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# LODHA TIMES

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THE  
*Longevity  
Issue*





# UNLOCK LIFE *with Lodha*

*“Join us as we uncover the keys to longevity, offering guidance to help you live a longer, healthier and more fulfilling life”*



Welcome to the Longevity issue of The Lodha Times, where we delve into the art and science of living not just longer, but better. As our world evolves, so too does our understanding of what it means to lead a fulfilling, enduring life—one that balances physical health, emotional well-being and purposeful living.

Recent studies have highlighted key factors that contribute to longevity, revealing the importance of leading a balanced, health-conscious lifestyle. The Harvard Study of Adult Development underscores the power of strong relationships, stating, “Good relationships keep us happier and healthier. Period.”

Building on this, the Blue Zones project has identified regions around the world where people commonly live past 100 years, attributing their longevity to specific lifestyle habits. These communities prioritise social bonds, regular physical activity and plant-based diets, among other healthy practices. Research from the Blue Zones project suggests that incorporating simple changes—like eating more plant-based meals and staying active—can extend life expectancy by up to 10 years.

A 2023 report from the Global Wellness Institute draws attention to the critical role of mental health in longevity. The report emphasises that addressing stress and

prioritising mental well-being can have a profound impact on both lifespan and quality of life. Together, these studies paint a holistic picture of what it takes to thrive long term.

In this issue, we bring together insights from health, fitness, science and medical experts to explore practical applications of these findings. From the benefits of medicinal mushrooms to the wellness-focused amenities in Lodha’s latest development, Holland Park Gate, we uncover actionable ways to enhance your well-being. Join us as we uncover the keys to longevity, offering guidance to help you live a longer, healthier and more fulfilling life.

# WELL-BEING AND LONGEVITY AT HOLLAND PARK GATE

*“Nature, another cornerstone of longevity, is woven into daily life at Holland Park Gate.”*

Living a long and fulfilling life is not just about genetics; it’s about lifestyle and environment. The famed Blue Zones study, which examined regions with the highest concentrations of centenarians, identified key factors contributing to longevity. Among them, a strong sense of community, access to nature and opportunities for meaningful social connections stand out. Holland Park Gate embodies these principles, offering residents a lifestyle that fosters health and happiness.

At the heart of Holland Park Gate lies its landscaped courtyard—a serene, green oasis with curved planters and seating areas designed to bring people together. Whether it’s a morning coffee with neighbours, an outdoor yoga session or simply a quiet moment surrounded by nature, this space promotes connection and calm. Communal amenities such as the light, open-plan lobby and wellness facilities provide further opportunities to engage with others, creating an environment where bonds are forged and well-being thrives. The Blue Zones research highlights that strong social connections not only reduce stress but can also add years to our lives, making these spaces integral to a fulfilling lifestyle.

Nature, another cornerstone of longevity, is woven into daily life at Holland Park Gate. Beyond the courtyard, residents have the privilege of living opposite the iconic Holland Park, with its expansive woodlands, tranquil gardens and opportunities for outdoor exercise.

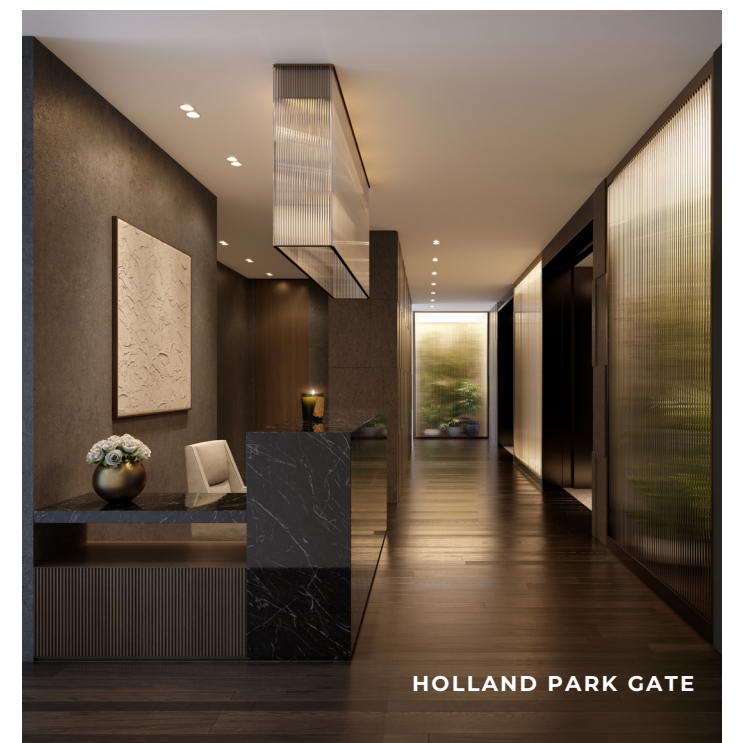
*“These amenities are more than just spaces for exercise—they are thoughtfully crafted to inspire movement, relaxation and balance.”*



Studies consistently show that regular exposure to green spaces lowers blood pressure, boosts mental health, and encourages physical activity—all key contributors to a longer, healthier life.

The wellness suite at Holland Park Gate offers state-of-the-art facilities designed to help residents enhance both their physical and mental well-being. The suite includes a pool, a fully equipped gym, as well as sauna and steam rooms. These amenities are more than just spaces for exercise—they are thoughtfully crafted to inspire movement, relaxation and balance.

Visit [www.hollandparkgate.com](http://www.hollandparkgate.com) for more information.







*The hottest wellness trend for 2025?*

# LIVING LONGER

THREE OF THE UK’S LEADING LONGEVITY EXPERTS SHARE PRACTICAL TIPS FOR LIVING A LONG, HEALTHY AND PURPOSEFUL LIFE

Luxury wellness in 2025 is no longer defined by indulgent treatments or spa retreats on Caribbean islands. Breakthroughs in the fields of genetics, cellular biology and preventative medicine mean that the ideal of ‘ageing gracefully’ is increasingly being replaced by that of ageing purposefully. Rather than solely talking about living longer, today’s longevity experts are instead discussing ‘healthspan’, i.e. how mobile, cognisant and capable you will be in the last decade of life.

“Longevity challenges the notion of inevitable decline, shifting our mindset and setting a new standard in ageing,” says Dr Mohammed Enayat, founder of HUM2N, a health club and longevity clinic in South Kensington. HUM2N’s clients – including Orlando Bloom and Anthony Joshua – seek bespoke strategies that blend cutting-edge science such as epigenetics and cryotherapy with bespoke preventative healthcare. “My approach focuses on identifying disease processes earlier, simpler interventions and increasing quality of life,” Enayat adds.

WHY LONGEVITY MATTERS NOW

Data-driven healthcare and wearable technologies like WHOOP have made it easier to tailor longevity protocols to individual needs. With the global population aged 65 and older predicted to reach 1.6 billion by 2050, it’s unsurprising that enhancing quality of life has become a top priority.

However, the phenomenon also ties into a wider cultural narrative that sees experiences, health and time – rather than physical possessions – as the ultimate luxuries. This fundamental shift in consumer values began in earnest during the 2008 recession and gathered pace post-pandemic. According to McKinsey’s recent Future of Wellness report, 60% of consumers already consider it ‘very’ or ‘extremely’ important to purchase longevity-boosting products or services, while 70% of UK consumers have purchased more in this category in the past year than ever before.



HARRY JAMESON



HUM2N

*“For modern luxury enthusiasts, longevity offers an existential return on investment: the promise of a longer, more fulfilling life.”*

WELLNESS AS THE ULTIMATE LUXURY

This demand reflects not just a desire for better health but a fundamental re-evaluation of what it means to live well. For modern luxury enthusiasts, longevity offers an existential return on investment: the promise of a longer, more fulfilling life.

Leslie Kenny, Co-founder of the Oxford Longevity Project (an educational Community Interest Company), believes that a sense of purpose is key. The 59-year-old, who claims to have a biological age of 21, puts her success down partly to the use of kaatsu bands to stimulate muscle regeneration and, crucially, to having a sense of purpose.

“The Japanese concept of ‘ikigai’ is really important when it comes to promoting longevity,” she says. “It could be your job, hobbies, family or friends – essentially it’s your reason for getting out of bed in the morning.”

THE FUTURE OF LIVING LONGER

As longevity becomes a cultural phenomenon, it is shaping how we view ageing itself. “There is some pretty impactful research around the ability to walk up flights of stairs unaided in your 70s correlating with being able to run a sub-30min 5k in your 40s,” says Harry Jameson, Founder & CEO of Pillar Wellbeing, a wellness concept with its flagship branch in Whitehall.

Jameson also believes that stress management through breathwork, limiting processed food to preserve digestive health, and moving mindfully are vital. “People are starting to truly understand the importance of cardiovascular health and strength – these are the two key factors in maintaining mobility, health and happiness in later life.”

High-profile advocates like Peter Attia and Bryan Johnson have popularised the concept of proactive ageing, shifting the narrative from fear of decline to empowerment through science.

Amazon founder, Jeff Bezos, and Israeli billionaire, Yuri Milner, also made headlines by participating in a \$3bn raise for Altos Labs. This biotech start-up is dedicated to exploiting the Yamanaka factors — OCT4, KLF4, SOX2, and c-MYC — which are enough to enable a fully differentiated cell to return to a pluripotent state in which it can become any type of cell the body requires.

For those prepared to invest the time and money in this level of science, the pursuit of longevity delivers a sense of control over the two things money can’t traditionally buy; health and the time to enjoy it.

THREE PRACTICAL LONGEVITY TIPS

“Creating internal biological balance is the basis of longevity. Functional medicine testing, combined with a detailed analysis of blood work focusing on key systems—such as blood sugar regulation (including fasting insulin), uric acid levels, and lipidology—is essential for personalising longevity strategies and achieving optimal results.” **Dr Mohammed Enayat, HUM2N**

“The best way I get balance into my body is through the benefits of spermidine. Spermidine is a powerful polyamine that promotes autophagy, the body’s cellular ‘clean-up’ process, and inhibits nine of the twelve hallmarks of ageing. While two-thirds of the body’s spermidine is produced naturally, the remaining third comes from foods such as mushrooms and tempeh or supplements like my brand Primeadine. I also take collagen and raw cacao every day.” **Leslie Kenny, Oxford Healthspan**

“Your VO2 Max level is your ability to turn oxygen into energy: your cardiorespiratory fitness is the number one predictor of longevity beyond everything (it even eclipses smoking). I make sure I do two elements of cardio training: one hard, fast interval training that develops my VO2 Max and one long, slow, zone two steady state cardio that develops my base level aerobic fitness.” **Harry Jameson, Pillar Wellbeing**

*“However, the phenomenon also ties into a wider cultural narrative that sees experiences, health and time – rather than physical possessions – as the ultimate luxuries.”*





# MEDICINAL MUSHROOMS CAN TRANSFORM YOUR HEALTH. *HERE’S HOW*

*“Today, high-profile advocates like Elon Musk, Charlotte Tilbury and Benedict Cumberbatch credit regular mushroom use with enhancing their performance.”*

Once confined to the kitchen, mushrooms are emerging as 2025’s defining wellness trend. Now found in gummies, powders, smoothies, broths and even shower gels, functional fungi—known as nootropics—are being credited with everything from boosting brain function to supporting immunity.



## A NATURAL ALTERNATIVE TO SYNTHETIC SUPPLEMENTS

Sophie Barrett, education lead at Hifas da Terra, highlights the holistic appeal of functional mushrooms, describing them as a ‘natural approach to health’. Unlike synthetic supplements that isolate nutrients, mushrooms provide bioactive compounds like beta-glucans, triterpenes and antioxidants which work synergistically to support the body’s natural balance.

“Mushrooms are whole-food compounds the body easily recognises and absorbs,” says Rachel Condon of DIRTEA. “They support long-term wellness while nourishing our natural ability to heal. They’re not just effective – they’re restorative, bringing us back to nature’s original blueprint for health.”

## THE BRANDS BEHIND THE BOOM

In 2023, the mushroom market was worth more than \$68 billion, and, according to Polaris Market Research, is anticipated to grow to \$136.9 billion by 2032. Mud\Wtr, one of the first brands to enter the mainstream, began on a shoestring in LA’s Venice Beach in 2018. Just six months later, the coffee alternative – made up of tea, cocoa, spices and four kinds of mushroom – had six figure revenues. Other popular players include Bristol Fungarium, known for its organic UK-grown tinctures, and OTO Wellbeing, whose multi-mushroom supplements promise 89 health benefits including focus, energy and radiant skin.

## HOW WELL DO THEY ACTUALLY WORK?

Well, our ancestors certainly thought so. In fifth-century Greece, Hippocrates raved about amadou’s ability to reduce inflammation, while Ötzi the Iceman, preserved in Italy’s alps for 5,300 years, was found wearing a leather strap threaded with birch polypore, presumably to treat the parasites in his digestive tract. Today, high-profile advocates like Elon Musk, Charlotte Tilbury and Benedict Cumberbatch credit regular mushroom use with enhancing their performance.

While mushroom research is relatively new in Western medicine and some scientists remain sceptical, their medicinal use has deep roots in Asia. Chinese medical texts dating back to 206 BC describe reishi as a ‘tonic against ageing’, and over 100 varieties are still used to treat cancer across the continent. In Japan, PSK (derived from turkey tail) and lentinan (from shiitakes) are government-approved as adjuncts to more conventional cancer treatments like chemotherapy.

## HOW TO TAKE MUSHROOMS

Mushrooms are classified as adaptogens, a group of bioactive compounds found in whole foods that help the body maintain its natural state regardless of external factors. Reishi is particularly useful for stress management as it contains beta-glucans and triterpene, which encourages a calm nervous system .

“Reishi has increased my sleep cycle – most notably my deep sleep,” says Condon. “I use it under any circumstances where I may fall into a sympathetic state, including public speaking or moving out of my comfort zone.”

Each mushroom possesses unique properties, often working most effectively in combination. As Barrett explains, “Mushrooms like lion’s mane are known for enhancing cognitive function, cordyceps for boosting energy, stamina and libido, and reishi for promoting relaxation and recovery. Together they offer a comprehensive toolkit for combating fatigue, inflammation and the long-term effects of chronic stress.” When put like that, it sounds pretty magic.

# WHICH ARE THE BEST MUSHROOM SUPPLEMENTS?



## MICO-LEO, BRAIN HEALTH, HIFAS DA TERRA

Harnessing the power of organic lion’s mane grown on its own site in Pontevedra, Spain, Hifas Da Terra’s capsules offer a holistic boost for cognitive and gastrointestinal wellness.



## CALM POWDER, DIRTEA

DIRTEA’s powder delivers 2,000mg of organic, dual-extracted reishi mushrooms per serving, promoting calm, restful sleep and immune support. Perfect for a calmer coffee or in smoothies.



## PM: MUSHROOM POWDER, MOTHER MADE

Featuring reishi for a relaxed nervous system, shiitake for cardiovascular and skin health and turkey’s tail for gut and immune support, Mother Made’s powder is a potent addition to savoury meals.



# THE WORLD’S MOST TRANSFORMATIVE WELLNESS RETREATS



## FOR SPIRITUAL GROWTH: AN AYURVEDIC RETREAT IN INDIA’S HIMALAYAS

Set on a 100-acre estate that was formerly home to the Maharaja of Tehri-Garhwal, Ananda is the industry leader when it comes to blending luxury wellness with spirituality. Surrounded by the rippling foothills of the Himalayas and with views over the Ganges valley, its spa, yoga pavilions and Ayurvedic suites are overseen by some of the world’s most revered practitioners of Tibetan medicine. [www.anandaspa.com](http://www.anandaspa.com)



## FOR GUT HEALTH: A DATA-DRIVEN APPROACH ON A GERMAN ISLAND

Long synonymous with medical excellence, Lanserhof — the wellness clinic beloved by Victoria Beckham and Karl Lagerfeld — recently opened a sleek outpost on the windswept island of Sylt. Here leading experts including a neurologist, cardiologist, urologist, ophthalmologist, dermatologist, rheumatologist and orthopedist assess patients to inform personalised fasting protocols that cleanse and detoxify the gut. [lanserhof.com/de/lanserhof-sylt](http://lanserhof.com/de/lanserhof-sylt)



## FOR A NATURAL BOOST: A HOLISTIC OVERHAUL ON A MALDIVIAN ISLAND

A quilt of pearl-white sands, periwinkle seas and emerald jungle greets guests as they arrive by seaplane at Joali Being, the Maldives’ first private island dedicated to well-being. An encyclopaedic treatment menu draws on Chinese medicine and naturopathy to inform treatments ranging from chi nei tsang, a centuries-old abdominal massage technique, to herbology workshops. A session in the sound-therapy room is gently complemented by the lapping waves on a stroll along the island’s powder-soft shoreline. [www.joali.com/joali-being/](http://www.joali.com/joali-being/)



## FOR A CALM MIND: A NATURE-FOCUSSED RETREAT IN AUSTRIA’S ALPS

Nestled at 1,550m in the Tyrolean Alps, newly opened Eiro redefines the alpine retreat through nine contemporary suites dressed with local wood, raw stone and sheep’s wool panelling. Only accessible by cable car, this serene bolthole offers guests the chance to hike barefoot trails and experience guided meditations in pine forests, before returning to relax in the spruce-needle sauna. Highlights include a sound room attuned to the Earth’s frequencies and a meditation pool that mimics sunlight. [www.eriro.at/en](http://www.eriro.at/en)

*From a brain-boosting programme on Lake Geneva’s crystalline shores to Ayurvedic healing in the Himalayas, these landmark destinations blend ultra-personalised programmes and pioneering science with ancient traditions. Whether seeking to rejuvenate the mind, renew the body or uplift the soul, wellness seekers can do so in style at the world’s most revered retreats.*



## FOR FUN: A SUMMER CAMP FOR ADULTS IN THE HOME OF AMERICAN WELLNESS

A favourite with Hollywood starlets since the 1950s, Golden Door is a 40-room escape luxuriating within 30-miles of private hiking trails. Proving that laughter is central to feeling well, the programme includes burlesque lessons, astrology readings and clay sculpture classes alongside more traditional healing offerings such as massage and water shiatsu treatments. Seasonal and delicious food grown on the hotel’s own biointensive farm is another highlight. [www.goldendoor.com](http://www.goldendoor.com)



## FOR COGNITIVE FUNCTION: A BRAIN-BOOSTING PROGRAMME ON THE SHORES OF LAKE GENEVA

Founded in 1931 by Dr. Paul Niehans, the pioneer of cellular therapy, Switzerland’s Clinique La Prairie is the last word when it comes to longevity. Its new Brain Enhancement Programme, developed in collaboration with neuroscientists from the University of Lausanne, zeroes in on optimising cognitive function. The journey begins with molecular brain genetic screening and DNA analysis, followed by a bespoke plan that encompasses everything from nutrition to managing neural oxidative stress. [www.cliniquelaprairie.com](http://www.cliniquelaprairie.com)



## FOR FAMILY TIME: A SPA SESSION IN PARIS

Neighbouring iconic attractions such as the Louvre and the Eiffel Tower, Le Bristol has been one of Paris’ most celebrated hotels since 1925. The Brixtol X Bonpoint Spa is a recent collaboration with the famous French children’s brand offering a full treatment menu for youngsters using natural products specially formulated for delicate skin. Entire families can enjoy treatments such as facials and massages side-by-side, with adults also able to visit an enclosed rooftop pool offering expansive views of the city. [www.oetkercollection.com/hotels/le-bristol-paris/](http://www.oetkercollection.com/hotels/le-bristol-paris/)



## FOR MINDFULNESS: AN OPPORTUNITY TO SLOW DOWN IN JAPAN’S HOT SPRINGS

Samurai warriors discovered the restorative power of thermal springs more than 2,000 years ago and the tradition continues at Amanemu, Aman’s zen property located among the geo-thermal springs and forests of the Ise-Shima National Park. Guests can choose from programmes such as the Mindfulness and Stress Management Immersion – a combination of meditation, shiatsu massage and aquatic bodywork – or keep things simple by whiling away hours in the open-air onsen baths. [www.aman.com/resorts/amanemu](http://www.aman.com/resorts/amanemu)



# Maison Sisley

## OPENS IN MAYFAIR

Opened in late 2024 on Mayfair's North Audley Street, Maison Sisley has been thoughtfully designed to embody the essence of the French skincare brand. It offers a tranquil space for those seeking a moment of relaxation and well-being within an elegant, art-filled London townhouse.

The Maison offers a warm and welcoming atmosphere that reflects the artistic vision of Sisley's founders, the d'Ornano family. The decor, inspired by botanical themes, is enhanced by striking artistic pieces. Highlights include a large mirror by French artist Joy de Rohan Chabot, a coffee table by Polish artist Bronislaw Krzysztof featuring two faces in an embrace and a palm-tree floor lamp by Spanish sculptor Fernando Oriol.

Maison Sisley aestheticians combine in-depth physiological expertise with exceptional skill. By identifying tension beneath the skin, they tailor their techniques to meet each client's specific needs, adjusting pressure to optimise results. The effects of the massage are immediately visible: circulation is enhanced, the complexion appears clearer, smoother, and more refreshed. The outcome is both remarkable and transformative. Sisley rituals are suitable for all skin types and ages, for both men and women, and can be customised for the face or body. Treatments last between 30 and 90 minutes and work well alongside a daily skincare routine. They address a range of needs, from basic care like moisturising, energising, cleansing and sculpting, to advanced treatments such as the Sisleÿa La Cure Anti-Ageing Treatment or the Supremÿa Anti-Ageing Treatment.

*“Maison Sisley aestheticians combine in-depth physiological expertise with exceptional skill.”*



## The Intersection of Home & Health:

# DESIGNING FOR WELL-BEING



*“Studio Lodha combines style and functionality to create homes that are not only beautiful but also calming and restorative.”*

At Studio Lodha, designing for well-being involves crafting spaces that prioritise comfort, tranquillity and connection. A home should serve as more than just a residence—it should be a sanctuary that allows for rejuvenation and peace of mind. Thoughtful design elements, such as soft, warm lighting, natural fibres and rich textures, play a pivotal role in promoting this sense of well-being. For instance, warm lighting fosters a calming atmosphere, while natural materials like linen and wool provide an inherent sense of groundedness. Wood, in particular, offers significant benefits, with research published in the Journal of Health Psychology demonstrating its ability to reduce stress and encourage relaxation.

In addition, creating spaces that encourage connections with nature is an essential aspect of designing for wellbeing. Studio Lodha incorporates biophilic design principles into their projects, integrating natural elements such as plants and

expansive windows to bring the outdoors in. This not only enhances the aesthetic appeal of a home but also has proven physical and psychological benefits.

“Designing for well-being is about creating harmony, warmth and a true sense of belonging,” explains Blandine de Navacelle, Creative Director at Studio Lodha. She adds, “When it comes to bedrooms—our ultimate sanctuaries—I often favour a muted colour palette, brought to life with soft textures and delicate hues. This approach enhances the feeling of tranquillity and promotes rest.”

As life gets busier, having a home that supports relaxation and balance is more important than ever. Studio Lodha combines style and functionality to create homes that are not only beautiful but also calming and restorative. By using natural elements and high-quality details, they design spaces that offer comfort and care—places where you can truly live well.





*Wellness starts at home*

The Penthouse at Holland Park Gate

HOLLANDPARKGATE.COM