hotel's more casual dining choice, overseen by head chef Benjamin Taylor, which offers a healthy menu just in case you want to continue the detox. But if you only have one night at Lucknam, be sure to book in for the more hearty fare at the Michelin-starred restaurant, The Park. Under a panoply of glittering chandeliers, we were given first-hand experience of Jones' gourmet creativity when we indulged in his spectacular tasting menu. Seven courses began with perfectly poached Cornish langoustines served with Exmoor caviar, followed by a juicy, tender loin of local Wiltshire lamb with white asparagus and morels, and ended with a dessert, which proves why British produce should be celebrated; strawberry compote with a vanilla sponge fondant and a vibrant basil ice cream. The food is cooked to perfection and as with all the staff at Lucknam Park, the service was exceptional.

As my sister and I waved a reluctant goodbye to the estate in all its Georgian splendour, I decided that just like *Pride and Prejudice*, this will be another period drama worth repeating. ■

Lucknam Park Hotel & Spa has standard rooms available from £360 per night, based on two adults sharing on a room only basis, inclusive of VAT and use of the spa facilities  
lucknampark.co.uk  
01225 742 777

# OFF THE WALL

Berlin's relatively new love affair with luxe is coming to the fore, especially through its burgeoning foodie scene. *Zoe Strimpel* forgoes strudel and sauerkraut for a real taste of modern German gastronomy





When the Wall came down, Berliners lost no time in making the formerly beleaguered east not just cool, but rich. Prenzlauer Berg was the first eastern district taken over by artists and bohemians; 25 years later, it's one of the most prosperous neighbourhoods in Berlin, with its grand stuccoed boulevards full of organic markets and Italian restaurants. But it's the Mitte (or middle) district that's become the epicentre of a crop of innovative and luxurious emporia. Star artists and designers, American diplomats, Munich bankers and Scandinavian oil magnates are supping on the finest food and wine northern Europe has to offer, seated on haute-design furniture under the glow of low Italian lamps.

The newest see-and-be-seen hub of haute cuisine is Pauly Saal at the old Jüdische Mädchenschule, the former Jewish Girl's School on Auguststrasse. Just awarded its first Michelin Star, Pauly Saal is a plush Art Deco dining room with red cushion seats in the 1920s German style, enormous chandeliers and – controversially – a white and red model of a missile hanging in front of the open kitchen. Food highlights are sticky, unctuous meat dishes, like duck with chestnuts, and herb-crusted veal. The media and business crowd congregate before dinner at the restaurant's bar, which is all Persian rugs, 1920s glassware and emerald upholstery. The owners have deployed the same eye for decadent interiors and fine food with the new Grill Royal nearby on the grand boulevard Friedrichstrasse. Grill Royal advertises itself as “the restaurant people love to hate”, though George Clooney ◀



Left:  
Brandenburg Gate

This page:  
Dishes from Pauly Saal,  
Photography by Kirsten  
Hermann





a good place to familiarise yourself with German vintages both delicate and unusual. Metres away is rising star Reinstoff, in a former AEG factory “firehouse”, which recently won its second Michelin star, and divides its experimental menu into dishes from “nearby” and “far”.

Five minutes’ walk away on Torstrasse is Bandal Sur Mer, a typically Berlin-infused version of indulgent French food. Diners squeeze through a curtain into a tiny square room with bare bistro-style tables and chairs and a scuffed floor, and quirky industrial touches such as a trio of (slightly unsettling) 1980s-style Hitachi security monitors over the door and big Soviet-style clocks. The walls are black and scrawled with the day’s specials. Your challenge is to get a reservation: the food looks and tastes anything but bistro-style. Superbly refined, this is Michelin-quality stuff, from the daily changing multi-course menus to the still-warm bread served with brown sugar-infused butter to the wine list of great Burgundies and Bordeaux.

For luxury on an ‘international level’, head towards the diplomatic centre of Berlin around the Brandenburg Gate and the Gendarmenmarkt, near Checkpoint Charlie (the name given by the Western Allies to the best-known Berlin Wall crossing point during the Cold War). The big hitter here, and one of the most knock-out restaurants in Europe, is the Lorenz Adlon Esszimmer. Set over two richly-appointed rooms in Berlin’s most lavish hotel, The Adlon Kempinski (first built in 1905), the Lorenz actually

looks out over the Brandenburg Gate. Chef Hendrik Otto holds two Michelin stars, and (in my humble opinion), deserves them: he is also Berlin’s Master Chef 2012 and Cook of the Year 2013. Our eight-course menu (€170 per person) ran the gamut of temperatures, textures and structures, often presenting ingredients in bewilderingly wonderful new forms, such as foie gras as a honeycomb-textured tower served alongside orange peel and cocoa truffles, goat’s curd as cold “snow” over a scorching single Linda potato in spiced oil, or swollen chickpeas stuffed with saffron cream to accompany pigeon in juniper gravy. Bread was a sextet of warm muffin-shaped pretzel, butter-bun and malt, served on white rocks with sprigs

of rosemary alongside anchovy and caviar cream, truffle aoli and salt-crusted, fresh-churned butter. A sommelier alternated between playing cocktail chemist, for instance by pouring light cream through a high-pressure aerosol over pomegranate granite with liqueur, and presenting us with increasingly dazzling wines from Switzerland, Germany and Austria.

Round the corner, Fischers Fritz in the Regent Hotel is another opulent staple and a favourite with the Russians. Serving mainly fish, it sources its seafood from the Atlantic coast of France, explaining that Brittany waters are rough and cold enough to give the fish real muscle. Thus the fish is clean and silky, its inherent delicacy bolstered, not overshadowed, by creative chef-work: I was particularly impressed by roast cod with an Asian-infused onion-cumin-juice, served with purple Dutch carrots. This is also a chance to revel in the best Rieslings, the sommelier’s specialty, though I was also delighted by a buttery 2011 Chardonnay from Pfalz.



From top:  
Ben-Moshe at Glass; Urban Garden; Oxtail Explosion

is a fan of its cuboid tenderloin, oyster platters and 700-strong wine list.

Just up the road on the new culinary artery of Chausseestrasse, almost exactly where the Wall ran, Berlin’s most prestigious wine bar, Rutz, serves an exquisite pairing menu. Michelin-starred chef Marco Müller serves up the likes of blue king prawns with ginger kimchi and sheep’s cream, and green tea-burned pumpkin and lobster with molasses butter, alongside a selection of more than a thousand beautifully-selected and mainly European wines – this is





Gal Ben Moshe worked in Maze and Hibiscus before opening Glass, which has made it into the Michelin guide a year after opening. It's a must visit for any visiting foodies...

**Why did you choose to move to Berlin?**  
I find it very open to art, and in some ways it's like a small village that moves at its own pace – quite different from London. I live in Charlottenburg and I love the old-fashioned, bourgeois lifestyle.

**What do you love about the city?**  
Anywhere else, if it's graffiti, it's graffiti – here, it's art. I love that in Berlin, everything is art, even if it's bad! My philosophy regarding food is that it's a kind of art, telling a story. Though not bad art, I hope! I also love that I can order vegetables in the middle of the night, in English – at first I couldn't speak a word of German. This is the only city in the world where you could open a restaurant and not speak the native language.

**Why not open up in Tel Aviv, which also has a great food scene?**

My family has lived in Berlin for many years. Also, Tel Aviv was out of the question because it's a different food culture – there, food is a form of entertainment.

**How would you describe the food scene in Berlin?**

It's Europe: today the world is so small, I get great vegetables from France and they get here as fast as they would from southern Germany. In Berlin, the pace of the food scene is so much easier – I lived in Chicago and two months in New York. I can't believe how people live and work in New York – so fast.

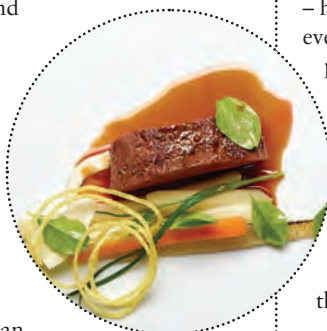
**What's your favourite German dish?**  
Currywurst, apple bread and strudel. Simple, I know.

[glassberlin.com](http://glassberlin.com)

More minimalist elegance is to be found at Michelin-starred Facil, in the Mandala hotel in Potsdamer Platz, which has a retractable roof in summer, an oasis-like feel and immaculate plates of locally-sourced delicacies, such as squab and smoked celery.

Berlin has not made peace with its past, nor does it want to. But it's very busy making peace with the present, and nowhere is the city's confidence, creativity and burgeoning prosperity more evident than in its cuisine scene. ■

[visitberlin.de](http://visitberlin.de)



From top:  
Grill Royal;  
Delicacies at  
Reinstoff;  
Reinstoff



# LISTING

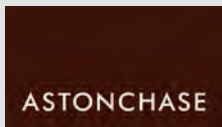
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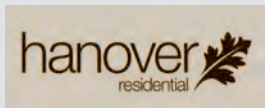


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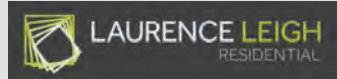
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## Warwick Avenue, Little Venice W9

### Exceptional Grade II listed villa

A beautifully presented freehold villa, enjoying utmost privacy. First floor master bedroom suite with balcony, 4 further bedrooms, bedroom 6/study, 3 bathrooms, 5 reception rooms, kitchen with conservatory dining area, wine cellar, large front and rear gardens and communal garden with tennis court. Approx. 478 sq m (5,144 sq ft)

Freehold

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**020 7586 2777**





## Hanover Terrace, Regent's Park NW1

### Central columned Nash terrace house

One of the widest and most important houses in the Terrace with exceptional views over Regent's Park. Master bedroom suite, 5 further bedrooms (2 with en suites), 3 shower rooms, 5/6 reception rooms, kitchen, 2 balconies, west facing rear garden and mews house. Approximately 688 sq m (7,406 sq ft). EPC rating E.

Leasehold: approximately 119 years remaining

Guide price: £20,500,000

(SIW130195)

[KnightFrank.co.uk/st-johns-wood](https://www.knightfrank.co.uk/st-johns-wood)  
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# ELM WALK

## HAMPSTEAD NW3

---

An imposing double fronted six bedroom detached family home (478sq m/5,149sq ft) presented in immaculate condition throughout, following a comprehensive refurbishment programme. The property, which is entered via a striking double volume hallway, features an elegant double reception room, dining room, a magnificent kitchen/breakfast room and a family area opening onto the west facing landscaped garden.

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### ACCOMMODATION & AMENITIES

Principal Bedroom with Dressing Room and En-Suite Bathroom, 4 Further Bedrooms (2 En-Suite Bathrooms), Staff Bedroom 6 with En-Suite Bathroom, Drawing Room, Dining Room, Kitchen /Breakfast Room, Family Area, Cinema /Entertaining Room, Gym, Utility Room, Cloakroom, West Facing Landscaped Rear Garden, Off Street Parking for 2 Cars, Underfloor Heating, Air Conditioning, Programmed Lighting, Integrated Sound System, Store Room. EPC/D.

FREEHOLD

JOINT SOLE AGENTS

£7,950,000



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# ASTONCHASE



## KIDDERPORE GARDENS HAMPSTEAD NW3

**FREEHOLD**  
**ASKING PRICE £5,950,000**

JOINT SOLE AGENT

A deceptive and truly spacious non-basement six bedroom Edwardian semi-detached house (469.53sq m / 5,054sq ft) arranged over three floors only. Kidderpore Gardens is a quiet tree lined road ideally located for the many transport connections of the Finchley Road, as well as access to Hampstead Heath and Village with its many fashionable shops and restaurants.

## ACCOMMODATION AND AMENITIES

Principal bedroom with large en-suite bathroom and 'his' and 'hers' dressing rooms, 5 further bedrooms, family bathroom, 3 en-suite shower rooms, kitchen/breakfast room, drawing room, dining/family room, study, playroom, utility room, cloakroom, air conditioned throughout, surround sound system, single garage, off street parking for 1 car, storage room and ample loft storage, 54ft landscaped rear garden. EPC=E.





**ELM ROW  
HAMPSTEAD NW3**

**FREEHOLD  
£6,950,000**

JOINT SOLE AGENT

A wonderful early Georgian family home built in 1723 which has been in the same family ownership for over 25 years. This exceptional Grade II Listed property features many original period details, a beautiful south facing walled garden, private garage and stunning views towards Central London. The house was formerly the home of Sir Henry Cole, the founder of the Victoria and Albert Museum.

**ACCOMMODATION AND AMENITIES**  
Principal bedroom with en-suite bathroom and dressing room on mezzanine floor, 4 further bedrooms (dependent on the application of the rooms) with 2 further bathrooms (1 en-suite), drawing room, dining room, study, studio room, kitchen with adjoining family room/breakfast room, utility room, 2 guest cloakrooms, wine cellar, store room, private garage, extensive residents permit parking in adjacent Hampstead Square, fabulous 48' south facing walled garden.



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## West Hampstead NW6

£4,200,000

A substantial and unique home incorporating a handsome six bedroom period house and an independent one bedroom coach house.

4180 sq ft/388 sq m  
2 reception rooms  
6 double bedrooms  
700 sq ft coach house  
Premier village location

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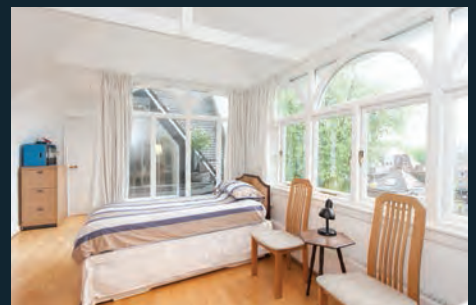
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# Parkheath

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## Hampstead NW3

*£1,750,000*

On a popular tree-lined Hampstead street a bright top floor apartment entered via private lift, with terrace and rooftop views.

1471 sq ft/136 sq m  
25' reception  
3 double bedrooms  
3 bathrooms  
Off street parking

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# Parkheath

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## South Hampstead Conservation Area

**£3,500,000**

An impressive family home in a prime South Hampstead location, with private garden backing onto extensive communal grounds.

3018 sq ft/280 sq m  
2 reception rooms  
6/7 double bedrooms  
Off street parking  
Terraces and garden

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# RANULF ROAD NW2





An impressive seven bedroom, double fronted, detached family house arranged predominantly over three floors (450 sq m/ 4,844 sq ft) and presented in beautiful condition throughout. With exceptional well-proportioned entertaining rooms and benefitting from a stunning 172' south facing rear garden, off street parking and double length garage.

From the upper floors and in particular the roof terrace from the master bedroom, there are fantastic South facing views across London. There is a large patio area covered with greenery leading down to the large, lawned rear garden.

Located on the Hocroft Estate's 'premier road' and convenient for the many schools of Hampstead and bus routes of Haberdashers, St Paul's, North London Collegiate and easy access (including residents parking) to the local shops, restaurants and direct transport routes to the West End. EPC rating F.

GUIDE PRICE £4,250,000

FREEHOLD

JOINT SOLE AGENTS

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## Buttermere Court St John's Wood, NW8

A recently refurbished two double bedroom apartment (946 sq ft / 87.8 sq m) situated on the seventh floor of this portered block in St John's Wood. The apartment has been tastefully refurbished throughout and benefits from an underground parking space, passenger lifts, balcony and portage. Buttermere Court is well located for the shopping and transport amenities of St John's Wood and Swiss Cottage (Jubilee Line).

Joint Sole Agent

**£1,295,000 Share of Freehold**



## William Court St John's Wood, NW8

An excellent three bedroom apartment (1,554 sq ft / 144 sq m) situated on the third floor of this highly regarded building in St John's Wood. This spacious apartment features two intercommunicating reception rooms with a bright South Westerly aspect and an impressive 29ft entrance hall. William Court benefits from a 24 hour concierge service, two communal decked gardens and conveniently located for St John's Wood High Street's fashionable boutiques and cafes and underground station (Jubilee line).

Joint Sole Agent

**£2,195,000 Leasehold**



## Harley House Marylebone, NW1

This magnificent three double bedroom, two bathroom apartment benefits from plenty of light and excellent ceiling heights. With an impressive reception room and spacious fully fitted modern kitchen this expansive 1559 sq ft (144.83 sq m) apartment is offered in excellent condition. Harley House benefits from 24 hour portering and a modern well equipped private gym within the block superbly located a short walk from the apartment. This beautiful building in Marylebone Village is just moments away from the shops and restaurants of Marylebone High Street and the green open spaces of Regent's Park.

Sole Agent

**£2,450,000 Leasehold**



## London House St John's Wood, NW8

A beautifully presented four bedroom apartment (1,773 sq ft / 165 sq m), set on the sixth floor of this much sought after and well regarded purpose built portered block. The apartment, which features bright and well-proportioned accommodation further benefits from two balconies, secure underground parking for one car and 24 hour resident portering. London House is superbly located on Avenue Road, moments from the open spaces of Regent's Park and Primrose Hill and all the amenities of St John's Wood High Street, including St John's Wood Underground Station (Jubilee Line).

Joint Sole Agent

**£3,495,000 Share of Freehold**



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*hot property*

# OUT OF THE WOODS



While St John's Wood has always been one of the most coveted places to live in London, demand today is going through the roof, with both foreign and domestic investors looking to the area for a safe spot to place their money. With a number of high-end fashion boutiques and restaurants just a few minutes' walk away, this stunning period terraced house on St John's Wood Terrace has recently been refurbished to a very high standard. The wooden floors, high ceilings, skylight and large windows fill the property

with light year-round, while the fittings and furnishings nod to the bohemian-meets-shabby-chic trend. While the styling is no doubt contemporary, the property still retains all of its original period features. With its four bedrooms and three bathrooms, landscaped front and rear gardens, just a short walk from the Jubilee Line Underground station and the American School, the property would be ideal for a young family looking to make St John's Wood home.



ST JOHN'S WOOD TERRACE, NW8

£2,600 PER WEEK

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GARDEN MAISONETTE

# HOLLYCROFT AVENUE HAMPSTEAD NW3

A magnificent four bedroom, three reception room garden duplex of 3,524 sq ft hewn from the raised and garden levels of a double fronted Edwardian house enjoying both a beautifully landscaped rear garden with Carp pond and off street parking for two cars.



020 7794 8700

[www.t-k.co.uk](http://www.t-k.co.uk)

This fine home is presented in very good decorative condition and retains a number of period features including subtle plaster work to the ceilings, ornate plaster frieze-work, fireplaces and timber floors.

Generous entertaining space is provided on the raised ground floor including a drawing room, dining room and family room as well as a 22' kitchen/breakfast room leading directly on to a 15' square terrace. The master bedroom suite comprises a sumptuous bedroom (the original billiard room to the house) with en suite dressing room and bathroom, a guest suite and two further bedrooms and a bathroom as well as a large utility/store room converted from what was a double garage. The property is offered for sale with the full freehold.

£4,500,000 | EPC:E | Sole Agent

# REDINGTON GARDENS HAMPSTEAD NW3

On the market for the first time in nearly 38 years, a rare low built four bedroom house of circa 2,600 sq ft built in the mid 1950's and located on this exclusive tree lined avenue adjacent to both Redington Road and Templewood Gardens.



The house on the ground floor offers two large intercommunicating reception rooms which lead in to a conservatory, as well as a kitchen/breakfast room. Both conservatory and kitchen lead out to an enchanting 60' mature and beautifully maintained garden. The first floor provides four bedrooms and two bathrooms and there is a generously sized artist's studio located in the loft space.

This area could be easily converted in to extra bedroom space if required. There is a single garage and off street parking for two cars.

The house would benefit from updating but ultimately will be a charming home ideal for a growing family or for a couple moving down from a larger property and who are prioritising a prime location close to the Village.

£3,500,000 | EPC:D | Sole Agent



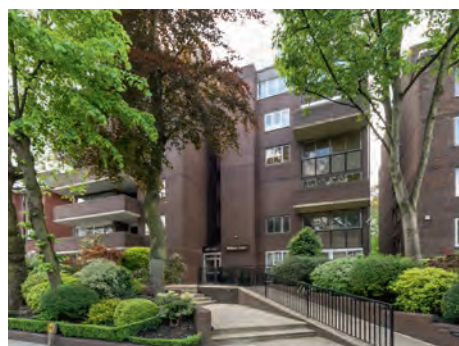
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# PENTHOUSE HAMPSTEAD NW3

An eye-catching top floor four bedroom, three bathroom duplex penthouse apartment (2,436 sq ft) complemented by access to three terraces providing wonderful far reaching views across both Central London and Hampstead Heath, with the additional benefit of designated underground parking for two cars and a passenger lift.



020 7794 8700

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Comprising a spacious master suite, three further bedrooms of which one has an en suite bathroom and two spacious reception rooms with floor to ceiling glass panel walls.

The apartment is conveniently situated providing easy access to the local amenities of both Belsize Park (Northern Line) and Englands Lane as well as the vast open spaces of Primrose Hill and Hampstead Heath.

£2,999,999 | EPC: C | Sole Agent



# BELSIZE PARK

NW3

A deceptively large six bedroom semi detached family house set back on an elevated position on this quiet and popular road located in the heart of Belsize Park.

The house has been remodelled and extended by the present owners to provide a bright and open contemporary feel throughout. The internal accommodation is arranged over three floors plus a large basement area which benefits from natural light, excellent ceiling height and provides two extra reception rooms, a guest bedroom, bathroom and kitchen.

The ground floor kitchen/dining/family room is particularly attractive with solid wood bi-fold doors leading out to a landscaped garden, with feature cascade and pond. The first floor offers four double bedrooms and two bathrooms (one en-suite) and the top floor comprising the master bedroom and bathroom. A huge advantage is the off street parking for four cars.

Belsize Park Underground station is less than a five minute walk away as are all the shops, restaurants and cafés. EPC: D



Guide Price £5,750,000

Freehold

Joint Sole Agents

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## Downside Crescent, Belsize Park, **NW3**

An immaculately presented, fully detached and double fronted Victorian family house, well positioned within this highly sought after and convenient location, in the heart of Belsize Park. The property comprises 3,361 sq ft/312 sq m of internal accommodation, arranged over three floors only. The house has been sympathetically refurbished within the past two years, retaining much of the original character to provide a superb family orientated layout, with excellent entertaining areas. There is a delightful garden to the rear of the property and a small off street parking space at the front. The cafés, restaurants, shops and Belsize Park underground station (Northern Line) are within a quarter of a mile.

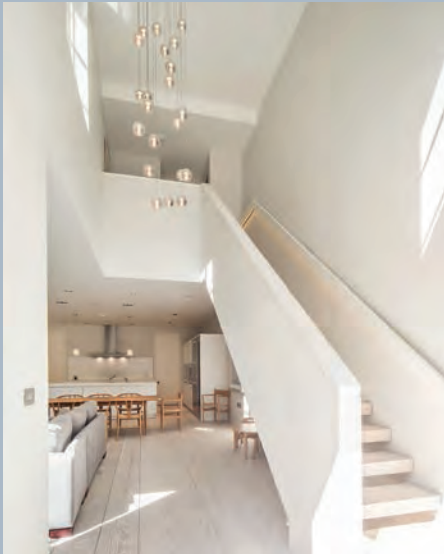
Freehold

Guide Price: **£4,495,000**

Sole Agent

# LITTLE VENICE W9

An immaculate white stucco period house comprising 4,887 square feet (454 square metres). The property has been meticulously refurbished in recent years and the highest quality materials have been used to create this bright and spacious family residence. Light and exceptional volume are plentiful throughout the house and perfectly complement the original features such as high ceilings, corncing and sash windows.



## ACCOMMODATION & AMENITIES

Entrance Hall • Guest WC • Double Reception Room • Kitchen/Breakfast Room  
TV Area • Double Reception Room • Study • Master Bedroom Suite with En-Suite  
Bath and Shower Room and Dressing Area • Bedroom Two • Bedroom Three  
Family Bathroom • Bedroom Four with En-Suite Shower Room • Bedroom Five with  
En-Suite Shower Room • Bedroom Six/Gym • Shower Room • EPC Rating TBC

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**FREEHOLD**  
**PRICE ON APPLICATION**

# ST JOHN'S WOOD NW8

A unique semi detached period house located on the West side of St John's Wood. The property, which comprises 3,300 square feet of family accommodation forms part of a pair of white stucco fronted Victorian villas. The property offers exceptional sized family accommodation along with off street parking and a South-facing garden and is located just off Abbey Road.



## ACCOMMODATION & AMENITIES

Entrance Hall • Guest WC • Drawing Room • Dining Room • Conservatory  
Family Room • Kitchen Breakfast Room • Master Bedroom Suite  
A Further Three Bedrooms • A Further Two Bathrooms • Parking  
Garden • EPC Rating TBC

**FREEHOLD**  
**PRICE ON APPLICATION**



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## ENFORD STREET, MARYLEBONE, W1

A beautifully presented four bedroom, two reception room period town house of approximately 2,434 sq ft/ 226 sq m, which has been tastefully refurbished to an extremely high standard throughout by the current owners. The property further benefits from a magnificent vaulted master bedroom suite, a 27ft west facing reception room with high ceilings, a large kitchen/dining room which includes Gaggenau kitchen appliances, CAT 5 cabling, underfloor heating and a contemporary glass walkway leading to a balcony overlooking a private town garden. The property is ideally located on this peaceful street in Marylebone, close to Baker Street & Marylebone Stations.

£3,850,000

**ACCOMMODATION & AMENITIES:**  
Two Reception Rooms, Master Bedroom with En-Suite Bathroom, Three Further Bedrooms, Bathroom, Shower Room, Kitchen/Dining Room, CAT 5 Cabling, Underfloor Heating, Storage Vault, Private Town Garden, Balcony, Parking Available by Separate Negotiation. EPC: D

**FREEHOLD  
SOLE AGENT**



## BRYANSTON SQUARE, MARYLEBONE, W1

A beautifully presented two bedroom, two bathroom, third floor apartment with a lift, set within an attractive period building on this picturesque garden square in the heart of Marylebone. The flat comprises a modern fully fitted kitchen, a large reception room overlooking communal gardens, principal bedroom with fitted wardrobes and en-suite bathroom, bedroom two with en suite shower room and guest cloakroom. The apartment further benefits from a porter and access to the square gardens. Bryanston Square is situated within a short walking distance to Marylebone High Street, Oxford Street, Regents Street and both Baker Street and Marylebone Stations.

£2,395,000

**ACCOMMODATION & AMENITIES:**  
 Reception Room, Master Bedroom with En-Suite Bathroom, One Further Bedroom with En-Suite Shower Room, Guest Cloakroom, Kitchen/Dining Room, Lift, Porter, Communal Gardens.  
 EPC: D

**LEASEHOLD**  
**JOINT SOLE AGENT**

# Property bubble or *HOT AIR?*

Parkheath's managing director Tom Gladwin looks at the recent warnings of a market collapse



The recent housing market boom in and around London has prompted media warnings of a property bubble set to burst. But in north-west London at least, the bubble looks unlikely to pop anytime soon.

At Parkheath, we have seen price rises of almost eight per cent in the first quarter of 2014, which is a huge increase over such a small period of time. We have also seen a 20 per cent increase in the number of sales. And yet buyers continue to outnumber new properties coming to market: every property sold

seems to set a new record price as competition amongst buyers soars.

The alarming headlines and cautionary tales of bubbles and boom and bust are based on the sales statistics of prime areas of London and small, desirable pockets around the country. Bank of England bosses have urged potential buyers and sellers to take caution and have warned of measures to combat the rising market. It is, however, unlikely that any measures which are taken will curb house price growth in prime north-west London.

If interest rates were to go up, some landlords and homeowners may be forced to sell, yet these additional properties coming to the market would only partially satisfy the current demand having little or no affect on boom areas. However, any premature rising of rates would kill off the green shoots of recovery in less stable areas of the UK. Businesses would stop investing, home owners would have less money and stop spending, retailers would make fewer sales and the outlook would be bleak again: something I doubt the government would be pleased to see with an election due within a year.

Whilst a rise in stamp duty may slow the middle market in London, it would do little to halt record sales such as Britain's most expensive apartment which recently sold for £160 million, and any further increase in property taxation is likely to congest the market further. Homeowners looking at moving up the property ladder are likely to be deterred from doing so if stamp duty rises. This would further decrease stock levels and consequently drive prices even higher.

Let's hope the rise in house prices is not as fragile as some commentators suggest, but more a sign of a resilient and stable period of growth reflecting London's continued rise to the top of the league of the world's best cities. ■

**Parkheath Head Office**  
192 West End Lane, NW6  
parkheath.com



PARKHEATH IS...

SOLD ON KENTISH TOWN

Parkheath has also been very busy opening the latest addition to our network. Our new office in the heart of Kentish Town opened its doors in May and is already inundated with lettings and sales in and around the area. Our Kentish Town team is passionate about the local area and is determined to bring new levels of professionalism and service to this vibrant and highly desirable location. Also, look out for our latest star employee: our office dog, Dolly, is now featuring in Parkheath's advertising campaigns across London!

148 Kentish Town Road, NW1  
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- Traditional courtyard garden
- Highly specified 1, 2 & 3 bedroom apartments and penthouses
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Prices correct at time of going to press and subject to  
availability. Computer generated images depicts 375  
Kensington High Street. \*Subject to separate negotiation.

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Little Venice

Marylebone

North Kensington

Notting Hill

Pimlico & Westminster

South Kensington



## Dorset Street W1 £5,495,000

This imposing six-bedroom Georgian house has been beautifully refurbished to create an impressive interior. Arranged over five floors this superb property provides grand rooms, large windows and period features, which are complemented and enhanced by the modern lighting and fittings. Dorset Street runs west from Baker Street and is a short walk from the heart of Marylebone Village. Freehold. EPC=E

MARYLEBONE: 020 7935 1775 [sales.mar@marshandparsons.co.uk](mailto:sales.mar@marshandparsons.co.uk)



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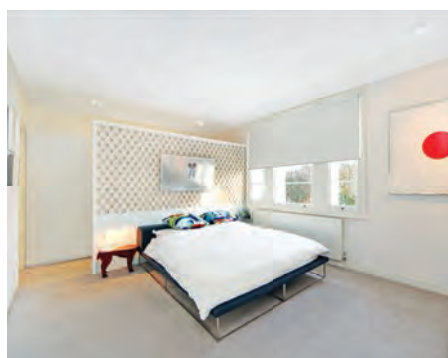
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## Blomfield Road W9 £2,350,000

This beautiful apartment is situated on the upper floors of an imposing period house in the heart of Little Venice, with views over Regents Canal and the communal gardens. The bright accommodation boasts an excellent triple aspect reception room ideal for entertaining with a modern well equipped kitchen, a spacious master bedroom with a beautiful en suite bathroom, two further double bedrooms and a stunning family bathroom. Leasehold. EPC=D. **Sole Agents.**

LITTLE VENICE: 020 7993 3050 [sales.lve@marshandparsons.co.uk](mailto:sales.lve@marshandparsons.co.uk)

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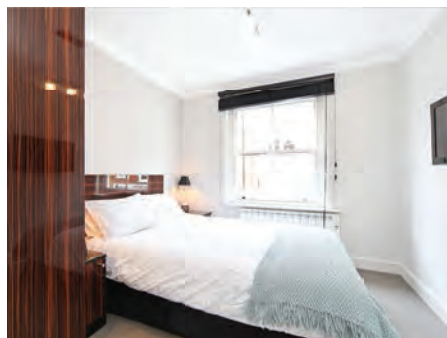
Sunday Times Estate Agency of the Year 2013 - Gold  
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The Negotiator Awards 2013 - Silver

**Best London Estate Agency**

Sunday Times Estate Agency of the Year 2013 (Medium) - Gold  
(for the 4th year running!)



## Marylebone Street W1 £550 per week

Located in the sought after Marylebone Village on a quiet street just off Marylebone High Street, this superb one-bedroom apartment is beautifully finished throughout. The accommodation comprises an entrance hall, a lovely reception room, a separate kitchen, a double bedroom with built-in storage and a modern shower room. Excellent local transport links include Baker Street and Marylebone Station. EPC=E.

**MARYLEBONE: 020 7935 1775 [lets.mar@marshandparsons.co.uk](mailto:lets.mar@marshandparsons.co.uk)**

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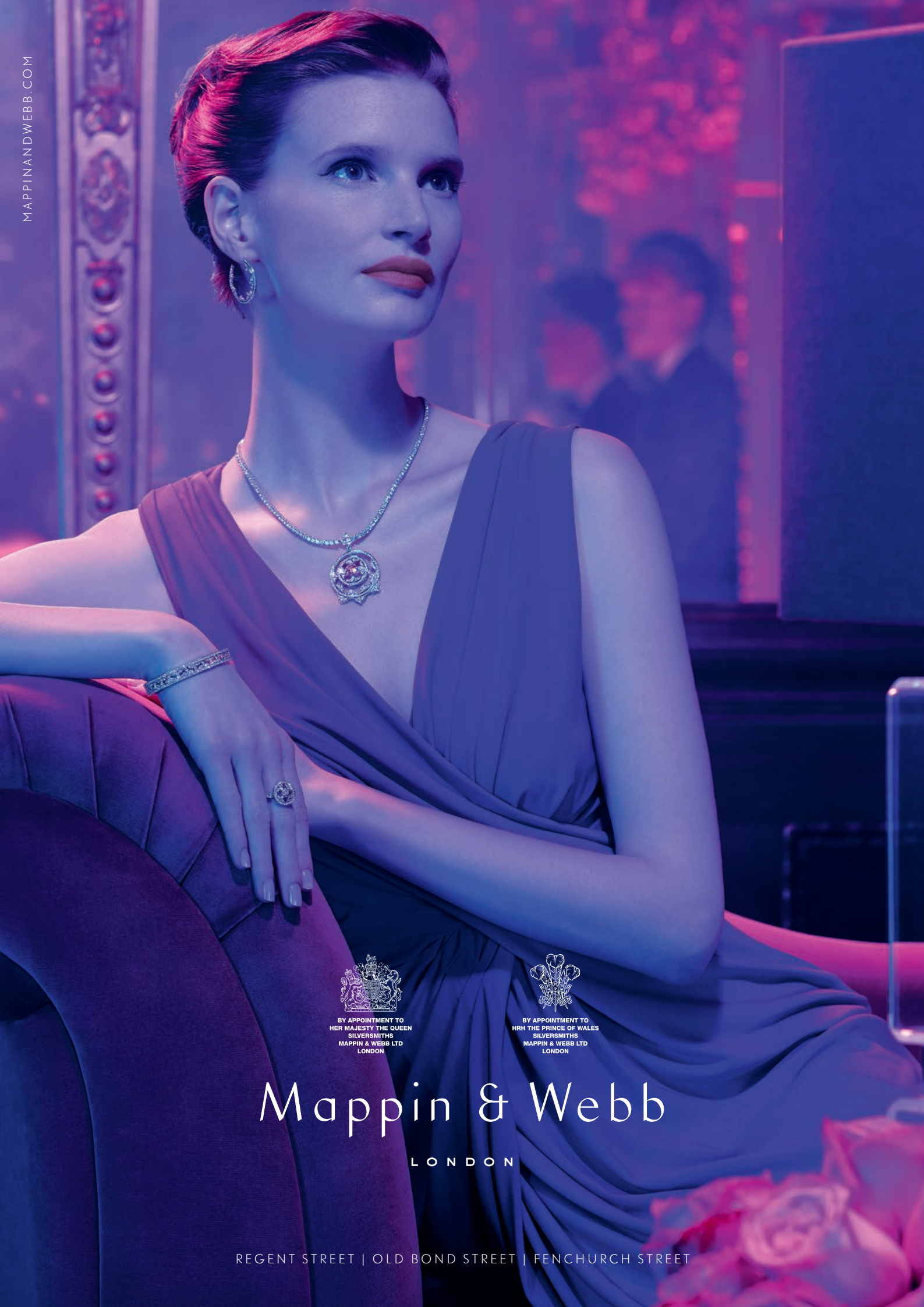
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