

COUNTRY & TOWN HOUSE

A LIFE IN BALANCE

JUL / AUG 2024 £5.99

Guest edited by
**ARIZONA
MUSE**

**FLOWER
GIRL**
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*Nature
Connection*

WHY THE EARTH IS OUR GREATEST TEACHER

HOTELS & TRAVEL



Planet Hope

Twelve new destinations that are helping to restore the natural world in their own way – and you can stay there, too



⌘ SCANDI SPA

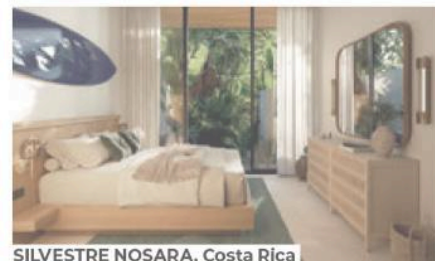
When all you want to do is escape and disconnect, there's really nothing better than immersing yourself in the tranquillity of nature. For its latest offering, travel specialists Off the Map has teamed up with Sunnanhead, a newly renovated barn deep within the Swedish countryside about four hours north of Stockholm, for a private four-night retreat. Daily activities include sunrise yoga sessions, hikes through the woods and meditative canoes on secluded lakes. However it's the final day's underground sauna experience that really sets this trip apart. Located 80m below the ground, alternate sweating it out in the sauna with refreshing dips in the turquoise-blue underground Aurora Lakes before indulging in lunch, made by your personal chef who creates regional dishes throughout your stay. £9,999pp for four nights. offthemap.travel



⌘ SHOP 'TIL YOU FLOP

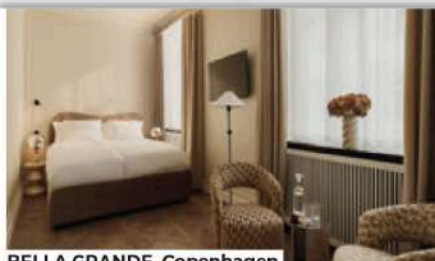
In celebration of its 35th anniversary, Aman Resorts has teamed up with Johannesburg-based architecture and design firm Luxury Frontiers to create Aman Cabana, a mobile immersive retail concept. First arriving at Aman Puri in Phuket, Thailand, the pop-up boutique takes the form of a sustainably designed modular tent and will sell a new collection of Aman Essentials – the brand's collection of luxury skincare, fragrances and accessories – alongside exclusive offerings like the limited edition luggage pieces in collaboration with Globe-Trotter. Clean-lined, simple and elegant – the tent was manufactured off site and can be easily and quickly assembled and will appear in various Aman locations across the globe. aman.com

FIVE HOT NEW OPENINGS



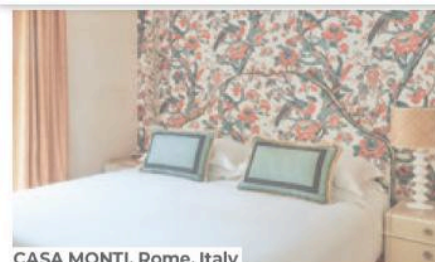
SILVESTRE NOSARA, Costa Rica

A luxury surf hotel and school with nine residences, including a four-bed penthouse, rooftop lounge, and restaurant. \$960 per night. silvestre.cr



BELLA GRANDE, Copenhagen

Hosting illustrious guests since 1377, this hotel now features modern interiors, and Donna, its Italian restaurant. £171 per night. hotellbellagrande.com



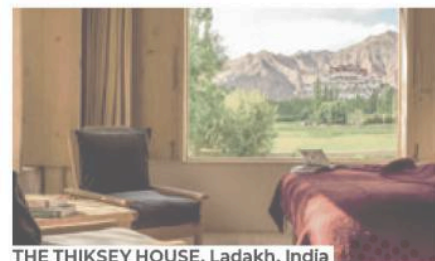
CASA MONTI, Rome, Italy

Paying tribute to Rome's charming Rione Monti area, with 36 guestrooms, a restaurant, aperitivo bar and spa. €350 B&B. casamontiroma.com



ROYAL MANSOUR CASABLANCA, Morocco

One of Casablanca's legendary landmarks has been reborn, with 149 rooms and four restaurants. From £436 B&B. royalmansour.com



THE THIKSEY HOUSE, Ladakh, India

With yoga and a private chef, this is the ideal base for exploring north India's highest plateau. \$7175 for two for seven nights. shaktihimalaya.com

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