

The EXPERT *Edit*

FIND

Your skincare
soulmate

EXERCISE

Can it make
you smarter?

DISCOVER

The Foundation
A-Listers Love

INSIDE

Alexander
McQueen's
London
Penthouse

*Spring
forward*

BEAUTY EXPERT



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Beauty Must-Haves

If you buy one thing this month...

Who says a healthy diet has to start with what you eat? A multi-vitamin for your complexion, this facial oil is brimming with replenishing, revitalising and protective plant oils that 'feed' your cells and restore dried-out skin. Packed with an array of anti-oxidant rich superfoods like Broccoli, Flax Seed and Daikon Radish, it's the perfect product for a healthy, radiant glow. Plus, the non-greasy formula absorbs into the skin with ease, making it an ideal for using under makeup.



ELEMIS

**SUPERFOOD
FACIAL OIL**

Nourishing face oil
Huile nourrissante pour le visage



VICHY IDEALIA PEELING

This potent face supplement transforms dull, lack-lustre skin into a complexion that is smooth and radiant.

CAUDALIE VINOPERFECT RADIANCE SERUM COMPLEXION CORRECTING

Both natural and effective, this anti-dark spot serum boosts radiance leaving skin glowing and youthful.



ELEMIS CELLULAR RECOVERY SKIN BLISS CAPSULES

These capsules contain pure Moringa Oil which dramatically renew the skin's elasticity and youthfulness.

DR BOTANICALS JAPANESE ORANGE FACIAL OIL

Containing high levels of vitamin A and C the product works hard to visibly even skin tone.



LANCER SKINCARE THE METHOD: BODY NOURISH

The nourishing treatment is packed with African moisturising agents, including marula oil, kigelia fruit extract and shea butter to hydrate and maintain the skin's moisture level.

Skincare Soulmate

*Enter spring the right way and discover
your ultimate serum pairing...*



BEST FOR: DRY

Omorovicza Oxygen Booster

This oxygen-rich water gel works hard to revitalise, replenish and hydrate lack-lustre skin. While its dose of Hyaluronic Acid locks in moisture and improves elasticity for a firmer, plumper appearance.



BEST FOR: OILY

Paula's Choice Skin Balancing Antioxidant Concentrate Serum with Retinal

This lightweight combination of antioxidants and cell-communicating ingredients help to protect, nourish and normalise the skin's function, whilst absorbing excess oil.



BEST FOR: AGEING

Sarah Chapman Skinesis Age Repair Serum

Containing a potent blend of active ingredients and peptides, this multi-targeted formula works with the skin's cells to plump and brighten. Expect glowing skin that looks younger, firmer and energised.



BEST FOR: ROSACEA

Ren Evercalm Anti-Redness Serum

This soothing serum is specially formulated to protect, replenish and improve the visibility of the skin tone. Its heavy dose of hyaluronic acid and milk proteins protect against environmental aggressors whilst reducing the appearance of hyper-pigmentation, fine lines and wrinkles.



BEST FOR: COMBINATION

Elizabeth Arden Prevage City Smart SPF 50 Hydrating Shield

This antioxidant-rich formula helps to maintain the health of adventurous skin by combining pollution and UV protection. The serum's anti-pollution technology creates a barrier to help prevent harmful toxins whilst its sheer tint creates a smooth, radiant appearance.



BEST FOR: DULL

Decleor Aromessence Excellence Serum

This 100% pure and natural new generation serum combines new Sol- Collagenine Complex with youth boosting essential oils. It works hard to combat dehydration whilst renewing the skin and reducing pigmentation, perfect for combatting the signs of dull, tired-looking skin.



Spring Resolutions

LA'S hottest beauty blogger, Rachel Anise, otherwise known as the Beauty Professor, uncovers her beauty hotlist...

"To refresh this season, I am looking forward to integrating new and innovative products into my routine whilst embracing current favourites."

@beautyprofessor



OMOROVICZA OXYGEN BOOSTER

"This release from the famed Hungarian skincare line is sublime. Designed to infuse skin with much-needed oxygen, it seamlessly blends into any existing skincare regimen, heightening the efficacy of all products involved."

LILAH B. VIRTUOUS VEIL CONCEALER & EYE PRIMER

"I have been very impressed with the lilah b. line as of late; focused on clean ingredients and chic minimalism, the products are versatile and multi-tasking wonders. In light of how much I love the powder foundation, I can't wait to work with this concealer!"



CHANTECAILLE MATTE CHIC LIQUID LIPSTICK IN SUZY

"One of my favourite nude lip colour shades to date, this creamy formula is massively hydrating while striking the perfect balance between beige and pink."

FOREO LUNA

"Harnessing the power of T-sonic technology, the silicone touch points of this clever device effortlessly clean skin without irritation; I will continue to use mine daily this season to keep my sensitive skin smooth and refined."



NUFACE

"Every time I use my NuFace, I note firmer, more lifted skin. This season I'm resolute about maintaining a more consistent schedule with this cutting-edge tool so I can reap the maximum benefits."

The

-List

FOUNDATION

Worn by the likes of Angelina Jolie, Rosie Huntington-Whitley and Halle Berry; our Beauty Editor, Amy Nicholson, delves in to why this oil-free foundation is becoming the base of choice among A-list makeup artists.

Finding a foundation to fit every occasion is a quest every woman should conquer. And who better to recommend than some of Hollywood's finest? Fast becoming the foundation of choice for makeup artists when working with the likes Angelina Jolie, Ann Hathaway and Halle Berry, the Chantecaille Future Skin Foundation is a hybrid between a gel and a cream. Made up of 60 percent charged water and seaweed, the ultra-lightweight foundation has a unique ability to transfer water into the skin without the use

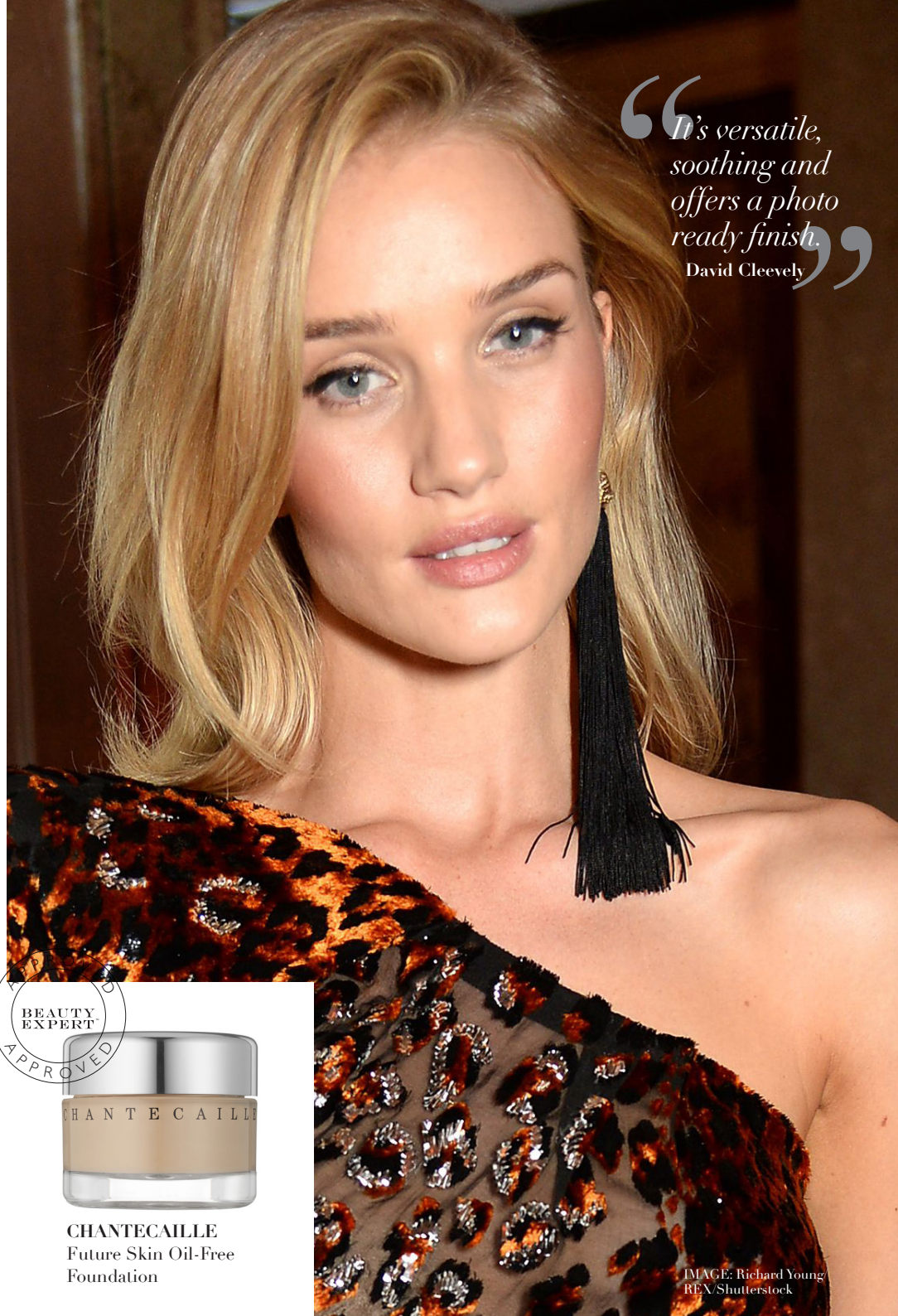
of oil. Its light-reflective circular pigments provide an adjustable coverage that helps to ease the appearance of flaws. Packed with moisturising ingredients such as Aloe Vera and Camellia Sinensis, as well as soothing properties such as Rosemary and Arnica flower which help to soothe the face, not only does it make for a flawless finish, it is actually good for your skin too. David Cleevely, brand trainer at Chantecaille, says: "It's versatile, soothing and offers a photo ready finish. It's dewy but with an innovative oil free finish and adjustable coverage. With a unique option of cool, balanced or warm colour tones, it makes for a perfectly matched foundation."

There's no denying that at first glance it looks like it's going to give you a majorly heavy finish. In the pot the texture looks thick, creamy and undoubtedly heavy but once you put it on to the skin it expertly melts away in to a medium veil of colour.



CHANTECAILLE
Future Skin Oil-Free
Foundation

"It's versatile, soothing and offers a photo ready finish."
David Cleevely



Available in 14 shades, the gel based formula gives an adaptable coverage from medium to full. The foundation's 60% charged water and seaweed element gives thirsty skin that instant boost of hydration, making it great for older skin that is in need of a moisture boost. "All skin types can use Future Skin. Sensitive skin is soothed, combination skin is balanced and dry skin is moisturised." Says David.

And the finish... it's radiant and satin. The skin looks airbrushed and flawless without having any of its natural colour washed out. Plus, the pot will last you a long time as you only need a small amount to achieve a flawless finish. If dewy skin is your thing then this is the foundation for you.

With an accolade of A-list fans. We've dug deep to find out who wears what shade...

Emmy Rossum:
Chamomile and Wheat

Halle Berry:
Banana, Suntan

January Jones:
Chamomile

Karina Smirnoff:
Chamomile

Kristen Stewart:
Vanilla

Krysten Ritter:
Ivory

Rosario Dawson:
Sand

Uma Thurman:
Sand

Maggie Gyllenhaal:
Shea

Rosie Huntington-Whitley:
Sand

IMAGE: Richard Young
REX/Shutterstock

THE WELLNESS HOTEL *Shanti Maurice, A Nira Resort, Mauritius*



Discover the destination
that has been especially
designed to rejuvenate
your sleeping pattern...

Looking for a spring getaway that will calm your soul? Discover your inner zen in the calm of one of the best beaches in Mauritius. Spread across 35 acres of tropical gardens and pristine white sands, Shanti Maurice's world-class Nira spa combines age-old regimes with

contemporary treatments that revitalise the senses.

From positive dietary changes to re-energizing exercises that help to lead a holistic lifestyle, the spa comprises 75,000 square feet of unsurpassed, restorative and rejuvenating perfection.

With a focus on wellness and wellbeing, the spa even boasts its own sleep re-treat. Recognising that insomnia is flourishing in high-pressure environments, the retreat has been designed to help guests reduce stress levels and overcome sleep disorders. Offering a five or seven-night programme,

guests are given a one-on-one wellness consultation to discuss their health concerns and sleep patterns before the spa's experts create a bespoke programme incorporating Ayurveda, Reiki (specialist stress reduction techniques) along with guided meditation, yoga practices and nutrition.

The Shanti Sleep Package starts from £2,750 for five nights or £3,660 for seven nights, based on one person staying in a Junior Ocean View Suite.

Visit: Shantimaurence.com for more.

5 TRAVEL ESSENTIALS

THIS WORKS
In Transit Spray
On Moisture



BALMAIN Hair
Revitalizing Mask

MAULI
Himalayan
Healing Salts



SHIFFA
Healing
Balm

OMOROVICZA
Thermal
Cleansing Balm



“Meditation is simply mindful breathing.”

Mandy Ingber

The Healthy

how to

Meditation

We've all heard of meditation. People have been doing it for thousands of years but it turns out it is majorly beneficial for both your health and wellbeing

Mandy Ingber, a celebrity fitness and wellness expert who boasts clients like Jennifer Aniston and Jennifer Lawrence, explains how taking 15 minutes out of your day to meditate lowers your cortisol levels, the stress hormone associated with increased weight gain and heart disease.

Mandy explains:

“Meditation is simply mindful breathing. When you're focusing on your breath and are breathing deeply, it lowers your stress levels, allowing you to let go of excess weight and see perspective.”

But it is not just your mind that can reap the benefits of meditation, it can be massively beneficial to your body too, lowering your heart rate, calming the nervous system and allowing you to stay clearer with your emotions.

“It allows you to separate your physical body from your thoughts and emotions and allows you to connect with the observer.” That's when you start to get more space from the events in your life that have happened and your actual real self “which is what makes you more calm and relaxed!” Being an ‘observer’ allows us to watch your own life like a movie, which in turn allows you to make choices on how we handle certain situations.

But how do we do it?

It all sounds great, but how do we actually go about the art of meditating? Mandy explains how...

Find a quiet space...

“All that you really need to do is find a place that you're not going to be interrupted. Sit on a chair with your feet on the ground, or you can sit cross legged, just make sure to keep your spine straight and your knees are slightly below your hips.

Set a timer...

“Set a timer for 15 minutes and just focus on the breath going in and out of your nose. If you find yourself thinking about something, just bring your awareness back to your breath.

Be present...

“A lot of us just live in our minds all the time, so what happens when you meditate is that you're trying to get present in your body so that the body relaxes.”

Create the ambience...



MIO SKINCARE
Liquid Yoga
Homeopathic
Space Spray



OMOROVICZA
Queen of
Hungary Mist

Aloe Vera

We investigate how this ‘wonder plant’ can dramatically reduce the signs of ageing

WHAT IS IT?

Aloe Vera, sometimes described as the ‘wonder plant’ is a succulent plant species of the genus Aloe. It grows in wild tropical climates around the world and is cultivated for both medicinal and agricultural purposes.

WHAT IS IT GOOD FOR?

Aloe Vera contains two hormones: Auxin and Gibberellins that are great for treating skin concerns such as acne and psoriasis.

Formulated with wound healing and anti-inflammatory properties, it can reduce skin inflammation, stimulate the growth of new cells and enhance the skin's natural healing processes. Extended use of Aloe Vera can result in benefits such as reduced signs of ageing in addition to treating wounds and burns, minor skin infections, cysts and diabetes. Formulated with powerful healing properties, it acts as a protective layer on the skin's surface; helping to replenish moisture and keep skin hydrated.

WHERE CAN I FIND IT?

Alpha H Balancing Cleanser with Aloe Vera.

This gentle cleanser softly hydrates the skin without stretching and drying it out. Rich in Aloe Vera and Vitamin E, the three-in-one product corrects the skin's PH whilst toning the skin and removing all traces of face and eye makeup.



ALPHA-H
Balancing Cleanser
with Aloe Vera

My Vitamins Aloe Vera Tablets

Each tablet provides 30mg of Aloe Vera extract that has been sourced from 6g of whole Aloe Vera plant – ideal for anyone looking to ease digestion and boost overall health.



Pixi Glow Tonic

This exfoliating toner has become a highly acclaimed product by editorial hotshots at the likes of Elle and Vogue. Most recently landing a spot on Vogue's “Eight Cult British Beauty Buys” list.

Want to know more about skincare ingredients?

[Check out our full glossary >](#)



my day, my way...



CEO of the innovative makeup brand Lilah B, Cheryl Yannotti Foland, talks hot yoga, morning meetings and Caramel Macchiatos...



5.30am
BREAKFAST

"I wake up between 5.30-6am everyday. First, I have coffee, peruse a few emails, then head out for a run with my husband and the pup. Then, it's time for more coffee and a multi-grain English muffin. I'm a creature of habit - it never changes!"



11.00am
MID-MORNING

"I spend most of my morning in various meetings with my team. I'm usually found in our conference room discussing the tasks of the day ahead." My mid-morning pick me up is the Lilah B Divine Duo lip & cheek in b. fearless. I never leave home without it!"



1.00pm
LUNCH

"Our offices are located right on the harbour in Sausalito, California so midday/lunch break will find me walking my Rhodesian Ridgeback pup along the water for a breath of fresh air. Every walk makes me so grateful to live and work in such a beautiful place. I have a chopped salad each day from our local organic market."



3.00pm
COFFEE

"I'm a bit of a coffee snob. Our local coffee roastery, Blue Bottle, is my favourite but when I'm feeling frivolous, I'll treat myself to a Caramel Macchiato (extra hot!)"



6.00pm
HOMETIME

"Depends on the day but I try to have balance and get home to cook and enjoy dinner with my husband. So, leaving the office by 6-6:30pm if I can."



7.00pm
WORKOUT

"If I have limited time or I am travelling, a quick 30-45 minute run in the morning is my preference. On the weekends, I'll hop on my road bike and enjoy 30-50 miles in Napa Valley where we have a home. I try to add Bikram yoga to the mix when I have the time. I've been in love with hot yoga since I lived in New York just out of university."



Can exercise make you smarter



Struggling to concentrate?
Can't seem to focus on the task
ahead? Neuropsychologist
Dr Karen Postal explains how
aerobic exercise is the answer...

We all know exercise can have a dramatic effect on our physical health, but what about our mental health? Dr Karen Postal, a neuropsychologist and clinical instructor at Harvard Medical School, talks about how the effects of physical exercise go far beyond the prevention of disease and obesity.

We all know the feeling, the 3pm slump at work that leaves you unable to concentrate. Well, according to Dr Postal it seems that the solution isn't heading to the coffee machine but to the gym. "Just 30 minutes of aerobic exercise can help encourage the growth of new brain cells, which in the long run can help make us more intelligent." So, it turns out it's no coincidence that high achieving women share the cardio habit.

Anyone who has ever tackled the stair climber has a pretty good idea of what is going on in your body when you break a sweat; but what about what's going on in your head? Well, the additional rush of blood around the body soaks brain cells in oxygen and glucose, which they need to function.

Dr Postal explains: "Every time humans engage in sweaty exercise three things happen. First, the frontal cortex is activated. This means the brain

cells in this region start firing better, faster and stronger." This part of the brain is responsible for so much of what we value in efficient workers, as whilst it helps us to focus and concentrate, it also contributes to the function of other areas of the brain which help us to organise, time manage and solve problems.

"After we exercise, our brains are able to think and concentrate better."

However, the effects of exercise aren't just immediate. "Exercise repairs our brains and triggers the birth of new brain cells in our memory centers, it also acts as a great insurance policy that our brains will be healthy for years to come."

Essentially, a pulse-pounding workout has a similar effect on the body as a cup of coffee. As your heart rate picks up, your circulation increases, your energy levels increase and your thinking becomes instantly clearer and sharper. Next, the brain releases a

chemical called BDNF – brain derived neurotrophic factor. Dr Postal explains: "This repairs our brain cells and helps to make connections that solidify new memories." When experienced regularly, all that extra rushing of blood to the head primes your brain to grow.

Although, the mental mojo that you get from cardio is not just limited to increasing your brain power, it also has the ability to reduce your stress levels and help you sleep better. "On a day when we exercise, it's easier to fall asleep and stay asleep all night. Chronic, low level sleep deprivation (for adult, 6.5 hours or less a night) leads to less activation in the frontal cortex and results in poor concentration." However, there's some bad news for those who love lifting weights as these effects are only created from aerobic exercise. "40 minutes to an hour a day is necessary create the effects. Running, jump roping, rowing, tennis, bike riding, essentially any exercise that will get the heart rate up will work."

So there you have it, if a few hours a week on the treadmill can help you to think quicker, make better decisions and climb the ladder at work, your sweat will have literally paid off.



The Beauty Chef

Carla Oates

A naturalist and author of bestselling book *Feed Your Skin*, Carla Oates preaches that organic skincare and food is best for both health and the environment. Otherwise known as The Beauty Chef, she has spent the last fifteen years mixing culinary with greenery.

On today's menu is a kale bowl with quinoa, fermented vegetables, wakame and avocado. "Fresh and nutritious, this flavour-packed dish features wakame, a great source of minerals that can be lacking in conventionally grown produce and that we need for healthy, glowing skin." Says Carla.

INGREDIENTS

½ cup (100g) quinoa, rinsed;
1 cup (250ml) water; 7g wakame;
1 tablespoon coconut oil;
1 onion, thinly sliced; 1 clove garlic, finely chopped; 2 bunches (approx. 800g) kale, stemmed and coarsely chopped;
2 teaspoons white sesame seeds, plus extra to serve; 2 teaspoons black sesame seeds, plus extra to serve; ½ teaspoon chilli flakes;
1½ cups (230g) sweet and sour fermented vegetables; 1 avocado, halved, stone removed and flesh sliced lengthways; ½ cup (75g) raw cashews, roasted and coarsely chopped; Tahini sauce; ¼ cup (60ml) freshly squeezed lemon juice; ¼ cup (60g) tahini; 1 tablespoon extra-virgin olive oil; 2cm knob of ginger, peeled and finely grated; 3 teaspoons tamari; 2 teaspoons raw honey; 1 teaspoon sesame oil

METHOD

Step 1

Place the quinoa and water in a medium saucepan and bring to the boil. Cover and decrease the heat to low and gently simmer for 15 minutes, or until almost all of the water has been absorbed and holes appear on the surface. Keep covered and remove from the heat to finish cooking for a further 5 minutes, or until tails have sprouted and all of the water has been absorbed. Keep warm.

Step 2

Meanwhile, soak the wakame in cold water for 5 minutes, or until rehydrated. Drain and squeeze out excess water. Slice into strips. Set aside.

Step 3

To prepare the sauce, place all of the ingredients in a jar and seal with a lid. Shake vigorously to combine.

Step 4

Heat the coconut oil in a large frying pan or wok over low-medium heat. Cook the onion and garlic, until softened. Add the kale and cook, stirring occasionally, for 4-5 minutes, until wilted. Add the sesame seeds and chilli flakes and toss to combine.

Step 5

To serve, arrange the kale, quinoa, wakame, fermented vegetables and avocado into serving bowls. Drizzle with the tahini sauce and scatter with roasted cashews and extra sesame seeds.

Shop the ingredient...



ANTIPODES
Avocado Pear
Nourishing
Night Cream

SKIN AUTHORITY
Beauty Infusion™
Quinoa & Avocado
for Hydrating



CRABTREE & EVELYN
Avocado,
Basil & Olive
Revitalising
Bath &
Shower Gel



Inside Alexander McQueen's London Penthouse

He was known for his decadent styles and flamboyant runway shows, so it comes as no surprise that Alexander McQueen's former home is filled with a plethora of theatrical features. Situated in no other than Mayfair, the fashion designer's former penthouse boasts a stunning roof garden, a vast dining room opening up to a terrace and a 'fashion catwalk' complete with mirrors and photographs of the designer's most famous shows. Built in 1897 as a townhouse, the property boasts an accolade of impressive previous tenants including; His Highness Alexander Mountbatten, the grandson of Queen Victoria, and the author P.G. Wodehouse.

The £8.5m property has been recently renovated by international design house Paul Davies of London, who spent 16 months transforming the penthouse in to an art-deco heaven in homage to the acclaimed designer, who died in 2010, having bought the property the year before.

Among the properties most impressive features include a spiral staircase linking the luxurious bedroom suites to the lower floors, along with a bespoke kitchen which boasts a central island breakfast bar, chandelier and wine chiller.

To the side of the kitchen is a spacious 10-seat dining area with three sets of French doors opening onto an outside terrace that spans the façade of the penthouse.

Capturing the flair of McQueen, the look fuses the Art Deco and contemporary, delivering a definitive style-guide to modern Mayfair living. Paul Davies, founding director of Paul Davies of London said: "Providing homage to Alexander McQueen this luxurious penthouse delivers the very best in contemporary Mayfair living."

In true fashion designer style, the penthouse's interior includes chairs by non-other than Dolce and Gabbana, bespoke crystal chandeliers, mink fur throws and silk rugs by Front. The youngest of six children, the influential designer was most famous for his work as the chief designer at Givenchy before birthing his self-titled label in 2004.

"This luxurious penthouse delivers the very best in contemporary Mayfair living."



From left to right clockwise; master bedroom; roof terrace; living room; kitchen.

Alexander
McQueen's

The
EXPERT
Edit

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