

VOLUME 12

SUMMER

LODHA TIMES

The
*Travel
Issue*

Summer STARTS WITH LODHA

Welcome to The Lodha Times Travel Issue, where we invite readers to embark on a global journey of art, culture, wellness and adventure. Beginning close to home, we highlight key events and must-visit destinations in Kensington and the vibrant area surrounding Holland Park Gate. From there, we whisk you away to Saint-Tropez for an insider's guide to hidden gems, perfect for those seeking off-the-beaten-path experiences. We also share a few coveted contacts from our little black book. As always, Lodha strives to elevate the lives of our customers and friends, and we hope this guide offers fresh inspiration and new perspectives on a beloved holiday destination.

Our annual hotel and travel guide curates exceptional locations for unforgettable adventures, with a special focus on family-friendly experiences. Adventure and

"Lodha is excited to continue collaborating with our clients to elevate their lifestyles and meet their evolving needs."

MOUNT STREET SUMMER FESTIVAL

This June, enjoy the kick-off of the Mount Street Summer Festival, dedicated to celebrating the area's unique public outdoor spaces, new storefront seating areas, an alfresco culinary offering, and exclusive tea experiences at its iconic hospitality outposts. The festival highlights the area's mix of fashion, food, art and community. With a three-day kick-off from June 12 – 14th, the doors of Mount Street's stores will open onto the street with unique treats on offer. These include a Mount Street Neighbourhood x Ladurée soft serve ice cream topped with



exploration are vital to learning and personal growth, and for families, we recommend Black Tomato's 'Take Me on a Story'. This unique programme offers young travellers a Hercules-inspired journey through Greece, blending entertainment with education. At Lodha, we're dedicated to enhancing the lives of our clients and supporting the development and growth of their families through curated experiences and thoughtful recommendations.

Also in this issue, Creative Director Blandine de Navacelle shares her vision behind the serene design of Holland Park Gate, a tranquil retreat

personalised macarons, a three-day outdoor summertime bar by Bremont and exclusive Matcha flavours and signature wellness drinks from Tease. Farm Shop will be launching two exclusive ice cream flavours made at their farm in Somerset, and there is more ice cream on offer via a special cart by The Connaught, stationed in front of the hotel.

Further activations will be taking place, including a flower stand by Alfie Nickerson of Burnt Fen Flowers outside APPARATUS, as well as Wimbledon screenings in The Audley Pub. Venues including Marchesi, The Connaught Patisserie, Farm Shop, Hideaway and Ladurée will also be serving exclusive afternoon teas. More at: www.mountstreetneighbourhood.com



overlooking High Street Kensington. With additional apartments set to open this summer, the development is buzzing with excitement. Residents are already enjoying the world-class services provided by Lodha's five-star concierge team, designed to ensure an unparalleled living experience.

Looking ahead, Lodha is excited to continue collaborating with our clients to elevate their lifestyles and meet their evolving needs. With travel and growth plans on the horizon, we remain committed to supporting our clients and their families every step of the way.



5 ways to optimise wellbeing this summer

ACCORDING TO DR MARK MIKHAIL, MEDICAL DIRECTOR OF SURRENNE BELGRAVIA

London's members' clubs have long been temples to indulgence. However, Surrenne Belgravia of the Maybourne group, which is behind The Berkeley and Claridge's, offers a very different take on what exactly this means. Alongside a spectacular gym, pool and sauna, its 100 members have access to leading experts in the fields of medical wellness, longevity and biohacking, as well as spa and beauty treatments such as Korean-inspired scalp massage. The result is supremely bespoke protocols that expand both healthspan and lifespan in a setting that whispers to all the senses.

Rémi Tessier's interior design includes lighting that enhances the circadian rhythm and AI soundscapes devised by neuroscientists for rest and relaxation, while guests in Alice Temperly silk robes pad between the snow shower and hyperbaric oxygen chamber. On the culinary front, a menu from the nutritionist and model Rosemary Ferguson can be tailored depending on each member's blood results. With a new location due to open in the Parisian quarter of Saint-Germain-des-Prés in 2027, Surrenne's take on luxury wellbeing is poised to set a new global benchmark.

HYDRATION

Fluid intake is even more important in the summer. Start the day with 500ml of water, a pinch of sea salt and a squeeze of lemon, a natural electrolyte blend. Don't leave all three litres until the end of the day and ruin your sleep with trips to the bathroom.

SLEEP

Keep the temperature in the bedroom cool by lowering blinds after 10am, using a fan over a bowl of ice and switching to light

linen bedding. A cool, dark room shortens sleep-onset latency and guards against heat-related night wakings. Try to get at least 30 minutes of daylight within two hours of waking and dim screens after sunset to protect your circadian rhythm.

DIET

Even when travelling, try to fill your plate with colourful produce, extra-virgin olive oil, nuts and oily fish at every meal. This polyphenol-rich pattern lowers inflammation and protects heart and brain health. Add one to two servings of live yoghurt, kefir, sauerkraut or kimchi daily, and pair them with berries or leafy greens. Fermented foods seed beneficial microbes that dampen gut inflammation and may enhance heat tolerance.

FITNESS

Scatter micro-workouts throughout the day if you can't get regular gym time due to holidays and family commitments. Pepper your routine with 20-second to three-minute bursts of intense movement like stair sprints or push-ups. These micro-sessions add up to meaningful cardiovascular and metabolic gains without formal gym time. Follow hard sessions with a two-minute cold shower or plunge to speed recovery and boost mitochondrial resilience, which protects your energy.

NATURE

Often a little easier on holiday, try to accumulate at least two hours time to connect with nature each week; crossing this threshold strongly correlates with better self-rated health and life satisfaction. Stand barefoot on grass or sand for 15 minutes during evening wind-down to optimise your mental health.

STUDIO LODHA AT *Holland Park Gate*



RESIDENCE 65

Studio Lodha have unveiled three new residences at Holland Park Gate, designed by Creative Director Blandine de Navacelle.

“Our goal was to create homes that feel truly special,” says Blandine. “The pale stone and blonde wood finishes offered the perfect foundation to layer textures, tones and artworks. The spaces are designed to be both calming and engaging, inspired by European design traditions and unique pieces sourced from around the world.”

CREATING AN ATMOSPHERE

Each apartment at Holland Park Gate has distinct character, crafted through a blend of antiques, bespoke joinery, curated fabrics and iconic design pieces. Many of these decorative elements were personally selected by Blandine, including vibrant artworks, sculptural

“The spaces are designed to be both calming and engaging, inspired by European design traditions and unique pieces sourced from around the world.”

furnishings, and luxurious textiles. Highlights include a rug from the renowned Manufacture Cogolin, a workshop near Saint-Tropez with a legacy of craftsmanship dating back to 1928.

“Good design is more than just how it looks — it’s about creating an atmosphere,” Blandine shares. “At Holland Park Gate, we’ve combined thoughtful layouts with beautiful objects to make spaces that are both functional and inspiring.”

ART, CRAFTSMANSHIP & CUSTOM DESIGN

Residence 64 offers nearly triple-height ceilings and expansive windows overlooking Holland Park, complemented by refined interiors with playful touches. The living room features a antique Japanese screen as a focal point, paired with a unique chandelier and antiques, including a Louis Vuitton trunk.

Residence 65 provides views of a serene landscaped garden designed by Chelsea Flower Show gold medallist Andy Sturgeon. The interiors draw inspiration from nature, showcasing Pierre Frey’s exquisite ‘Voile de Genes’ wallpaper alongside standout art pieces. These include a striking organic-shaped sculpture and a vibrant abstract painting accented with rich reds and soft blues. Suspended above the dining table is a textured “Faces” chandelier, sourced by Blandine from Atelier 55 in Saint-Tropez.



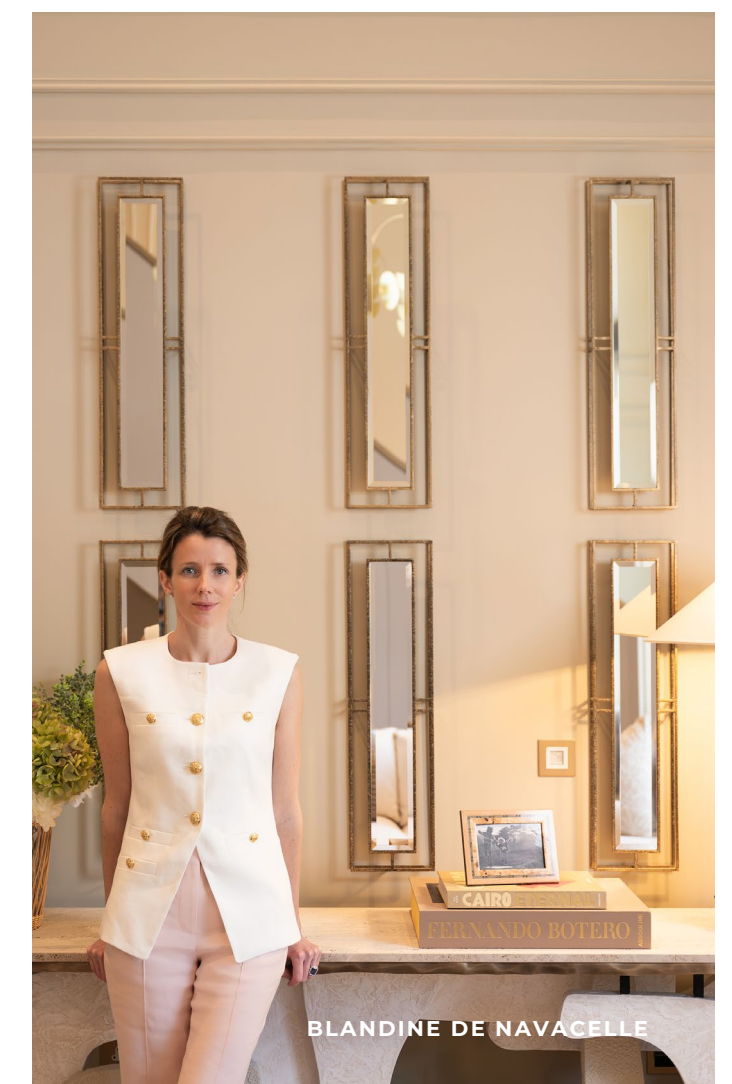
RESIDENCE 65

BEAUTY & FUNCTIONALITY

Residence 76 seamlessly blends beauty with functionality, featuring custom gold-accented consoles, bespoke blue veneer joinery tailored for an elegant work-from-home space, and curated pieces from renowned Parisian design house Galerie Glustin. Thoughtfully selected artwork adds depth and character, while soft architectural curves create distinct zones without disrupting the natural flow, ensuring a harmonious connection throughout. Situated in the heart of one of London’s most cherished neighbourhoods, these exceptional apartments offer a perfect balance of culture, creativity and the warmth of home.

Visit www.studiolodha.com and www.hollandparkgate.com for more information.

“Good design is more than just how it looks — it’s about creating an atmosphere. At Holland Park Gate, we’ve combined thoughtful layouts with beautiful objects to make spaces that are both functional and inspiring.”



BLANDINE DE NAVACELLE

SUMMER IN THE ROYAL BOROUGH

*The Royal Borough of Kensington and Chelsea sings in the sun.
Here are some of the highlights of this year's season.*



1

THE ROYAL ALBERT HALL

This London landmark will once again reverberate with the sound of world-leading orchestras, musicians and conductors as the BBC Proms return (18 July-13 September). This year, Ravel's Piano Concerto for the Left Hand will be performed by Nicholas McCarthy, the world's only one-handed concert pianist.

2

THE VICTORIA & ALBERT MUSEUM

A major exhibition tracking Cartier's evolution from the turn of the 20th century is in full swing (12 April-16 November) at the Victoria and Albert Museum. More than 350 objects include rare pieces from the brand's 1920s Tutti Frutti collection and treasures from the British and Monégasque royal families.

3

OPERA HOLLAND PARK

Heavily censored at its 1853 premiere, Verdi's La Traviata – a portrait of a celebrated Parisian courtesan in the last months of her life – will be showing at Opera Holland Park (selected nights 19 July-2 August).

4

EATING OUT

The team behind much-hyped Notting Hill spots Dorian and Supermarket of Dreams has recently opened Eel Sushi Bar, featuring a 10-seater counter with a wine list overseen by Dorian's celebrated sommelier, Jeri Kimber-Ndiaye. Another addition to the scene is La Môme, the first London offshoot of the well-known restaurant in Cannes and Monaco, which brings the flavours of the French Riviera to The Berkeley Hotel.



*The Penthouse at
Holland Park Gate*

SUMMER AT HOME



HOLLANDPARKGATE.COM

Grand Tours

REMARKABLE EXPEDITIONS THAT REDEFINE FAMILY TRAVEL

From a riverboat charter on the Peruvian Amazon to swooping over Socotra in a helicopter, these experiential holidays are sure to ignite wonder in travellers of all ages. Whether seeking to reconnect with simple pleasures, relax on the Amalfi Coast or ignite a passion for nature, family bonding is guaranteed on these exceptional adventures.



A CLASSIC SEASIDE ESCAPE ON ITALY’S AMALFI COAST

The Amalfi Coast’s crags are blurred by lemon groves and once-grand towns that cling to the vertiginous cliffs like brightly coloured candies. Arguably the most attractive is Positano (or Posi to its friends), a tumble of cubed, pastel-hued buildings that house some of the most fashionable hotels in Italy. Le Sirenuse, which is still owned and operated by the Sersales family who converted it from their summer house in 1951, offers Italian design at its most authentic. Ancestral oil paintings line the walls, the floors are a mosaic of handmade Vietri tiles and intriguing 18th-century antiques are tucked into every alcove. Swing open the shutters of the two-bedroom suite – a spacious family apartment with a large living room – and you’ll be greeted by views of the pool and the bay of Positano. Children will love excursions on the hotel’s private fishing boat and it is also within striking distance of Pompeii. [sirenuse.it](#)

LEOPARD SPOTTING IN BOTSWANA

Named after the first giraffe to be taken to Europe as a gift to King Charles X of France, Zarafa Camp is nestled in a grove of ebony on the exclusive Selinda Reserve. Linking Botswana’s Okavango Delta with the Linyanti waterways, this pristine wilderness is known for the leopards that prowl the water’s edge for prey, though many of Africa’s iconic creatures call it home. Little explorers are greeted with their very own welcome packs, including a safari journal where they can log their sightings on twice daily game drives, and a vocabulary of indigenous Setswana words to practise with local guides. The camp’s four tented suites have claw-foot bathtubs, plunge pools and terraces overlooking the glassy waters of the Zibadianja Lagoon. [greatplainsconservation.com](#)

THE WORLD’S MOST TRANSFORMATIVE TRAVEL



SIMPLE PLEASURES ON A CAR-FREE SCOTTISH ISLAND

With its epic shoreline and ancient woodlands, Eilean Shona bears more than a passing resemblance to Peter Pan’s Neverland – which is unsurprising since author JM Barrie used it as a summer retreat in 1920. Owned by art collector Vanessa Branson, this car-free private island has all the ingredients needed for a nostalgic family escape: a ruined castle, boulders for scrambling, bothies that can be set up for picnics, a new loch-side sauna and numerous beaches where seals bask on milk-white sand. The colourful main house has nine bedrooms and, if travelling with extended family or staff, there are also five characterful cottages scattered throughout the island. Should the Scottish weather prove less than clement, the well-stocked library has a full-size billiards table and dartboard. [eileanshona.com](#)



GLAMPING ON THE ISLAND OF SOCOTRA

To visit this Yemeni island floating in the Indian Ocean is to experience a rare glimpse of what the world may have looked like had humans never arrived. Like the Galapagos but far less visited, this Unesco-protected wilderness has evolved essentially in isolation, meaning it has one of the highest levels of endemism in the world. Cookson Adventures will construct a very comfortable private camp — complete with a private chef, movie projectors and double beds — from scratch for your family in the world’s only dragon’s blood forest before organising a dizzying array of activities. Dive among abandoned shipwrecks with a marine biologist, explore ancient cave civilisations with an archaeologist or swoop over the dramatic wadis in a helicopter. Little travellers will be presented with their own book starring illustrations of them to commemorate the trip. [cooksonadventures.com](#)



RIVER CRUISING ON THE PERUVIAN AMAZON

Pink dolphins, islands of flowers that occasionally block the river and lizards that can sprint across the water’s surface may sound implausible, but deep in the Peruvian Amazon, reality becomes rather fluid. Aqua Expeditions’ seven-night Iquitos to Iquitos river cruise whisks you to the mouth of the mighty Amazon, through dense rainforests and remote villages where the Kukama Kukamiria people continue to practise time-old traditions. Both the Aqua Nera and Aria Amazon river boats are available for private charter, meaning your family will have an onboard gym, cinema, spa and crew of up to 40 staff members attending to their needs. Young travellers will love nighttime treks with the team of onboard naturalists, perusing the curious produce at forest food markets and fishing for famously fierce piranhas. [aqualexpeditions.com](#)



A HERCULES-INSPIRED ODYSSEY ACROSS GREECE

Black Tomato’s nine-night ‘Take Me On A Story’ adventure transforms children into heroes through a series of challenges inspired by Hercules’ twelve labours. The journey begins with a treasure hunt around Athens’ ancient Acropolis followed by a sailing trip across the Saronic Gulf to visit the Temple of Poseidon, battling VR-simulated sea monsters en route. A private plane to Crete to track down the fictitious Cretan Bull is followed by trekking through Folei’s oak forests in search of centaurs, sprinting in the ancient Olympic stadium, crafting your own artefact with the help of a marble sculptor – an intellectually stimulating adventure that’s sure to become part of any family’s mythology. [blacktomato.com](#)



An undiscovered guide to SAINT-TROPEZ

From Picasso’s sanctuary to Chanel’s flower garden, discover the cultural treasures that make the iconic destination so much more than the sum of its beaches.

FOR AESTHETES: A VISIT TO MOUGINS, WHERE PICASSO FOUND HIS MUSE

A curvaceous hill-town perched on a rocky outcrop overlooking the bay of Cannes, Mougins has a long history of inspiring artists as diverse as Picabia, Cocteau, Man Ray and Leger. Its most famous resident was Pablo Picasso, who spent 12 years living almost reclusively in a sprawling house known as the Mas Notre-Dame-de-Vie, where he produced 300 works of art until his death aged 91. Although it remains a private residence, it’s possible to visit the 12th-century chapel next door, which houses a collection of photographs of Picasso taken by his friend, Lucien Clergue. The honeycomb streets of the medieval town conceal a clutch of excellent galleries and museums, including the Mougins Museum of Classical Art, which contains investment manager Christian Levett’s private collection.

FOR PERFUME CONNOISSEURS: A STROLL THROUGH THE CHANEL GARDENS AT GRASSE

It was in 1921 that Ernest Beaux decided that the jasmine of Grasse would provide the perfect

notes to lift the famous Chanel N°5. Since then, five generations of the Mul family have produced flowers for the perfume house and strolling or cycling through the Chanel gardens is one of the most romantic ways to while away an afternoon on the Riviera. Dior, Hermès and Louis Vuitton also source their ingredients from the area and the medieval village of Grasse is filled with opportunities to make your own perfume, visit the perfume museum and peruse sweet-smelling boutiques.

FOR DESIGN LOVERS: AN OPPORTUNITY TO ACQUIRE A COGOLIN CARPET

Although it remains discreet, the name La Manufacture Cogolin has been whispered among the design cognoscenti for decades. The great English decorator, David Hicks, was a frequent client, as was Hubert de Givenchy. This haute couture carpet workshop continues to custom-make each piece on the 19th-century Jacquard looms introduced by French entrepreneur Jean Lauer, who stumbled across the operation in 1928 and was so charmed he bought it. Throughout its 101 years, the company has collaborated with many of the great Modernist painters to produce

vivid, abstract pieces that turn any floor into art. A visit to the maison in the sleepy village of Cogolin offers a glimpse into the past, with a showroom also on display.

FOR GOURMANDS: THE RESTAURANTS WHERE LOCALS LUNCH

When it comes to beach clubs, Pampelonne’s blonde sands are the heart of the action but for something rather more private, Les Graniers is difficult to beat. Tucked away in a paradisal private cove that can only be reached on foot, this rustic spot serves simple, flavourful plates such as crayfish puce and grilled sardines on a handful of tables directly on the sand. Hidden behind a fish market, Chez Madeleine is where tthe more discerning foodies head for market-fresh shellfish. This petite guinguette is always buzzing with locals enjoying a glass of chilled chablis and an excellent selection of oysters, including the Josephine and the Gillardeau – both famously farmed by the family of the latter name since the 19th century.

Discover the Lodha Life at [@lodha.uk](#) on Instagram



“Personally, I love the old town – I’ve always been drawn to historic buildings and it’s the perfect place for an evening cocktail as the sun sets over the port.”



LODHA’S LITTLE BLACK BOOK

- 1** **CHILDCARE | *Baby Prestige***
A high-profile, Paris-based agency that provides proficient babysitters, live-in nannies and daily nannies in hotels and private households.
[baby-prestige.com](#)
- 2** **PRIVATE SECURITY | *Intrepid Protection***
As a former sniper in the Royal Marines Commandos, Founder and CEO Ed Hill utilises his unique network of highly-trained former British military specialist personnel to provide a service that is second to none. The company specialises in South of France superyacht and private home security services.
[intrepid-protection.com](#)
- 3** **PRIVATE YACHT CHARTER | *Cecil Wright***
Founder Chris Cecil-Wright and his team operate on a tight client basis, meaning they can deliver top-level service to all customers. Highly recommended for yacht charter or purchase enquiries.
[cecilwright.com](#)
- 4** **VINTAGE HOMEWARES AND ART | *L’Atelier 55***
This gallery exhibits more than 3,500 pieces from the great French and Italian designers of the 20th century. It also assists private clients with interior projects.
[latelier55.com](#)
- 5** **PRIVATE CHEFS AND EVENTS | *Fine Gourmet Catering***
Having worked in Monaco and Saint-Tropez for many years, this company has an excellent network of local producers and has catered events for Valentino, Dior and Chanel.
[finegourmetcatering.com](#)

JOURNEYS WITH PURPOSE

Duncan Gossart’s impact travel brand transforms elite travel into a vehicle for ecological renewal, inviting guests to invest in the future of the planet while exploring its most extraordinary places.



Giants are once again prowling the shining waters of Argentina’s Iberá Wetlands. Having been driven to extinction during the fur frenzy of the 20th century, giant beavers, giant anteaters and the Americas’ largest wild cats – jaguars – have been successfully reintroduced to this epic freshwater ecosystem.

This success would not have been possible without the Tompkins Conservation, a pioneering project from Doug Tompkins, the former CEO of The North Face, and his wife, Kristine Tompkins, who was the CEO of Patagonia. The couple have created and expanded national parks in Argentina and Chile to the tune of 15 million acres of land and 30 million acres of marine reserves. They now offer some of the world’s most extraordinary wildlife experiences.

Being guided through Tompkins Conservation by Kristine herself (Doug, sadly, passed away in 2015) is just one of the transformational holidays offered by Journeys With Purpose. This impact travel brand creates bespoke private conservation experiences, as well as intimate group expeditions hosted by conservation’s inner circle, including Jody Allen, sister of Microsoft co-founder Paul Allen.

Having traversed Africa and India extensively as a teenager, founder Duncan Gossart — a YPO Gold member, entrepreneur, and committed conservationist — understands the transformative potential of nature-based travel. “What I wanted to do was move wealthy individuals from an intellectual to an emotional engagement with the natural world,” he explains.

Whether tracking snow leopards in Ladakh or observing migratory birds in the Seychelles,

“What kind of legacy do I want to leave for the benefit of the world going forward?”

guests stay at the world’s most luxurious wilderness lodges, with private security available if desired. While Journeys With Purpose has raised £106,000 in direct donations for grassroots initiatives since its inception in 2019, guests are frequently inspired to make substantial private contributions or become impact investors. The company’s latest impact report sets an ambitious target: raising \$30 million in donations and impact investments by 2030.

THE RISE OF REGENERATIVE TRAVEL

Journeys With Purpose is part of a new wave of high-end companies moving beyond the idea of sustainable travel. “Sustaining what we have left is not enough anymore, which is why I prefer the word ‘regenerative,’” says Gossart. “When travel operates in a way that fosters impact on both travellers and the people and places they visit, it can be a real catalyst for positive change.”

As the world’s highest-scoring travel B Corp and a nominee for The Earthshot Prize (founded by Prince William), Journeys With



“Travelling with purpose is ultimately more fulfilling on so many levels.”

Purpose is also a member of The Long Run, a global network of purpose-driven travel enterprises focused on conserving communities and cultures alongside the natural world.

“It isn’t only the natural world and its ecosystems that need regenerating, it’s also about creating employment in wild areas,” Gossart notes. With its focus on service, the tourism and hospitality industry currently accounts for one out of every ten jobs globally, according to the World Travel & Tourism Council.

While overtourism continues to strain destinations such as Venice and Barcelona, the economic opportunities created by companies like Journeys With Purpose are a lifeline in remote places where traditional forms of work are no longer viable, often due to climate change. In regions like the Brazilian state of Minas Gerais, where soil degradation has diminished grasslands needed for cattle, tourism represents one of the few alternatives to more extractive practices such as poaching or logging – or the consequential migration to urban areas.

“Environmental degradation goes hand-in-hand with poverty and deprivation. I think that’s

where one of the big opportunities lies in the development of the whole theme of natural capital,” Gossart adds.

LEARNING AND LEGACY AS THE ULTIMATE TRANSFORMATIVE LUXURY

The Journeys With Purpose offering is typical of the trend that’s remapping the luxury hospitality landscape globally: a new paradigm focused on meaningful experiences rather than traditional markers like the five-star rating system (though naturally, all partner lodges exceed these standards).

No longer satisfied with mere opulence, today’s discerning travellers seek experiences that expand their minds and hearts – and continue

to inspire themselves and their families long after they return home. Indeed, a recent report from YouGov reveals that 58% of affluent travellers place unique experiences as their biggest priority when planning a trip.

“I have observed time and time again that when people have been extremely successful, their appetite for learning surpasses the appetite for gaining more possessions,” Gossart adds. “Our guests can learn at their own pace from world-leading storytellers in the wild and then decide for themselves how they wish to participate.”

THE WILDNESS ECONOMY – AN OPPORTUNITY TO MOVE FROM SPECTATOR TO STAKEHOLDER

Journeys With Purpose partners with grassroots conservation projects with a focus on rewilding, as Gossart believes that those operating principally in the field have the leverage needed to make donations go further than international organisations.

A prime example is the Alladale Wilderness Reserve, a 23,000-acre estate in the Scottish highlands owned by Paul Lister, the heir to the MFI fortune and founder of The European Nature Trust. Since acquiring the land in 2000, the trust has planted more than 100,000 native trees, partnered with financial institution ICAP to restore 550 acres of damaged peatland and successfully released over 28 critically endangered Scottish wildcats.

“While the wilderness economy does offer compelling returns, when philanthropists and impact investors travel in these wild places and connect with communities that live there, there’s a much higher level of engagement,” Gossart says. “They begin asking themselves, what kind of legacy do I want to leave for the benefit of the world going forward? Travelling with purpose is ultimately more fulfilling on so many levels.”



INSPIRATION & EDUCATION

SUMMER READING LIST

In today’s fast-paced world, reading offers a valuable chance to slow down, reflect and rejuvenate.



Research shows that just 30 minutes of reading can reduce stress by up to 68%, making it one of the most powerful tools for nurturing mental wellbeing.

To inspire, uplift and entertain you this summer, The Lodha Times has carefully curated a selection of must-read books.

1 FOR THE ART LOVER
'The Story of Art' by E.H. Gombrich

Widely regarded as a cornerstone of art history, this timeless classic takes the reader on a journey through the evolution of art across centuries. Gombrich's accessible yet profound insights make it as enlightening for the seasoned collector as it is for the curious enthusiast. Ideal for reflecting on masterpieces in a museum or understanding the cultural significance behind a city's artistic landmarks.

2 FOR THE ADVENTURER
'In Patagonia' by Bruce Chatwin

This travel memoir is a masterpiece of observation and storytelling, weaving together history, mythology and personal experiences in the remote and rugged landscapes of Patagonia. Chatwin's poetic prose captures the spirit of exploration and adventure, making this book a fitting companion for anyone with a wanderer's soul. Its blend of curiosity and discovery will leave you longing for your next expedition.

3 FOR THE CULTURE-AFICIONADO
'The Silk Roads: A New History of the World' by Peter Frankopan

This groundbreaking work redefines how we view history, focusing on the cultural and economic exchanges that shaped civilizations along the famed Silk Roads. Frankopan's meticulous research and engaging narrative illuminate the interconnectedness of the world, past and present.

4 FOR GUT HEALTH & WELLBEING
'Gut: The Inside Story of Our Body's Most Underrated Organ' by Giulia Enders

This international bestseller by microbiologist Giulia Enders is a revelation for anyone interested in how gut health impacts overall wellbeing. With wit and scientific rigour, Enders explores the connection between digestion, mental health and immunity, offering practical advice to live better from the inside out.

5 FOR THE NATURE-LOVER
'The Overstory' by Richard Powers

This Pulitzer Prize-winning novel is a profound meditation on humanity's relationship with the natural world. Through interwoven stories of people whose lives are deeply connected to trees, Powers crafts a narrative that is both urgent and poetic. A perfect read for those seeking inspiration and reflection while surrounded by the beauty of nature.

6 FOR THE HISTORIAN
'SPQR: A History of Ancient Rome' by Mary Beard

Mary Beard's vivid account of Rome's rise and fall brings to life one of the most influential civilizations in history. With her trademark wit and scholarly insight, Beard examines not only the grandeur of Rome but also the complexities of its society. Essential reading for those exploring ancient ruins or seeking a deeper understanding of Western cultural roots.

7 FOR THE KNOWLEDGE-SEEKER
'Nexus' by Yuval Noah Harari

Published just last year, Harari's modern classic offers a sweeping overview of human history, exploring how biology, culture and technology have shaped our species. Provocative and thought-provoking, this book offers invaluable insights into where we've come from and where we might be heading. A compelling choice for the intellectually curious traveller seeking context and meaning in their explorations.



SHORT ON TIME?

Try These Quick Podcast Picks

If you're pressed for time but still want a smart, engaging listen, here are three podcasts under 30 minutes for cognitive and gastrointestinal wellness.

THE INTELLIGENCE BY THE ECONOMIST
Stay informed with 'The Intelligence' by The Economist, a daily podcast that delivers global news and analysis. Perfect for those who want concise, insightful updates on current events around the world.

Spotify | Apple Podcasts

THE PETER ATTIA DRIVE PODCAST
Hosted by Dr. Peter Attia – a Stanford, Johns Hopkins and NIH-trained physician, renowned for his expertise in longevity and life optimisation, this health-focused podcast covers key insights on longevity, fitness and wellness; perfect for busy schedules.

Spotify | Apple Podcasts

WHAT'S NEXT: TBD BY SLATE PODCAST
A sharp and thought-provoking look at the future of technology and its impact on society. Hosted by contributing writer to The Atlantic, Lizzie O'Leary, this podcast dives into everything from AI ethics to cybersecurity, offering high-level discussions and insights in under 30 minutes.

Spotify | Apple Podcasts

A collection of blue and white ceramic items is displayed. On the wall, several plates of various shapes and sizes are arranged in a circular pattern. The plates feature different designs: some with floral motifs, some with geometric patterns, and one with a central palm tree. Below the wall display, a glass-topped table is supported by two white, textured, column-like legs. On the table, two large blue and white ceramic vases with intricate floral patterns and lids are positioned on the left and right. Between them are two small blue bowls and a small blue cup with a gold-colored design. The background is a plain white wall with a white baseboard and a light-colored tiled floor.

Studio LODHA

Your Story, Our Design