

# A HOLISTIC WAY OF LIFE

**At Holland Park Gate, Lodha has created a balanced and sustainable lifestyle idyll: gorgeous apartments with unparalleled wellness services – all within strolling distance of the cultural riches of Kensington**

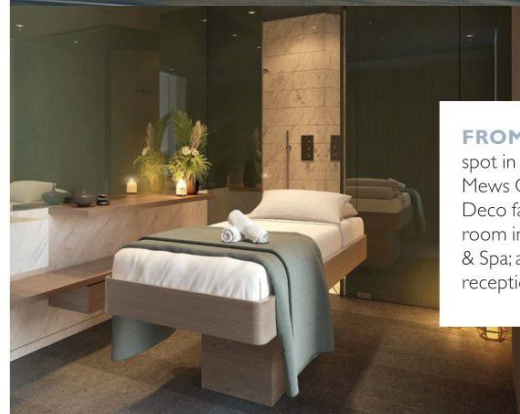
**W**e are heading into ‘al fresco’ time of year, when the lure of fresh spring air and unfurling green leaves and scented flowers becomes a strong incentive to undertake everyday rituals in a garden atmosphere – from morning coffee or yoga class to meeting up with friends. At Holland Park Gate, Lodha has unveiled a residential haven: a mixed-use development that promotes a balanced lifestyle in a peaceful environment. With a luxurious on-site Health Club & Spa and a landscaped courtyard planted with exotic shrubs and trees to encourage biodiversity and create bowers of privacy, it’s a dream of a personal oasis.

Convenience is the watchword for a healthy, balanced lifestyle: particularly, the ease of access to green spaces, cultural enrichment and a high-end neighbourhood full of independent boutiques and restaurants. Situated opposite the entrance to the 54-acre Holland Park, Holland Park Gate consists of four elegant buildings housing 71 spacious apartments – available with one, two, three and four bedrooms – all bearing Lodha’s trademark attention to quality and detail. Contemporary design and luxurious materials meet to create unique family homes by one of London’s leading developers. Overlooking the central landscaped courtyard, or Holland Park itself, residences at Holland Park Gate offer the perfect balance between city life and natural living.

Prioritising mental and physical wellbeing will be a natural part of life for residents in these beautiful apartments; the proximity to green space ensures a way-of-life dynamic that balances work and family, social life and privacy, nature and city bustle. As well as its garden designed by Andy Sturgeon (a nine-time RHS Chelsea Flower Shower gold medallist), the development features a 25-metre pool, private treatment rooms and a state-of-the-art gym, with residents able to book a range of bespoke therapies from leading wellness practitioners via Saint Amand’s little black book of London’s best nutritionists, therapists and trainers.

A holistic philosophy of self-care, community and sustainability underpins the Holland Park Gate concept in this sought-after corner of the Royal Borough of Kensington & Chelsea. The detailing of the Mews Garden was inspired by the building’s Art Deco heritage, linking indoors and outdoors to make an uplifting space for residents to explore the connections between architecture and nature. Across the road, the royal park is laid out with paths through trees and formal gardens – including the tranquil Kyoto Garden, designed to celebrate the Japan Festival in London in 1992 – and boasts its own muster of peacocks.

*For more information, please visit [hollandparkgate.com](http://hollandparkgate.com) or call +44 (0) 20 3856 7003*



**FROM TOP**, a quiet spot in the landscaped Mews Garden; the Art Deco façade; a treatment room in the Health Club & Spa; an elegant reception room

