

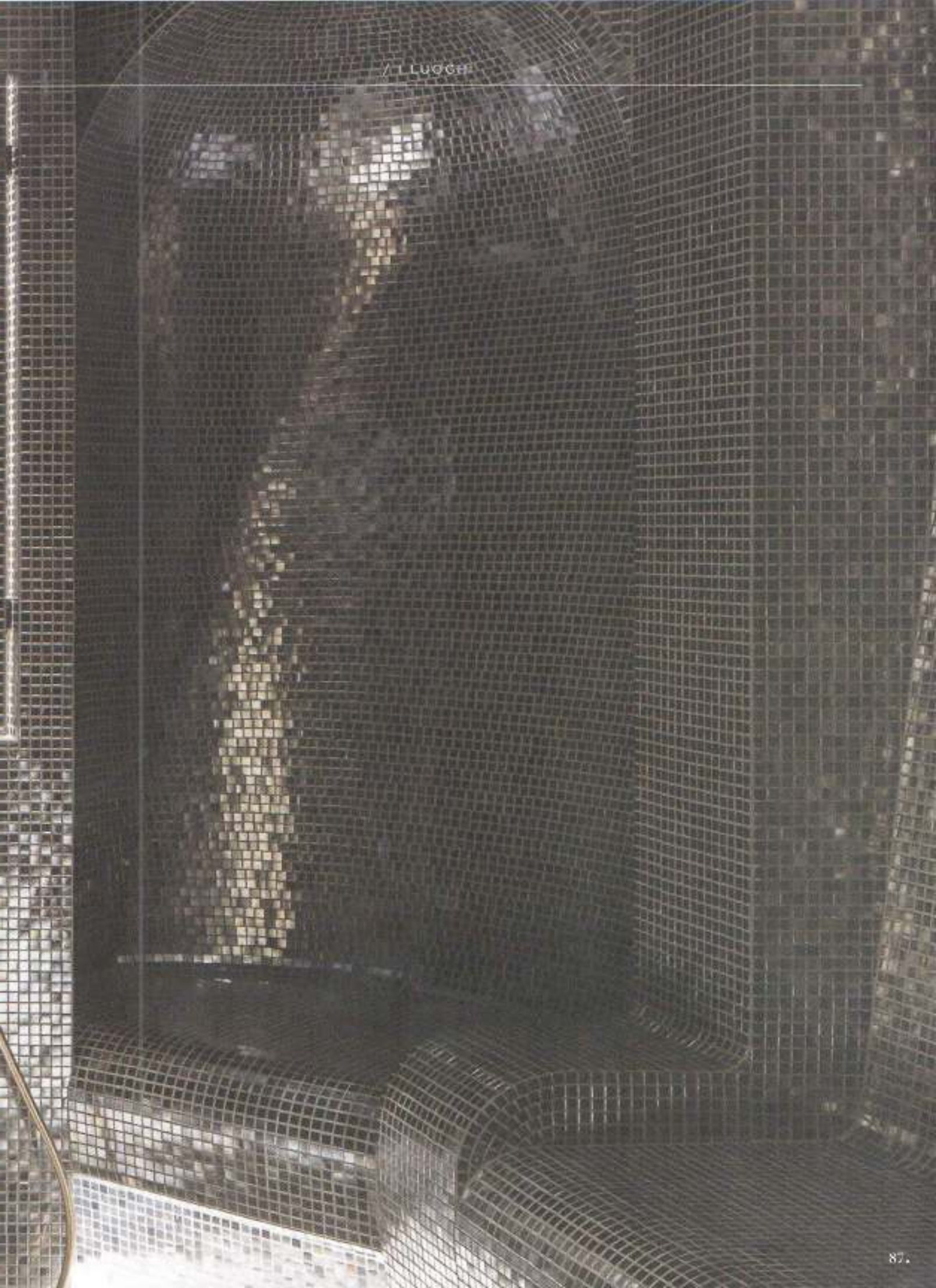
# *filo*

**THE BEAUTY MAGAZINE**

*Aria*

# LONDON CALLING

The Lanesborough Club & Spa.  
Una raffinata residenza in stile  
Regency nel centro di Londra.  
Per sentirsi come a casa  
in un autentico lifestyle club.



WHY – PERCHÉ ANDARCI

CON UNA SUPERFICIE DI OLTRE 1.600 METRI QUADRI, il Lanesborough Club & Spa è il nuovo punto di riferimento per il benessere nel cuore della City.

WHERE – DOVE SI TROVA

THE LANESBOROUGH CLUB & SPA si trova tra *Mayfair* e *Belgravia*, vicino alla stazione della metropolitana *Knightsbridge*, a soli 700 metri dalla stazione ferroviaria *Victoria* e a 15 minuti d'auto dall'aeroporto di *London-City*.





MEMO

Tra i *partner beauty*  
va segnalato

*La Prairie*, brand che fonde  
l'avanguardia scientifica  
svizzera con gli ingredienti più  
rari come il caviale,  
l'oro e il platino  
e *Anastasia Achilleos*,  
top facialist con i suoi  
innovativi trattamenti.

WHO – CHI VI SORPRENDE

DUE I FIORI ALL'OCCHIELLO: il *Goldsilik Face Therapy by Ila* (brand che utilizza solo attivi naturali) e il *Crystal Sound Holding*. Il primo è un potente trattamento (da 60 o 120 minuti) pensato per lenire i segni del tempo. Gli ingredienti utilizzati per il profondo massaggio sono oro e franchincenso, una particolare resina ricavata da alberi che crescono in Etiopia: affiancati alla terapia ad ultrasuoni, permettono di aumentare i livelli di collagene della pelle e di ridurre l'infiammazione delle cellule.

Il *Crystal Sound Holding* è un massaggio con oli terapeutici e una particolare tecnica di tocco che, in sintonia con il suono rilassante di sfere di

crystallo e canti, genera una vibrazione che infonde serenità e benessere (30 minuti).

I trattamenti signature includono inoltre il *Lanesborough Lather* – il corpo viene prima insaponato, quindi massaggiato per eliminare le tossine - e l'*Absolute Facial*.



WHAT – COSA FARE

LE GIORNATE AL LANESBOROUGH REGALANO INFINITI MOMENTI DI PIACERE.

A cominciare dalla prima colazione servita in camera o al ristorante Céleste, con capolavori gourmand creati dagli chef francesi Eric Frechon e Florian Favario (5 stelle Michelin in due).

Tutti gli ospiti hanno a disposizione un servizio esclusivo degno della Regina: il maggiordomo a disposizione 24 ore su 24.

WHEN – QUANDO PARTIRE

DA APRILE LONDRA È UN TRIONFO DI FIORI E PROFUMI.

Da giugno in poi ci sono alcuni degli eventi più famosi della capitale, incluso Trooping the Colour (17 giugno), la sfilata che celebra il compleanno della Regina.

Settembre è il mese dei festival, con un calendario ricco di eventi.

## MEMO

Da non perdere  
l'appuntamento con il tradizionale  
tè pomeridiano per le signore  
e la visita nella sigari-cognac room  
riservata ai signori.



Lefay Resort & Spa

## THE RIVIERA OF LEMONS

A SHRINE OF WELLNESS, PRESIDING OVER LAKE GARDA, AMONGST ROLLING HILLS AND NATURAL TERRACES, WOODLANDS AND OLIVE GROVES, IT'S THE IDEAL PLACE TO REDISCOVER YOUR INNER PEACE AND PHYSICAL WELLBEING.

Why –

IN 2016 LEFAY WAS AWARDED BEST LUXURY DESTINATION SPA IN THE WORLD. It is also the first Spa in Italy to receive certification for "Being an Organic and Ecological Spa of Excellence". This important recognition, on behalf of the French organization Ecocert, awards centers in which excellent service is accompanied by ecological awareness.

Where –

IN GARGNANO, a town located in the northern part of Garda, that has one of the most beautiful historic centers on the Lake.

Who –

THE VAST COMPLEX, THAT OCCUPIES OVER 3,800SQM, DEDICATES THREE SPECIAL AREAS TO WELLNESS. The Fire and Water Area contains pools, saunas, grottos and ponds; the Nature and Fitness Area incorporates a large gym and a hall for classes and activities; the Silence and Among the Stars: Trilogy in the Air area is composed of external spaces reserved for sports, wellbeing, and relaxation. At the heart of this center is the Lefay SPA Method, a unique approach that unites the principles behind Classical Chinese Medicine and Western science in order to offer a holistic approach to wellness. Among their signature treatments is the Lefay Natural Lifting, that revitalizes and rejuvenates the face through the use of acupuncture. This painless method reduces the signs of time and offers astonishing results.

The medical division offers consultations and Western medical treatments, natural remedies, physiotherapy, osteopathy, and à la carte personalized treatments: from massages, of both Western and Eastern traditions, to corrective aesthetic treatments and highly efficacious cures or sensual Eastern beauty rituals.

What –

BETWEEN TREATMENTS, you can stroll in the energetic and therapeutic garden (with five activity stations dedicated to re-balancing the body's physical wellbeing), sip a herbal infusion (containing 40 medicinal herbs), or simply enjoy the breathtaking view of Lake Garda. The restaurants in the resort offer local specialties: extra-virgin olive oil, citrus fruits, and herbs from nearby gardens for an invigorating, light cuisine that is truly, "food for the soul", both sustainable and locally sourced.

When –

ON LAKE GARDA, the climate is mild all year round. In spring and summer, the area comes to life with cultural events, concerts and shows, including the "Citrus Gardens" (in April), an event dedicated to Garda's extraordinary lemon orchards.

The Lanesborough Club & Spa

## LONDON CALLING

A REFINED RESIDENCE BUILT IN THE REGENCY STYLE, RIGHT IN THE HEART OF LONDON: AN AUTHENTIC LIFESTYLE CLUB WHERE YOU WILL FEEL RIGHT AT HOME.

Why –

THE LANESBOROUGH CLUB & SPA is the most exclusive wellness center in the city center, situated in a space measuring over 1,600sqm.

Where –

THE LANESBOROUGH CLUB & SPA IS LOCATED BETWEEN MAYFAIR AND BELGRAVIA, near the Knightsbridge tube station, just 700m. from Victoria Station, and a 15 car ride from London City Airport.

Who –

THEIR TWO SIGNATURE TREATMENTS: THE GOLDSILK FACE THERAPY BY ILA (a brand using exclusively natural active ingredients) and the Crystal Sound Healing. The first treatment is truly powerful (60 or 120mins.), created specifically to reduce the signs of aging. The ingredients used for this deep facial massage are gold and frankincense- a resin derived from trees in Ethiopia: the ingredients are combined with an ultrasound therapy to increase collagen levels in the skin and reduce cell



inflammation. The Crystal Sound Healing uses therapeutic oils and a specific massage technique, accompanied by the relaxing sounds of "singing" crystal spheres that generate vibrations to instill a sense of serenity and wellbeing (30mins.). Other exclusive treatments include the Lanesborough Lather – in which the body is lathered in soap and then massaged to release toxins – and the Absolute Facial. The spa also uses beauty products from La Prairie, a brand that combines avant-garde Swiss scientific research with precious rare ingredients such as caviar, gold, and platinum. Top facialist, Anastasia Achilleos, also offers here innovative treatments.

#### What –

A SPA DAY AT LANESBOROUGH IS GUARANTEED TO OFFER YOU INFINITE PLEASURE, starting out with breakfast, which can either be served in-room or at the restaurant, Céleste. The gourmande delights are created by French chefs Eric Frechon and Florian Favario (collectively, the two have been awarded 5 Michelin stars). You mustn't miss out on the traditional afternoon tea for the ladies or a visit to the cigar-cognac room, reserved for men. All guests receive top-level service that is fit for the Queen herself: in fact you will be assigned a personal butler, at your service 24-hours a day.

#### When –

STARTING IN APRIL, London is triumphant with fragrant flowers. Then, from June onward, some of the capital's most famous events take place, such as Trooping the Colour (June 17), a parade in celebration of the Queen. September is festival month, with a calendar that's rich with events.

Constance Tsarabanjina Hotel

## A PRIVATE ISLAND

CLEAR SKIES, CRYSTALLINE WATERS, WHITE SAND. CALL THEM, IF YOU LIKE, THE STUFF OF EMOTIONS... A FABULOUS RETREAT, SEDUCTIVE AND ENCHANTING, REMOVED FROM TIME, REMOVED FROM EVERYDAY LIFE.

#### Why –

"WHAT THE EYES HAVE SEEN, THE HEART CAN'T FORGET" These are the words of a Madagascan proverb that will invariably prove true, because Tsarabanjina – a wild island in the heart of the Indian Ocean, just a few kilometers off the coast of Madagascar – effortlessly seduces everyone whose eyes rest upon it. The power of its beauty and the primordial beat of the land are remarkably authentic and generous.

#### Where –

UNPARALLELED NATURE: THE SYMPHONY of colors and the strong contrasts of the landscape are breathtaking right from the first glance. Blinding white sand converges with lush green vegetation and turquoise seawater interspersed with ancient black boulders. From dusk to nightfall, the transformation is nothing short of spectacular: the sky becomes tinged with red, orange, or purple hues prior to unveiling a glistening carpet of stars that reflects in the water below, magically speckled with glowing plankton. Located off the north-eastern coast of Madagascar – roughly 40 miles from the port of Nosy Bé – Tsarabanjina is one of paradisiacal atolls of the Mitsio archipelago. The island is surrounded by beaches of blinding white sand, and is entirely encompassed by a coral reef. Here, the sun shines all year round.

#### Who –

WELLNESS IN THE OPEN AIR: WHY NOT TRY A MASSAGE WHILE GAZING AT THE SEA AND SKY? Indeed, the spa at Constance Tsarabanjina is a refuge of pure relaxation, nestled among the volcanic rocks, a secret and exclusive enclave, where you can get a regenerating massage while being lulled by the waves of the sea. The must-try treatment is the Signature – U Experience Spa Massage, that stimulates the five vital parts of the body and helps restore your skin, muscles, blood circulation, and lymphatic and nervous systems. The first step is to choose the massage oil, most popular is the relaxing and smoothing