



## How to pack

Luxury layers for ultimate comfort



High-top trainers by **Lanvin**, £465. lanvin.com



Duffle bag by **Canali**, £890. canali.com



Sleeveless jacket by **Edmund Hillary**, £350. edmundhillary.com



Hooded sweater by **Barbour International**, £89.95. barbour.com



Cotton trousers by **Brunello Cucinelli**, £620. shop.brunellocucinelli.com

## London

Best for... **Recharging your batteries**

# ESPA Life at The Corinthia

Wellness is the new black... and there's far more than green juices and downward dogs

Story by **Sophie Clark**

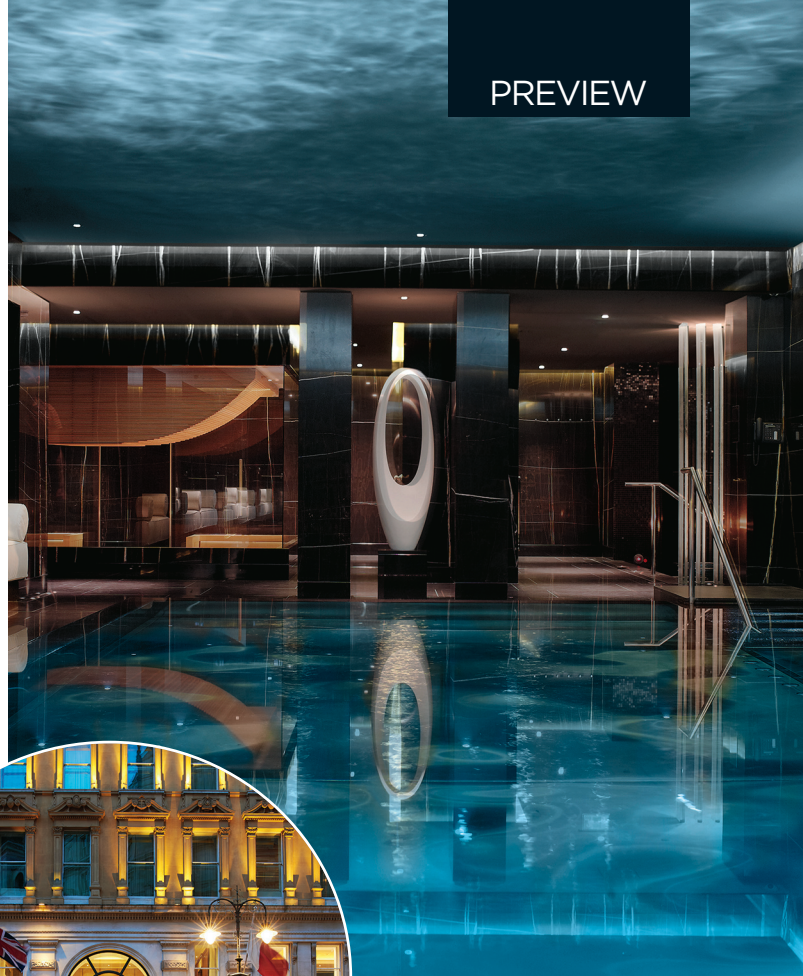


Today's wellness landscape is packed full of methods for improving both your physical and mental wellbeing. You can indulge in a yoga retreat to quieten the mind, drink a glass of freshly prepared celery juice each morning to stimulate a new you or boost your immune system with a cocktail of vitamins via an IV drip. Sounds time consuming doesn't it? For a practice supposed to promote the art of peace and tranquility it can seem overwhelming. If you, (like the majority of us) need a helping hand in switching off and tuning into your inner-self, look to The Corinthia Hotel London to point you in the right direction.

Besides offering some of the finest suites in London, The Corinthia is also home to ESPA Life – a next-generation spa set over four floors offering 360-degree wellness experiences. Think of it as a Wellness department store, a one-stop shop to a new and improved you. This holistic hub has a team of globally acclaimed naturopaths, traditional Chinese medicine acupuncturists and herbalists as well as personal trainers and spa professionals on hand to offer advice and tailor your personal Lifestyle Programmes.

Feel at home in a fluffy robe and walk around the thermal heated floor and swim a lap of the indoor swimming pool. Steam off the stress of the city in the amphitheatre sauna or take the weight off on the marble heated loungers and private sleep pods. But whatever you do, make sure you take full advantage of the spa treatment menu. We recommend the Sleep Ritual experience. A two-hour treatment unlocking the secret to a blissful night's sleep with a full body, hot stone massage as well as breathing and visualisation techniques to reunite the mind and body to a perfect balance.

Once your batteries are fully recharged, get some new energy pumping through your veins in the BodySpace gym. This isn't just any gym, this is a hybrid fitness concept from London's most respected fitness gurus Stephen Price (of Chelsea Wellness



The spa lounge and indoor pool at The Corinthia

consultancy SP&Co) and David Higgins (trainer to Hollywood's elite). It's safe to say you'll be in good company with expertise in fitness and nutrition from world-class specialists formerly only available to private clients and professional athletes. Scoring top marks on a scale of one to zen, you can rest assured that ESPA Life at The Corinthia can make the World of Wellness a walk in the park for you.

ESPA LIFE AT THE CORINTHIA LONDON WHITEHALL PLACE, WESTMINSTER, LONDON, SW1A 2BD. [ESPALIFEATCORINTHIA.COM](http://ESPALIFEATCORINTHIA.COM)