

# LODHA TIMES

THE WELLNESS ISSUE

## WHAT DOES WELLNESS MEAN IN 2023?

In 2023, the concept of wellness has evolved to take on a whole new meaning. No longer does wellness signify solely physical health; instead, mental health, emotional wellbeing and spirituality have come to the fore as integral components of a healthy, happy way of life. As London's population continues to boom and cities around the world grow ever more vibrant and frenetic, balancing wellbeing with busy professional and social lives has become an important, yet complex priority for many city dwellers.

For Lodha UK, wellness is about creating a sanctuary for our residents amidst the fast pace of life in a world city. Each of our projects is situated moments from some of London's finest green spaces, promoting a connection to nature that we believe has a profound impact on mental and physical wellbeing. As many of us learnt during the pandemic, taking a short outdoor

walk every morning can provide a moment of tranquillity and calm before an otherwise busy day. Recent studies have shown that even a short burst of daylight to start the day kick-starts the circadian rhythm, letting the body know it is time to wake up. This in turn has multiple benefits for our productivity throughout the day, as well as promoting a deeper, easier sleep when night-time arrives.

In each of our developments, we have worked with experts across a range of fields to ensure that a healthful and happy lifestyle is within reach for residents, whatever their age or lifestyle.

Whether this be clean air filters throughout the building, or dedicated wellness floors and meditation zones, every care has been taken to provide safe and tranquil spaces for residents to exercise, unwind or relax with their family.

*“For Lodha UK, wellness is about creating a sanctuary for our residents amidst the fast pace of life in a world city.”*

With summer nearly upon us, this issue of The Lodha Times is dedicated to health and happiness, from taking a look at the world's best wellness retreats to Reformer Pilates for every age.



# GLOBAL WELLNESS: THE BEST INTERNATIONAL HEALTH RETREATS

Over the past few years, wellness retreats and holidays have become ever more popular with those seeking a special place to unwind, relax and rejuvenate. With summer offering the perfect time to get away, The

Lodha Times is excited to offer some of its top picks, in London and further afield. Lodha UK residents can consult their Saint Amand concierge for help with booking and travel arrangements. Enjoy!



## BAMFORD WELLNESS SPA, BROMPTON CROSS & THE COTSWOLDS, UK

Located in the heart of Carole Bamford's renowned Daylesford Organic Farm in the Cotswolds, the Bamford Wellness Spa offers an extensive menu of leading, natural herbal remedies and treatments. Enjoy lunch in the organic café after a rejuvenating massage, facial or tailored wellness treatment. Residents of Holland Park Gate will enjoy proximity to the newly-opened second outpost in South Kensington, while the Bamford South Audley Street store is just around the corner from No.1 Grosvenor Square.



## AMANGIRI, UTAH, US

Surrounded by the starkly beautiful desert scenery of North America's canyon country, Amangiri is located on 600 acres in southern Utah. Built around a central swimming pool, the 34-suite resort and its extensive Aman Spa are tucked away in a protected valley with sweeping views towards the Grand Staircase-Escalante National Monument. With a distinct chill still in the air in London, The Lodha Times recommends a visit for some spring sun and nourishment.



## SIX SENSES, DUORO VALLEY, PORTUGAL

Looking for a reviving getaway without travelling hours from London? The Six Senses brand has long been synonymous with wellbeing and restoration, and their expansive site in Portugal's Duoro Valley is no different. Unique treatments available include colour therapy, cryotherapy and forest bathing. In the heart of Portuguese wine country, the guests can also sample some of the region's renowned fortified wines and spirits.



## COMO, PARROT CAY, TURKS & CAICOS

The ultimate in tropical wellness and relaxation, COMO Parrot Cay is located on a private island in the pristine Turks & Caicos. The Shambhala Retreat features treatment pavilions overlooking the North Caicos Channel – listen to the sounds of the waves while partaking in yoga, Pilates or enjoying a tailored wellbeing experience. In-house nutritionists are on-hand to recommend meal plans and assist with dietary queries.



## HABITAS ALULA, SAUDI ARABIA

Deep in the orange deserts of Saudi Arabia, Habitas AlUla describes itself as "a global home for a global community of like-minded people seeking connection, inspiration and a better future together." The luxury resort has strong sustainable credentials and offers experiences "powered by music, wellness, art, adventure, food, learning and giving back." Sign us up.

# *The Lodha Times Recommends* RE:MIND BELGRAVIA



*“Tucked away in London’s trendy Eccleston Yards, The Lodha Times recommends a visit to Re:Mind Belgravia for any readers seeking a moment of contemplation and relaxation from busy city life.”*

Prioritising mental and spiritual health is just as important to wellbeing as physical exercise and recovery, but can be challenging to accommodate into a busy schedule. Opening in 2017, Re:Mind studio in Belgravia seeks to address this challenge by creating “an inclusive, peaceful, safe and welcoming environment that promotes transformation, connectedness, and wellbeing.” Its meditation-based experiences combine three powerful healing modalities; breathwork, sound therapy and energy healing.

Fifty-minute classes include Tibetan bowls, sound baths and crystal bowls. Founder Yulia Kovaleva is a trained Reiki healer, and her dedication to “rest, relaxation and healing” is evident throughout the stylish yet tranquil studio; from the soft, warm lighting to the range of herbal teas served upon arrival. Tucked away in London’s trendy Eccleston Yards, The Lodha Times recommends a visit to Re:Mind Belgravia for any readers seeking a moment of contemplation and relaxation from busy city life.

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# BEING WELL AT HOME: SERVICES CURATED BY SAINT AMAND

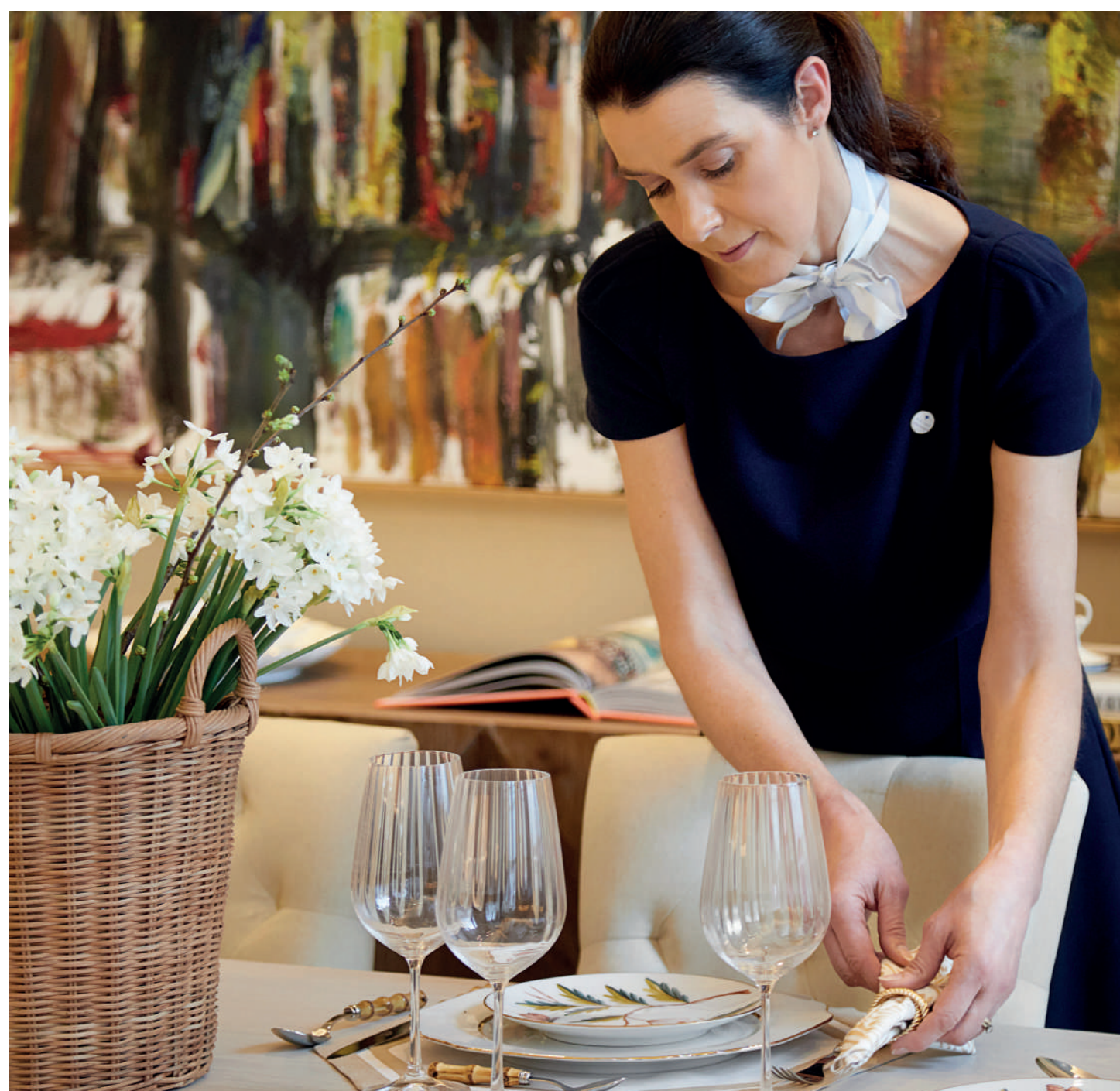
*“The health and happiness of residents is of the utmost importance to the Saint Amand team, who are always looking for new suggestions and innovations to add to life at a Lodha development.”*

At No.1 Grosvenor Square, residents have the exclusive opportunity to make full use of Saint Amand's at home services. From curating a private dining experience with acclaimed chefs to taking advantage of personal trainers, the team are on hand to assist in curating a range of fast, convenient and high-quality lifestyle benefits.

In the Health Club & Spa, residents are able to book a private treatment room for a range of hairstyling services. Saint Amand will ensure the suite is equipped with the appropriate chair, mirror and fresh towels, as well as serving a range of complimentary refreshments. Residents are able to invite their personal hair stylists, or can choose from Saint Amand's directory of London's top hairdressers and colourists. With the summer season approaching, and numerous events in London's social calendar, Saint Amand look forward to arranging blow-dries, cuts and hair styling consultations for residents.

In the residents' lounge, the team have also been assisting residents with a variety of private dining occasions and celebrations. The seating area can be used for a pre-dinner cocktail, while a dining table is added to the rear of the room and is expertly dressed by Saint Amand. Chefs from top local restaurants are able to provide canapés and catering, while a sommelier is also available to assist with wine recommendations. These exclusive services are also available in-residence.

The health and happiness of residents is of the utmost importance to the Saint Amand team, who are always looking for new suggestions and innovations to add to life at a Lodha development.



## Studio LODHA

At Studio Lodha, we believe every design has a unique story to tell. We believe the heart of that story is you. To illustrate your life through interior design, we listen to your needs, desires and aspirations to create bespoke living space perfect for you.

[studiolodha.com](http://studiolodha.com) | [studiolodha@lodhagroup.com](mailto:studiolodha@lodhagroup.com)





# THE RITUAL OF STEAM & SAUNA

Regular use of sauna and steam rooms can have multiple detoxifying and wellbeing benefits for both the mind and body. The heightened temperatures help to draw out toxins, cleanse the skin and can strengthen the immune system. Each Lodha UK development features state-of-the-art sauna and steam facilities, designed to help residents optimise their health and wellbeing.

Sara Conti is Spa Manager & Wellbeing Manager at Saint Amand and No.1 Grosvenor Square, and has a deep-rooted passion for nutrition, alternative medicine and the physiology of the human body. Sara's 15-year career has seen her work with some of the world's most influential wellness brands in both Italy and London.

"I strongly recommend starting the sauna ritual with a foot bath or shower with warm water, to help build up a strong sweat," Sara begins. "If detoxification is the aim, it is crucial to enter the sauna with a dry body, spending between 10 to 20 minutes depending on how experienced and frequent a user you are."

Sara also recommends a sauna session post-workout, to help the body regain heat and flush out lactic acid from the muscle fibres. "Muscles are able to relax more quickly in heated environments, making some stretches safer to perform in a sauna," she continues.

After exiting the sauna, Sara advises a refreshing shower to prepare the body and mind for the next stage of the bathing ritual; the steam room. "Aim to spend about 10 to 20 minutes in the steam room, taking deep breaths and practising some slow breathing techniques to cleanse the airways," she furthers.

The heightened temperatures of the steam chamber relaxes the muscles, increases blood flow around the skin and can improve cellular turnover. To conclude the experience, finish with a dip in a cold plunge pool, with the temperature set between 11 and 13 degrees.

Finally, it is always important to listen to the body and take breaks if needed, as well as staying hydrated throughout.

"I always encourage users to consult a health professional before using sauna and steam rooms, or hydrotherapy and plunge pools. All Lodha UK developments have a range of experts on hand to help residents gain the most from their experience. We look forward to helping residents de-stress, detox and rejuvenate," Sara concludes.

# LONDON'S BEST PERSONAL TRAINERS

Personal training allows individuals to tailor health and fitness plans based on their lifestyle, health goals and personal preferences. Working with a certified trainer can help you make the most of your workout time by developing an effective strategy focused on achieving desired health benefits in the shortest possible time. Additionally, personal trainers provide guidance, motivation and accountability, contributing to long-term health success. Read on for The Lodha Times' recommendations for London's best PTs, across a variety of disciplines and catering to all fitness needs.



1

## FOR PILATES... AIMEE LONG

Aimee Victoria Long is one of London's leading personal trainers, offering classes and training from her studio on High Street Kensington or virtually. She is renowned for her expertise in the fitness industry, with her unique mix of disciplines from Pilates to strength and conditioning, having worked in the industry for over 10 years. Aimee and her team are now offering myriad services, from personal training to private residential chef and nutritional support to suit all requirements globally.

2

## FOR PREGNANCY... HOLLIE GRANT

Hollie Grant is the founder of Pilates PT and creator of The Bump Plan. She is a Tatler award-winning personal trainer, highly experienced Pilates expert and advanced prenatal specialist. Alongside her all female team, she has trained clients including Royal family members, supermodel Jourdan Dunn, chef Melissa Hemsley, and Ella Mills, creator of 'Deliciously Ella'. Find Hollie's tailored classes online and at her studio in Parson's Green, not far from Holland Park Gate.

3

## THE ALL ROUNDER... MATT ROBERTS

Ideally located for residents of No.1 Grosvenor Square, Matt Roberts' Evolution Studio is based just off Grosvenor Square, in the heart of Mayfair. One of the most recognisable figures in health and performance, Matt has had a profound impact on the UK wellness industry since starting out in 1996. Alongside a team of experts, he offers personal training, nutrition advice, physiotherapy, Pilates and EMS training.

4

## FOR BOXING... CALEB BOWEN

Voted ClassPass 'Best Instructor 2019', Caleb can now predominately be found at Marylebone's luxury BXR gym. Specialising in boxing, Caleb helps clients across London get fighting. As well as providing an intense cardio hit, boxing challenges the mind and can help relieve anxiety and stress. Time to the those gloves on!

5

## FOR RUNNING... SHAUN DIXON

Shaun is an experienced runner and coach, representing England and Great Britain as a Mountain and Cross Countryrunner. Having worked in a variety of office environments, he is a huge advocate for the importance of 'moving' during the working day. Choose from expert one-on-one coaching, to online programmes and coaching. Time to hit the track.





REFORMER RELAXATION



NO.1 GROSVENOR SQUARE

*“Regular sessions can help improve posture and balance”*

Reformer Pilates is a type of physical exercise that combines core strengthening, stretching and functional movement to help build strength and improve posture. The practice can help to reduce stress, improve sleep quality and increase focus. Studies have also found that Reformer Pilates can be beneficial in reducing depression and anxiety symptoms.

For people of all ages, Reformer Pilates is a great way to work on strengthening the core muscles without putting too much stress or strain on the body. The Reformer ‘carriage’ can be adapted to suit all levels of experience, so beginners can learn the fundamentals and more advanced practitioners can deepen their practice. Regular sessions can help improve posture and balance, which can be especially beneficial for older individuals. Further benefits include greater flexibility and range of motion; crucial for maintaining mobility as you age.

Top athletes often also look to Reformer Pilates to aid balance, flexibility and core strength, as well as rehabilitating from an injury. A Reformer Pilates workout can be helpful supplementing an existing exercise routine, as it can target small muscles that often get overlooked during traditional workouts. A workout can be easily customised for specific goals by increasing or decreasing the resistance attached to the movement of the ‘carriage’.

From beginners to experienced athletes, The Lodha Times recommends Reformer Pilates as a great form of exercise for all age groups. The state-of-the-art fitness suite at No.1 Grosvenor Square features a Reformer machine, and residents of Holland Park Gate will also be able to enjoy the benefits of the discipline. Jump back to the article ‘London’s Best Personal Trainers’ for more information on the city’s leading Reformer Pilates teachers.

# GET THE LOOK: *Unique, Timeless Design* by Studio Lodha

Blandine de Navacelle is Creative Director at Lodha UK and founder of Studio Lodha. Studio Lodha launched in 2018 for the exclusive use of Lodha residents, however, due to high demand, it has now opened its services and expertise to private clients outside of the Lodha collection. The Studio Lodha aesthetic is defined by a use of rich colours, graceful forms and an eclectic mixture of antique and bespoke pieces. Each home by the practice has a unique personality and character, underlined by a playful elegance. In celebration of the studio’s launch, Blandine takes a look at some of her favourite residences, and offers some insights on how readers can achieve a similar aesthetic at home.

*“A great art collection is never purchased in one sitting, which is what makes building a collection such a joy and privilege.”*



1.

**FRAMES AREN’T JUST FOR ART**  
Studio Lodha often frames and reinvents little treasures and objects for clients, from plates to ceramics and antique Chinese brushes. I often use a bespoke Perspex box frame, or painted frame with a background pattern to complement the item being framed. These items then become works of art and can be enjoyed by the client, as well as visitors to their homes.



2.

**MIX BESPOKE AND ANTIQUE PIECES TO CREATE A TRULY UNIQUE HOME**  
Bespoke pieces are the perfect way to make sure you have a great visual aesthetic, while ensuring practicality. Antique finds are a great way to complete a home; they create a timeless, classic feel in any space and contrast with any newer designs to ensure that a space doesn’t feel overly ‘curated’ or overdone. This marble-topped chest of drawers perfectly accentuates the pale pink wallpapered walls in this private residence.



3.

**DON’T BUY ART IN ONE GO; SPEND TIME BUILDING A COLLECTION THAT MEANS SOMETHING TO YOU**  
A great art collection is never purchased in one sitting, which is what makes building a collection such a joy and privilege. Each piece tells a story; about when and where you were when discovering the piece, as well as the artist and their inspiration and intentions.



4.

**LIGHTING IS MORE THAN JUST A DETAIL**  
At Studio Lodha, we believe that lighting is nearly 50 per cent of the success of a perfectly designed interior. The colour and strength of light in the right places is very important. Overhead lighting can be harsh and aggressive, whereas lamps and wall lights offer a softer glow and sense of warmth. Light should also change with the day, creating a different atmosphere in each room as you pass from day to night. Good uplighting can also hide or emphasise unique architectural features of a home and is worth exploring.





Paulo Filipe is No.1 Grosvenor Square's in-house mixologist and part of the Saint Amand team. In the spirit of wellbeing, here he shares his favourite recipe for a healthy, revitalising green juice.

Green vegetables are an essential part of any healthy diet. They contain vitamins, minerals, enzymes and antioxidants that can help to regulate and maintain key bodily functions. Juicing these nutrient-rich ingredients is one way to get a concentrated dose of all the benefits in just one glass!

Here's a simple 5 step recipe for making your own green juice...

1. Start by washing and cutting up green vegetables of your choice such as cucumber, spinach, kale, celery, green apple and ginger
2. Once you have all the ingredients cut up in small pieces add them to a blender or juicer
3. Blend or juice the ingredients until a green juice is formed

4. Add 1-2 tablespoons of lemon juice to the green juice for an added zing and some extra vitamin C
  5. If you wish, add a small amount of honey or maple syrup to sweeten the green juice
- Once you have made your green juice, simply pour it in a glass and enjoy the benefits of green vegetables! Regularly drinking green juice can help to improve your skin health, reduce inflammation, boost immunity and provide essential nutrients for your body. *Happy juicing!*

The above recipe is not meant to substitute a balanced diet and before any dietary change we recommend you contact your health care provider.

*“Among the most popular trends for the upcoming years... sustainability, conscious beauty, personalisation, and authenticity.”*

# THE Wellness INTERVIEW: LA PRAIRIE



Dr. Jacqueline Hill is Global Director of Strategic Innovation & Science at La Prairie, Switzerland, one of the world's leading science-led skincare brands. While wellbeing starts within, diet and lifestyle changes can often have a dramatic impact on our skin clarity, texture and elasticity. The Lodha Times sat down with Dr. Hill for her tips on how to feed, nourish and look after our skin.

**HOW CAN READERS TAKE STEPS TO IMPROVE THE CLARITY, TEXTURE AND RADIANCE OF THEIR SKIN?**  
From a skincare routine point of view, it is important to take care of the basics regularly; consistency in good practices is key. Gentle cleansing, providing good hydration to the skin and applying a sun protection product against both UVA and UVB rays, such as La Prairie's Cellular Swiss UV Protection Veil, should be done daily.

Afterwards, gentle exfoliation is very recommended to improve skin clarity, texture and radiance. Removing the dead skin cells from the surface will give a fresher look and will also help increase epidermal cell turnover for a more refined texture and radiant appearance. From a more holistic point of view, a healthy lifestyle also plays an important role in maintaining or rebuilding a healthy skin. Water intake, diet, sleep, sun exposure, exercise, stress, alcohol, smoking and pollution all impact skin health.

**WHAT DOES LA PRAIRIE PREDICT WILL BE THE UPCOMING TRENDS IN SKINCARE IN 2023?**  
Among the most popular trends for the upcoming years focusing on sustainability, conscious beauty, personalisation, and authenticity, among others, we also foresee a big focus on performance and visible results. With the launch of Skin Caviar Harmony L'Extrait, for example, we have received very positive feedback on its benefits and performance that we believe could be the start of a new trend.

We focused on skin ligaments, the vertical pillars that anchor skin to its foundation, and which play a key role in maintaining skin harmony. We believe that this could spark an interest in further understanding the important role these skin ligaments, and the hypodermis in general, play for a youthful and healthy skin.

From a ritual point of view, post-pandemic, we see a renewed interest in taking the time to take care of the skin, to enhance the wellbeing and health with high-performance, innovative and sophisticated products.

**WHAT EXPERT SKINCARE ADVICE WOULD LA PRAIRIE GIVE TO READERS?**  
My advice would be to invest time to find the skincare products and treatment regime which works best for the peculiarity and needs of the skin. Here, I would strongly recommend getting advice from a professional expert, such as a La Prairie's Beauty Advisor, to craft a personalised ritual, taking account of specific needs and skin concerns.





*Wellness starts at home*

THE MAYFAIR COLLECTION

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