

CARRIER

THE PAPER

04

CARRIER.CO.UK

YOUR CURATED GUIDE TO MEANINGFUL LUXURY EXPERIENCES

SLEEP SOUNDLY

Recharge and reboot

Seven inspiring and effective ways to catch up on those little zeds

CHANGE OF PACE

Swap cities for sacred blessings

Embrace slow living for a clearer and more positive outlook

TAPESTRY OF LIFE

Connect with Croatia

Discover a new facet of culture with local artists and craftspeople

BEWITCHED BY BAJA

Excitement, adventure and thrills

Stimulate your mind and challenge yourself on the Mexican peninsula





A little human connection goes along way.

We are social beings, our need to connect is fundamental to our wellbeing. As technology and touchless travel advances, so has the need for human connection; forming bonds, building trust, feeling special - travel is human by nature, make it human by choice.

Experience meaningful personal contact.

CARRIER

Welcome to CARRIER, The Paper

This year has seen unprecedented change. The world we knew has changed rapidly and it has affected us all in many different ways. Amid this chaos, it's never been more important to focus on what we hold dear – loved ones, shared moments, new journeys. There is still a place for travel in our lives, whether that's right on our doorstep or a little further afield. Travel allows us to treasure life's ephemeral nature and channel energy into nurturing a healthier, happier and calmer version of ourselves.

Wellbeing means different things to different people; for you, it could be discovering ways to improve your sleep in the clean air and quiet surrounds of Andalusia (p.20), because after all, nothing else matters if you're not recharging properly. Equally, it may be about the human element: learning kindness, compassion and empathy through people, such as Cretan families who will welcome you with age-old secrets (p.18). Or, it might be about taking time to slow down and embrace a change of pace for a clearer mind and a positive outlook in the sacred temples of Bali (p.24).

What all these experiences have in common is that they have been lovingly curated with expert insight from our specialists, practitioners and locals. They can help you find ways to travel safely and securely, but continue to ignite real long-term transformation. Together we can support you to embark on a healing journey for mind, body and soul – at a time when you need it most.

CARRIER.CO.UK

0161 826 2753

[f @carrierluxuryholidays](#) [@carrierluxuryholidays](#) [@carrierluxuryholidays](#) [enquiry@carrier.co.uk](#)

Please note that some of the activities within Carrier, The Paper may be subject to change following Coronavirus recommendations.

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Luxury London Media
One Canada Square
Canary Wharf, London, E14 5AX
United Kingdom
t: +44 (0) 20 7537 6565
e: info@luxurylondon.co.uk
www.luxurylondon.co.uk

Editorial Director: Hannah Lemon
Creative Director: Charlotte Haworth
Commercial Director: Rachel Gilfillan
Production Manager: Alice Ford
General Manager: Fiona Smith
Managing Director: Eren Ellwood

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TUMI

AN EVOLUTION IN TRAVEL

VISIT TUMI.COM



“Our job is not to convince anyone to travel if they’re not ready; we’re here to advise you expertly and honestly.”

and sincerity that ours guided us expertly through this crisis. Our team of almost 100 didn’t just cope with significant change and never-ending operational challenges, they were also empowered to deliver truly bespoke solutions to clients. That can only happen at scale with the right culture. I feel that right now the team could withstand anything that is thrown their way.

At a time like this good tech, a genuinely supportive company culture and a senior team that works openly are key. We regularly ask the staff how we’re doing through an accredited independent survey and we achieved our best ever results mid-crisis. It’s only through keeping staff engaged, well-informed and empowered that we can deliver the service expected of a luxury brand.

Our job is not to convince anyone to travel if they’re not ready; we’re here to advise you expertly and honestly. Flexibility, safety and financial security are more critical than ever. We have had clients successfully travelling again since June, to all corners of the world, nimbly navigating new protocols to make it a seamless experience from start to finish. My advice? When you’re ready to think about travelling again, talk to us.

Like many of you, in recent years I have been increasingly looking for more meaning from my trips and that has largely focused on physical health, exercise and nutrition. Lockdown has made me think much deeper and now I find myself a paid-up member of The School of Life, exploring all aspects of my emotional intelligence and analysing my natural skills and relationships.

All of that said, by August my wellbeing needs were incredibly simple: a break away from work and the same four walls. I cannot tell you how much a simple week’s break in Lake Como – the scenery, the culture, the sunshine, the gastronomy – energised me, reignited my passion for travel and gave me the boost I needed to throw myself back into the fray for the second half of this year.

As I remind my team regularly, travel will return and bring joy again. Furthermore, I’m convinced it will come back better than ever – more meaningful, more thoughtful, more human. We’ve learnt a lot during this crisis and it will make us better travellers too.



Better times ahead

A letter from Mark Duguid,
Managing Director of
Carrier

The travel and hospitality sectors have been some of the worst hit industries during this Covid pandemic. The impact on travel was swift and harsh, with most businesses operating since March without any real revenues and suppressed demand inevitable for the foreseeable future.

At Carrier – if it’s possible to have one – we’ve had a ‘good crisis’. Operationally, we coped exceptionally well; our financial stability is assured and our customer-centric refunds policy was even recognised by *Which?* I think it’s fair to say that our reputation is stronger than ever and that bodes well for the future rebound.

Many organisations talk about their mission and values, but I can say with absolute clarity

In times of crisis, a good chat means the world

When we find ourselves isolated from the world around us, nothing means more than human interaction. While everyone has had to adapt and change in different ways, we've been unified in learning the importance of each other, from a friendly call to cherished moments together. We revisit the past few months of the pandemic to look at how these human moments have shaped us.

Words: Hannah Lemon

We are social beings, our need to connect is as fundamental as our need for food and water – even more so during a crisis. But over the past few months many of us have experienced isolation and weeks of no human contact. In a way, this has brought us all together. Every one of us has felt the isolation of the same four walls, the flat haze of computer screens that have come to replace face-to-face conversations, and the heart-breaking separation from loved ones.

People lost the freedom to travel, and thus, the freedom to see the people and places they cherish most. But it also lifted the curtain on how we could help each other through darker times.

A HUMAN RESPONSE

The travel industry is centred around real people's lives. For many reputable tour operators and travel agents it's an industry united by the value that humans bring. When the pandemic broke out, some travellers found themselves abroad with restrictions being put in place and flights home being disrupted. Others had their once-in-a-lifetime holiday, planned years in advance, now suddenly cancelled. Our core focus throughout all of this was to deliver the human connection people crave and need most during a crisis.

We were at the end of a phone to offer words of advice and reassurance, anticipating announcements and changes to ensure clients were taken care of before they'd even woken up to the news. Through deep connections and personal relationships with our suppliers, those once-in-a-lifetime trips were moved to new dates at no charge or additional cost. Yes, this was complex. Yes, it was challenging and difficult. But for us, this is also business as usual. Doing the right thing and responding with empathy, support and generosity are principles embedded in our culture; and we discovered how invaluable this is during a time of uncertainty and anxiousness.

HEART TO HEART

As has been apparent over the past few months, loneliness has gripped the nation but at the same time, it has opened up amazing opportunities for renewing human connections. Families have taken more time to speak to each other, offices have been united across Zoom, friends from around the world have started talking to each other. While the separation has been hard for everyone, it's also

highlighted how conversation can boost our mental health. Talking stimulates our emotions, relieves us of worries, and helps us journey through difficult situations.

Our team at Carrier have always thrived on inspiring conversation. Discovering your passions, interests, and what makes you tick to find that perfect experience is all about human connection. So when some of our employees joined the furlough scheme, their resourcefulness, creativity and strong sense of community led them to a new partnership with Re-engage. Re-engage is a charity that relies on volunteers to be call companions for those aged over 75 who are lonely and isolated. As a result of lockdown and self-isolation, the charity was overwhelmed with people who needed their support as well as people who wanted to volunteer.

Not only did our team find new purpose in their conversational expertise but they were also able to assist with the recruitment process of volunteers. Out of a crisis came something wonderful; we were able to help forge life-enhancing connections for people and build new relationships across the country that added moments of joy and happiness to lives that were struggling. Simply talking can help us support each other and shed light in places that might have been a little bit darker if we'd not had the time to stop and think.

ONWARDS AND UPWARDS

The good news is that the challenges of profound disruption and uncertainty also present an opportunity to re-think how we travel. Now is the time to reimagine how we can experience the joy holidays bring, even as it fluctuates and remains volatile.

As we all re-join the world, let's take with us this compassionate approach. Let's make a clear choice to fully engage with people and immerse ourselves in local life when we visit new destinations and communities. Take the time to listen to people's stories, learn from their experiences and indulge in more fulfilling conversations. Turn off your phone and ask questions to the people that live and breathe the local culture, who know ancient fishing traditions, can share the best views of their town, or unlock the door to hidden spaces.

Now is not the time to stand still. It's the time to learn, reflect and look positively to the future. We may find ourselves on a different path, but we can walk it together.



The future of travel is one that's human

Times of uncertainty have brought about a new kind of travel – travel that values the best about our planet and the people within it.

Words: *Hannah Lemon*

As we slowly wake up to the “new normal” of the world around us, hotels are pulling back curtains, opening their doors and welcoming visitors again. There’s no denying that it all looks a bit different now, and a bit more complex.

We’ve found ourselves in a world that’s hyperconnected to information and data, yet disconnected from each other and ourselves. There’s never been a greater need to feel immersed in nature; to find time away from the four walls of your home and embrace a different scenery. New experiences await, without digital distraction and with the people you’ve missed most. It’s not just a pandemic, but also technology that has the power to isolate us. Now is the time to reclaim the humanity we’ve lost along the way.

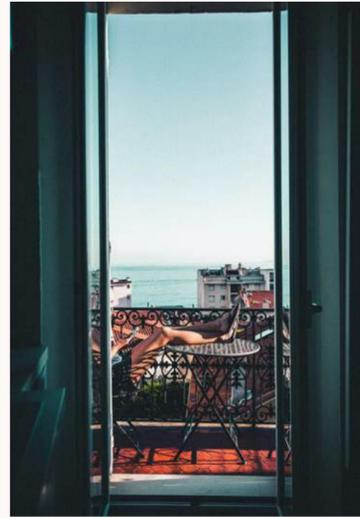
Now more than ever, travel must have meaning, more depth than just simply its landscape. Embarking on journeys outside of our home enhances our world-view, challenges our perspectives, and provides endless sensations and enjoyment along the way. For us, travel has always been about real-world interaction. It’s about connecting: communities, individuals, and perhaps most importantly, with ourselves. If the pandemic has taught us anything, it’s that we must look forward, but also learn what we’ve lost along the way.

A MESSAGE FROM THE PAST

Looking back at a bygone era, when the road really was less travelled, there are lessons to be learnt. One book comes to mind of Roald Dahl’s travels as a youth in *Boy* when he starts a new life in Africa. This was a time when there was virtually no air travel; when a trip to Kenya meant two weeks by boat; when adventure was as much part of travelling as the destination. “These were distant and magic lands and nobody went to them just for a holiday,” writes Dahl. “Nowadays you can go anywhere in the world in a few hours and nothing is fabulous anymore.”

There’s no doubt technology has opened up the opportunity to see cultures, regions and environments that we would never otherwise have seen. With this speed and convenience comes a double-edged sword. You can now travel from London to Singapore without speaking to a single human being. And you can book airline tickets at the click of a button without talking to someone who really knows the country. We’ve made life easier and faster, but what for? Are we really living it?

It’s important we don’t forget the deeper connection found through slow travel. A slow paddle in a mokoro canoe through the Okavango Delta, with no phone reception, just wilderness and wildlife. The iconic view of Rome



when you ditch public transport for a 10k running tour with an ex-Olympian. Filling the lungs with clean, fresh air, clearing the mind of stress, and driving forward anew with positivity. Every moment our foot lands on new soil should be treasured.

Revisiting the past has also taught us the true value of human interaction. Nothing beats a conversation with a stranger and finding shared experiences with people you wouldn’t meet in your everyday life. In fact, research shows that moving beyond your social comfort zone helps to build a strong sense of self. Embarking on a safari with an all-female guiding team, for example, can empower other women to achieve beyond society’s expectations. Or attending a festival with a local who has access to private cultural traditions can broaden your horizons with new knowledge.

You won’t find these deeply human experiences from a quick Google search – these are experiences of the heart, of passion and emotion that you will treasure more than any souvenir.

HUMANITY AT THE CENTRE

From the anticipation of a new trip, to the moment you feel the sand between your toes, so many people from behind the scenes help you on a journey. They are the people to support you through uncertainty or last-minute changes. Free yourself of planning responsibilities and trust the experts who can get you the best results. With their skill comes resourcefulness, creativity, empathy, honesty and flexibility – that’s why the future of travel is one that’s human.

As entry requirements, airport procedures and resort closures become more intricate, it’s likely you’re going to need more help and expertise than ever before to guide you. Travel corridors and social distancing may provide obstacles for some, but through human ingenuity, deep personal relationships and a culture driven by how we make people feel, the people at Carrier can find private, safer options that are full of stimulating experiences and meaningful connections.

TRAVEL WITH PURPOSE

The world needs change just as much as you. There are places that rely heavily on tourism to support ecosystems and cultures. Critically endangered species in Cambodia have been threatened by poachers and areas of Africa have seen an increase in illegal hunting due to a lack of visitors to the region. Choose places that are focused on putting your money into the community to protect local livelihoods, and get hands-on with exciting initiatives that immerse you in rich traditions. Travel brings with it an opportunity to give back to others, whilst providing a sense of purpose, happiness, confidence, and contentment. It could be just the wellbeing fix we all need.

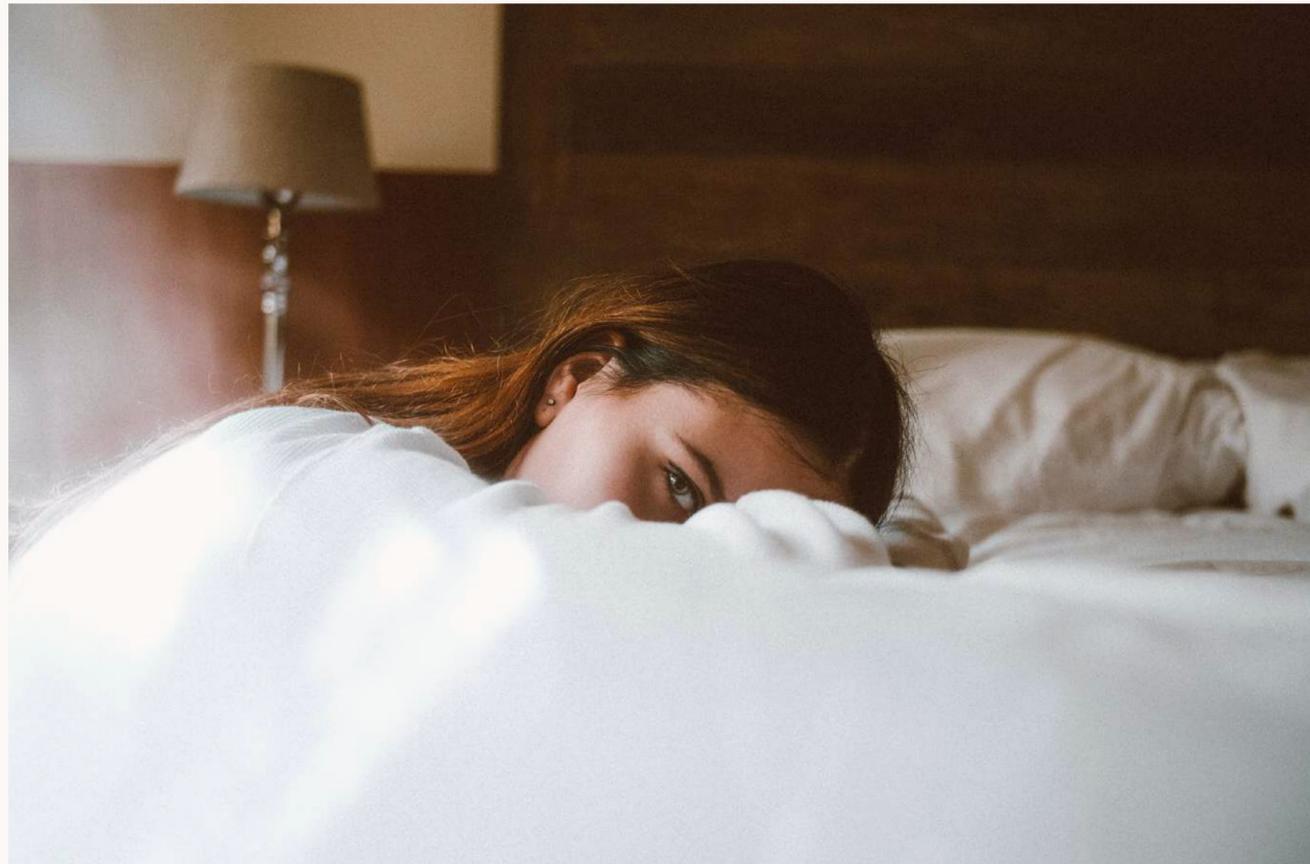
FIND YOUR HAPPY PLACE

One of the most important things we’ve learnt over the past few months, is that we should look after ourselves. Many of us spent time focusing on our physical and mental health. Joe Wicks had every person from great-grandmas to toddlers exercising in their living rooms and Captain Tom proved that 100 wasn’t an age at which to slow down. And at the peak of lockdown, people came to appreciate the incredible value of outside space and the freedom of travel; the feeling of being in wide open paddy fields in Sri Lanka, or in the cool mountains of St Moritz. The opportunity to find thrills, adventure, calm, and serenity through a hike, an extreme sport or meditation can give us all a renewed and invigorated approach to our health. Not only does it have healing, powerful effects on the body and mind, it opens our eyes to some of the most inspiring views this planet has to offer.

Think of the person you’ve missed most through all of this. Think of the landscapes you would love to immerse yourself in. Think of the healing therapies that can nurture your soul. When you’re ready, we can help plan your purpose. Expert insight, compassion and honesty will help shape your views and decisions, and make your next trip more meaningful and more pleasurable.

Luxury selection

WHAT TO LOVE AND WHERE TO BE RIGHT NOW



The Suitcase Essential

SLEEPING IN SILK

A pleasant slumber doesn't have to be a distant dream

Known for her sensual silk pyjamas, Olivia von Halle has made loungewear suitable for the most glamorous soirées. Forget baggy old T-shirts and crumpled plaid bottoms, her twinsets can make you look and feel a million dollars, even if you're about to curl up into a duvet. To add to the look and enhance your next 40 winks, pack a silk eye mask that is soft on your skin.



Olivia von Halle eye masks, £75, oliviavonhalle.com

Point of View

THE CAMERA

Behind the lens of professional photographer
Steve McCurry

Top: Steve McCurry, Quanzhou, China, 2019
Bottom: Nanjing, China, 2019

WHAT HAS BEEN THE MOST MEMORABLE DESTINATION OF YOUR CAREER SO FAR?

I travelled to Antarctica for the first time in December. Visually, it's rich, yet monochromatic and minimalist at the same time. I'm so used to tropical countries and shooting in places where a lot is going on, so photographically it was a different approach. There's water and there's ice; no real vegetation to speak of. The continual spectacle from the deck of the passing snow-covered mountain ranges is breathtaking. The penguins, in particular, are very entertaining; there's a comic element to the way they behave and toddle along. The elephant seals were fascinating; they are such enormous creatures with big beautiful eyes and wonderful expressions so full of emotion. To be able to walk around in such close proximity to these animals is a privilege.

WHEN YOU PREPARE FOR A TRIP WHAT DO YOU ALWAYS TAKE WITH YOU?

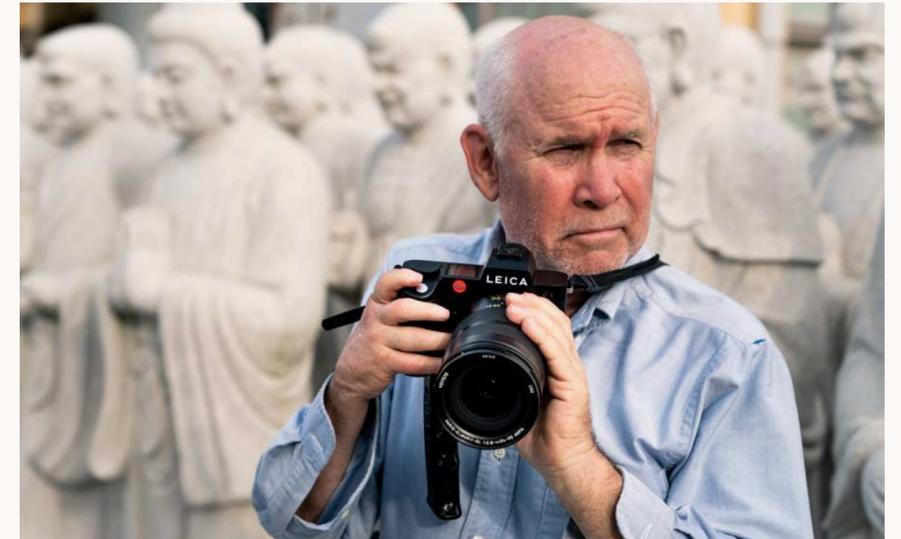
I have a minimalist approach towards travel. Apart from my clothes, a couple of hats, a good pair of walking shoes, vitamins, and a couple of books, I don't need much. I take extra cables for my laptop, cellphone, and camera charger. Other than that, my camera and one or two lenses are all I need.

WHAT SHOULD PEOPLE KEEP IN MIND WHEN TAKING A PHOTOGRAPH?

The most important part of ethical photography is to show the truth, avoid stereotypes, and to document and preserve the integrity of the people and the situation. Always treat people with respect and be informed about their cultural customs, such as removing your shoes before entering someone's home or dressing in a particular way.

HOW DOES TRAVEL MAKE YOU FEEL?

I love exploring and meeting people with another point of view. It's fascinating how we often do things in a



very different way, yet there is always our shared human commonality.

THESE PICTURES FROM YOUR TRIP TO CHINA WERE CAPTURED ON THE LEICA SL2. WHAT IS SO UNIQUE ABOUT THIS CAMERA?

I tried many cameras and decided to adopt the SL system for several reasons that were immediately evident. First of all, the EVF screen is very bright, large, and of exceptional quality. This was the only mirrorless camera that when I put my eye to the viewfinder, it looked right and felt right. Second, the quality of the optics. On this, I had no doubts, but personally testing the files allowed me to understand its full potential. And finally, the camera usability. After a few days of use, the feeling with the Leica SL2 was exceptional. leica-camera.com

The Art Edit

ARTEMISIA UNCOVERED The most famous female painter of the 17th century comes to life

It is well known how art can move people – through awe and wonder or sometimes to tears. The National Gallery's upcoming exhibition on Artemisia Gentileschi is likely to do just that. For the first time in the UK,

around 30 paintings and a collection of personal letters will document the groundbreaking nature of the Italian Baroque artist's career, which spanned more than 40 years. From the darker side of her life, to her wit, passion and resilience, discover Artemisia's talent, temperament and dramatic style. 3 October 2020 – 24 January 2021



Corisca and the Satyr, Artemisia Gentileschi, c.1635-7, private collection, Italy, ©photo courtesy of the owner



The Grooming Edit

FIX UP, LOOK SHARP

Travel-size clean fragrances from Floris London

Founded in 1730, the family-run business Floris London has been producing the finest perfumes for nearly three centuries. Generations of successful luminaries have stopped by the shop that still stands on Jermyn Street where it first opened. Ian Fleming's James Bond, no less, could not fight villains without a splash of Floris No. 89. This fragrance has been transformed into a shaving cream, moisturiser and aftershave balm with natural extracts of aloe vera and camomile to help soothe and condition the skin. It'll leave you feeling revitalised, refreshed and ready to take on your next mission.

florislondon.com

The Insider

PLAY IT SMART

The wellbeing world's tech revolution

As we try to live our lives in the most fulfilling ways, technology companies are creating designs to support our health-focused routines. These latest gadgets will deliver uplifting music to your ears and suss out the closest gym.

The earphones

The new Powerbeats Pro earphones are designed to enhance the sound quality of your favourite power ballad or meditation podcast. They sit snugly in the ear thanks to four different sized ear tips and a redesigned, adjustable earhook keeps them in place. When you answer calls, any background noise will be filtered out, so you can confidently talk in any place at any time. Pop the buds back in their case and they'll start charging automatically.



Powerbeats Pro, £219.95, apple.com

The smart watch

Fitbit's Versa 2 includes its first on-device microphone so you can activate alarms and timers, check local weather, control your smart home devices or even find the nearest yoga studio through voice commands. You can also ask it to wake you at the lightest time of your sleep cycle, so you start the day feeling more refreshed.



Versa 2, £199.99, fitbit.com



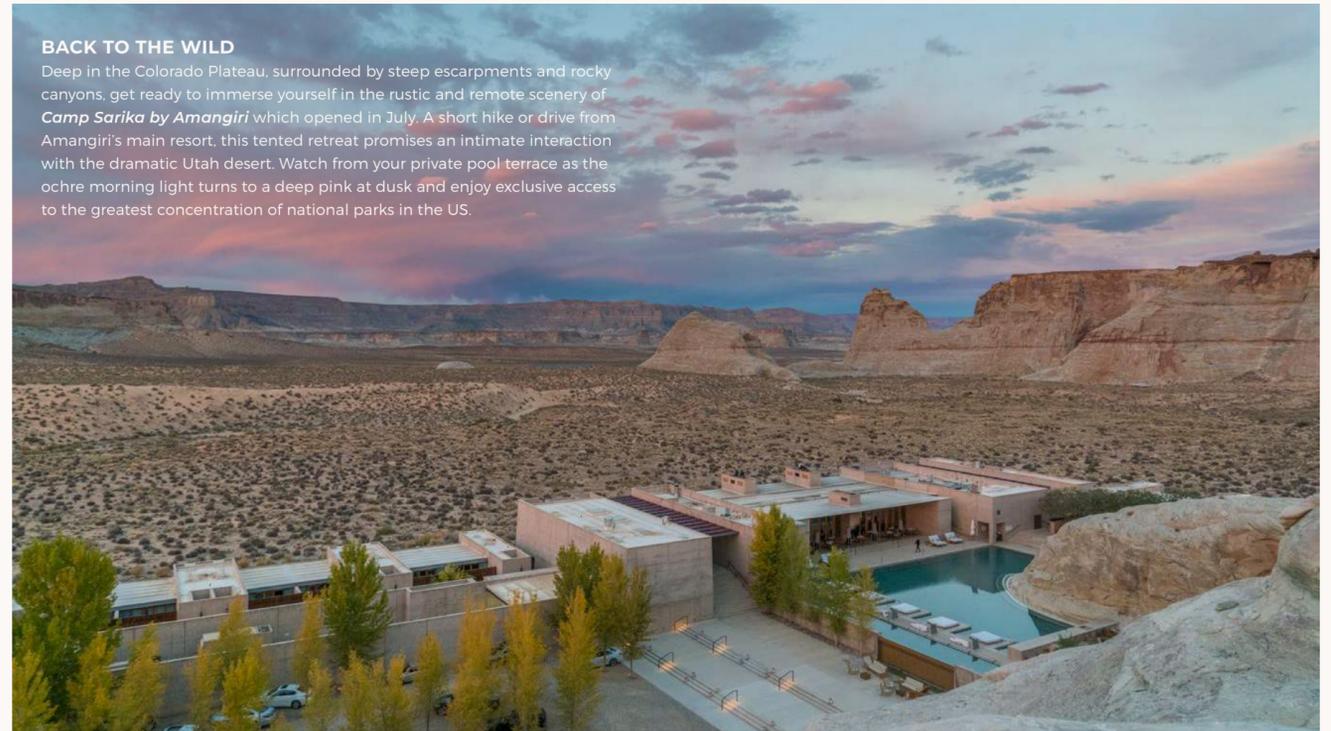
The trainers

The Swiss company On is the fastest growing trainer brand on the planet with designs that encourage us to explore cities on foot. The patented hollow pods on the sole of its Cloud Hi shoe stretch on impact for soft landings and lock together for a powerful push off, so you can bounce down the Spanish Steps in Rome or pace up steep stairs to Montmartre with ease.

Cloud Hi, £150, on-running.com

BACK TO THE WILD

Deep in the Colorado Plateau, surrounded by steep escarpments and rocky canyons, get ready to immerse yourself in the rustic and remote scenery of *Camp Sarika by Amangiri* which opened in July. A short hike or drive from Amangiri's main resort, this tented retreat promises an intimate interaction with the dramatic Utah desert. Watch from your private pool terrace as the ochre morning light turns to a deep pink at dusk and enjoy exclusive access to the greatest concentration of national parks in the US.



HOLIDAY ROMANCE

The colourful port city of Palermo will welcome *Villa Igiea*, a new *Rocco Forte Hotel* in 2021. The statuesque building, surrounded by palms and overlooking the marina, will blend period features with contemporary design to offer you the best of both worlds. In the restaurant, fresh seafood and local produce is being reimaged into traditional recipes with a twist. Elsewhere you can indulge in the romance of gold-stone palazzos, Baroque palaces and stately cathedrals, which are all just a stone's throw away.



A FRESH FACE

Porto Sani debuted with a fresh new look when their doors opened in July this year. Check into the *Sani Suite Collection* in Greece, where your personal concierge will be on-hand to arrange unique excursions, reserve a private beach area or book you into one of the resort's 22 restaurants and bars. Alternatively, test your mettle at the Rafa Nadal Tennis Centre set up by the Grand-Slam professional or embark on a family adventure at the Bear Grylls Survival Academy in the wilderness.

The News Flash
TRAVEL UPDATES
Exercise, sleep, breathe, relax and repeat



TAILORED TO YOU

New for 2020, *Oceania Cruises'* new *Aquamar Spa + Vitality Centre* on board every ship embraces the concept of personal renewal through curated therapies, down to acupuncture sessions for effective pain management and restorative Himalayan salt stone massages to diffuse negative energy. When your foot touches dry land the bespoke treatments continue, whether you enjoy yoga amongst Chilean vines or discover apitherapy in Seville, which harnesses the benefits of honeybee products.



WORK HARD, REST HARD

We understand how a bad night can dramatically effect your day, which is why we are now working with *Equinox Hotel Hudson Yards* in New York to ensure you never have to worry about lack of sleep again. Rooms and suites with total sound-proofing, black-out blinds and sheets made from temperature-regulating fibres are just the start of it. You can also work with a Sleep Coach, from Equinox's most elite training programme, to evaluate and improve your sleep habits during your stay with life-changing results.



FIVE TIPS FROM BRITISH AIRWAYS FOR A SAFER JOURNEY

1. PREPARE FOR TRAVEL
Don't travel if you're experiencing Covid-19 symptoms and make sure to check public health guidance before you come to the airport.

2. WEAR A MASK
You'll need to wear a face mask at all times in the airport and on the plane.

3. EAT WELL
We're still offering in-flight food, but we've changed our service to reduce physical contact with our crew and look out for everyone.

4. STAY SAFE ON BOARD
Every key surface is disinfected after each flight and we offer personal protection packs containing an antibacterial wipe and hand sanitiser gel.

5. BREATHE EASY
Cabin air is treated at hospital operating theatre standards and is completely replaced every 2 to 3 minutes.

Carrier is proud to be one of a handful of travel companies across the UK to have achieved British Airways Preferred Partner status. Our long-established relationship allows Carrier priority to the latest news as well as access to highly competitive fares across the British Airways network.



Clockwise from top right: The new on-board menu; First Class lounge at Gatwick; The Elemis Spa at Heathrow; First Class Lounge at Heathrow designed by Kelly Hoppen; First Class cabin bed

need to feel reenergised in the Elemis Travel Spa. Book in a relaxation session with reception on arrival, and you'll be seen by one of Elemis' expert therapists. Soothe your skin with a relaxing facial or choose a muscle-easing massage for your back after a long journey.

Afterwards relax in the sanctuary that has been created by renowned interiors guru Kelly Hoppen MBE, away from the rush of airport activity. Clear your mind for a new day – lie back on cushions and throws handpicked by the designer and allow yourself to be enveloped in this calming space. As Hoppen states, your journey will be "an experience from start to finish".

LIFE LESSONS WITH ... JAMES WALLMAN

*The international bestselling author James Wallman teaches people to glean the most from life by using every moment to its fullest. After studying an MA in Classics at the University of Oxford and then in Journalism at the University of the Arts London, he went on to write two books about the way we spend our time. The first, *Stuffocation*, explores how, as a society, we have moved from buying 'things' to buying 'experiences'. His second, *Time and How to Spend It*, details seven steps to achieve a happier existence. Carrier finds out how we can all benefit from his astute insight.*

HOW DOES BUYING 'THINGS' HAVE A NEGATIVE IMPACT?

It turns out that whenever we buy more stuff we just throw it away. The average person in the UK throws away around 400kg of waste each year; 7 times their body weight. For every bag they throw away, another 70 bags of waste have been created to make the products in it.

BUT NOW THERE IS A MOVE FROM BUYING 'THINGS' TO BUYING 'EXPERIENCES', WHY IS THAT?

Our experiences used to be invisible. Consumers show their status through what they buy, so a few years ago when

people used to go on holiday they would buy a new bag or a souvenir from the place that they had just visited. Social media suddenly made our experiences visible and developed a new way to show our status.

NOW THAT WE INVEST IN EXPERIENCES ARE WE HAPPIER?

Lots of people striving to be successful are not happy. If you aim to be happy you are more likely to be successful. Spending money on experiences rather than stuff is more likely to make you happy. But you have to be careful which experiences you choose. There are 'junk



Social media suddenly made our experiences visible and developed a new way to show our status



Above: 'Time and How to Spend It' available in all good book stores
Left: James Wallman

'food' experiences and 'super food' experiences. You know that junk food isn't good for you – it gives you bad skin - so you eat less. Super foods are better for you, for your brain, hair and nails, so you eat more. The same goes for experiences. Spending too much time on your own sitting in front of the TV won't bring you much happiness, whereas time spent with a friend playing tennis will. Reconciling this right course of action is important. That is why calling on the advice of experts, such as Carrier, ensures that every experience is tailored to your needs so that time is spent in the most fulfilling way possible.

WHAT POINTERS CAN YOU GIVE US WHEN WE ARE DECIDING WHERE TO GO NEXT?

Try something that is challenging for a positive change. Holidays that are out of the ordinary create memories, shared moments and set us up for a creative future. Don't just spend time around the pool, but find activities to do together with your family, friends or partner.

WHAT'S BEEN YOUR MOST RECENT FULFILLING EXPERIENCE?

I went sailing in Croatia during the summer. It ticked all the boxes of my seven steps in *Time and How to Spend It*. I'm a really average sailor but I can make a yacht move, so I put myself forward for some races. I lost every one. The wind was all over the place and I capsized about 15-20 times. Every evening my fellow sailors would share their stories and compare techniques – I began to improve. I was surrounded by beautiful mountains and I wasn't checking my phone. I was a part of something that expanded my sense of self and what I can achieve.

A FLYING START

British Airways understands how important your wellbeing is from take off to landing – which is why they have called in expert therapists, nutritionists and interior designers to put a spring in your step whether you're on the ground or 30,000 feet in the air.

They say that it's not about the destination; it's about the journey. Feeling well-rested, happy and comfortable can completely transform how you feel about a place on arrival. Nobody knows this more than British Airways – it has invested £6.5 billion to produce exceptional food on board all flights out of Gatwick so you feel cared for and nourished.

The new menus have been designed in partnership with catering specialists Newrest to source quality ingredients from local suppliers in the south of England. Start with roasted heirloom winter squash

and goat's curd in a Tewkesbury mustard dressing followed by an ale-braised feather blade of British beef with chive mashed potatoes and Chantenay carrots for the ultimate indulgence.

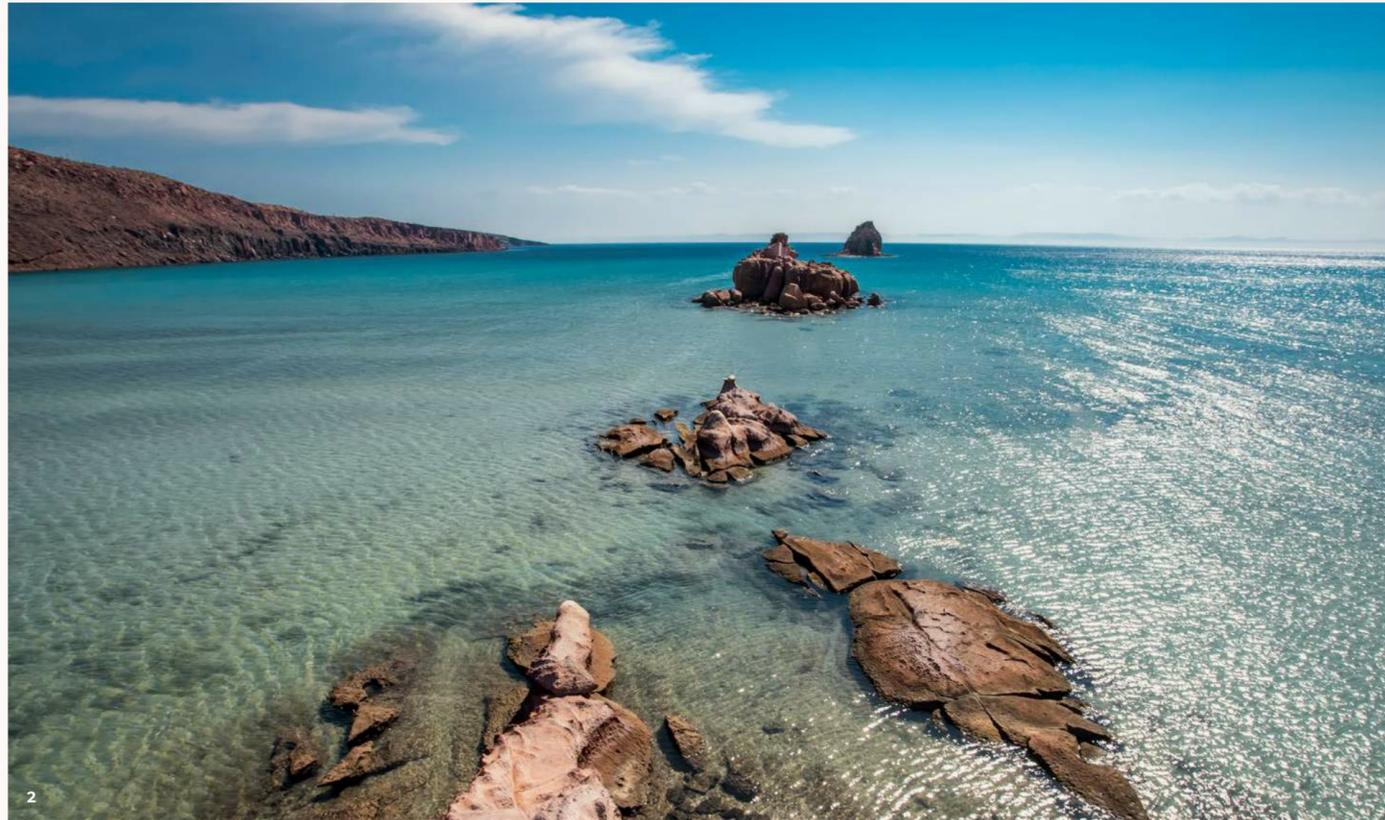
If you're flying in First and Club World on selected flights from North America and the Middle East, the Club World Sleeper Service is the most relaxing way to travel. After a soothing nightcap, the lights will be dimmed and you can lie back into your fully flat bed. The large pillow, thick blanket and a breakfast served as close to landing as possible will mean you make the most of a good night's sleep.

On arrival, freshen up with a shower and help yourself to healthy refreshments in British Airways' arrival lounges, available at London Heathrow Terminal 3 and 5 and New York JFK Terminal 7. Just 15 minutes is all you



1. Traditional Mexican fish tacos
2. Baja coastline
3. Vineyard in Baja California
4. Sealions playing at sea
5. Boat ride around the Baja peninsula

Bewitched by BAJA



Anyone who has been to *Baja California Sur* knows: it's addictive. Whether you're craving adventure, a brush with nature or a new taste sensation, you'll get your adrenalin kick on the southern side of the magical Mexican peninsula. And it's ready to teach you its greatest lesson: how to live in the moment

Words: *Lauren Romano*



How often do you dwell on the past? Or fret about the future? Living in the moment and setting your attention on the present is hard, but it can lead to invigorating consequences that you might have thought impossible. Free of thoughts and judgement, you can start to really live your life and awaken your body to new experiences.

There's nowhere else in the world quite ready for you to jump feet first than Baja California Sur. The sun-drenched southern Mexican state is at the tip of the second longest peninsula on the planet. Jutting out to meet the Sea of Cortez on one side and the Pacific Ocean on the other, this wild and untamed spindle of land has it all: in the blink of an eye, the landscape transforms from arid desert outcrops, where towering Cardon cacti rise up like totem poles, to terracotta-toned canyons and pristine beaches.

But it's not just the magnificent scenery that will inspire you to really value every second of passing time. With breathtaking hiking trails, exhilarating surf and an abundance of marine life to encounter – not to mention a thriving culinary scene – free-spirited Baja California Sur will thrill and surprise, and stimulate mind, body and soul at every turn.

EXCITEMENT FOR THE SENSES

Fiery and fresh cuisine is at the heart of Baja California Sur – home to the succulent fish taco. From road-side taquerias to refined Michelin-starred restaurants, you will be salivating within seconds over bright dishes exploding with flavour and the region's rich culinary heritage.

With bountiful supply of fresh produce and abundant fishing waters, restaurants have an enviable larder at their disposal – and chefs takes pride in showcasing these sought-after ingredients.

No trip to the southern state would be complete without sampling some of the local seafood. At El Farallon, perched on a majestic spot overlooking the Pacific Ocean, fishermen haul their daily catches of red snapper,

amberjack, dorado and clams up the mountain to the market-style kitchen. Amongst the visceral noise and salty smells, you can take your pick of the plunder as the waves crash against the rocks below. Once selected and weighed, the fish is simply grilled to release an unadulterated depth of flavour.

From sea to dry land, Flora's Field Kitchen dishes up crisp, kaleidoscopic salads bursting with sweetness and pizzas topped with homemade fennel sausage. Raw simplicity allows you to focus on the 'here and now' at this all-organic restaurant. Set on a 25-acre farm at the foothills of the Sierra de la Laguna mountains, a field-to-fork approach means you'll be munching mouthfuls of only what is made, raised or grown on site or at its neighbouring ranch. The bucolic setting, which is bordered by a vegetable patch, sees the fruits of this labour reach not only plates, but glasses, too. For a memorable toast, try the heirloom carrot Farmarita, Flora Farm's spin on a classic margarita.

While you are in the area, you can sate your senses some more in the peaceful old Spanish colonial town of San José del Cabo. The art scene here is second to none, and there's no better way to explore it than with a walking tour from a local expert. As you meander through the palm-tree lined streets with a tamale in hand, you'll meet gallery owners and street artists with original oil paintings and suss out the best jewellery designers and leather crafts on offer.

Not far along the coast is the organic farm and restaurant Los Tamarindos. Saunter past the free-roaming chickens to take in the rustic charm of this old 19th-century brick farmhouse surrounded by fields of juicy vegetables.

From the stone verandas covered by wooden ceilings entwined with lush green foliage, you'll have an astonishing view of the Mexican agricultural landscape. Not only that, but you will enjoy one of the best meals in Baja California Sur – and learn how to cook it too. Unearth the importance and value of every petal, leaf, vine and fruit under the guiding hand of local chefs. Using your newfound knowledge, you can select and pick the produce yourself,

douse it in herb oil and bake it over wood in the old stone ovens to infuse it with a rich, natural incense. Afterwards, settle down on the long trestle tables to relish your hard work with a crisp glass of Mexican sauvignon blanc.

Further north is the sleepy village of Todos Santos, placed at the point where the Sierra de la Laguna mountains meet the desert and the Pacific. A good shot of culture is prescribed here as the area's cobblestone lanes are filled with divine artisan shops overflowing with hand-woven textiles, bohemian kaftans and silver necklaces from local designers. These alluring treasures mixed with the impressive landscape classify this quiet seaside secret as a 'Pueblo Mágico', one of only a select few areas labelled to be truly magical by the Mexican government – and you'll be sure to fall under its charming spell.

TAKE ON A CHALLENGE

Baja California Sur is a playground for those seeking adventure out in the open. Lace up your walking boots and head for the hills. You don't have to venture far to find yourself in dusty desert territory, where you might spot slithering rattlesnake tracks or be dwarfed in the shadow of a 50-foot cactus. For a route to really get your heart pumping, hike up El Picacho, part of the Sierra de la Laguna mountain range. Ascending the summit involves a punishing 15-mile climb to 7,000 feet above sea level, but focusing on each breath and every step will reward you with verdant, sweeping views from the top.

To strengthen your mental agility, a round of golf will have you zoned in on each and every swing of the club. Baja California Sur's coastal corridor is carpeted in emerald green championship-level courses designed by the most highly skilled golfing glitterati in the world, from Tiger Woods and Jack Nicklaus to Greg Norman.

Sweeping views of cactus-studded foothills and sparkling seas will have you in awe at every tee, but it's hard to beat the magnificent backdrops at Quivira Golf Club. Hugging the rugged cliffside, the sprawling course ranks

among the most spectacular in the world, and drops from clipped green fairways to rugged rough, revealing dramatic ocean vistas with every putt.

UNLEASH YOUR SENSE OF ADVENTURE

There is simply one reason why every wildlife lover should visit Baja California Sur: the annual grey whale migration. The best way to see these majestic, gentle, barnacle-covered creatures splash through the water is by boat. Hop on to a vessel expertly navigated by a pro skipper for a sea voyage like no other. With the insider track, you'll stop at places with the best vantage points at the tip of Isla Partida and the rocky Los Islotes. The waters here act as a winter breeding ground for the whales, which migrate from northern Alaska every year, from December to April, to give birth in the warm, shallow waters. There aren't many things in life that surpass the enchanting sensation of one of the ocean's greatest mammals breaking the surface just metres away from your very eyes.

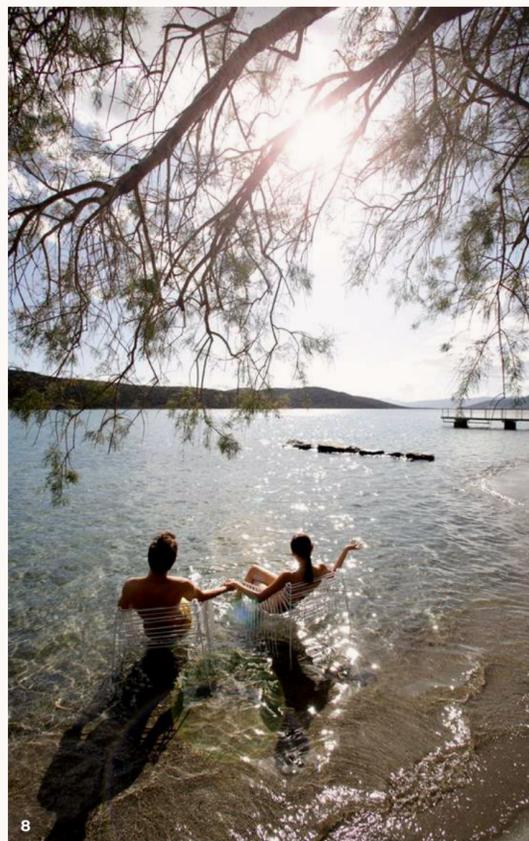
For an even more personal encounter with the mysterious oceanic depths of Los Cabos, make the trip to Cabo Pulmo National Marine Park, a UNESCO World Heritage Site. Established in 1995, the almost 18,000-acre protected zone includes the only hard coral reef in the Gulf of California. Home to some 6,000 species of marine life, you will think you are dreaming. Sea lions, mobulas and turtles are happy here and there is plenty to captivate novice and seasoned divers and snorkellers alike. Watch as schools of fish pass under your belly with their metallic fins flickering in the sunshine. Large grouper can be seen floating along next to impressive rays. Dive near the old shipwreck and you might spot a friendly bull shark at home in the remains.

From beach and sea, to mountains and desert, to cities alive with culture and world-class gastronomy, you'll rediscover your most innate emotions of childlike delight, awe and wonder in Baja California Sur. Whatever the fix you need, you'll find it here. In the present.

ANCIENT TRADITIONS, MODERN LESSONS

Self-improvement isn't just achieved in the office or the gym. Discover ways to expand your mind through the people you meet and the places you visit. Seek out enlightenment in a myriad of ways on the Greek islands of Crete and Corfu with their intoxicating mix of pastoral life, ancient secrets and talented craftspeople

Words: Marianne Dick



- 1 Domes Zeen Chania
- 2 Views of Spinalonga from Domes of Elounda
- 3 Streets of Corfu
- 4 Children playind at Core, Domes of Elounda
- 5 Olive Tree
- 6 Tropical Family Bungalow at Domes Zeen Chania
- 7 Sightseeing aboard the Miramarettta at Domes Miramare
- 8 Beach at Domes of Elounda
- 9 Bathroom at Sapphire Bungalow Domes Zeen Chania
- 10 Elemis Spa Treatments
- 11 Breakfast at Domes Noruz Chania

The Greek world was once home to the greatest minds in philosophy, from Plato and Socrates to Zeno of Citium and Epicurus. Their teachings were based around journeys of discovery – of themselves and the world around them. Thus, the Greek isles seem like a good place to start your own voyage of enlightenment. But it's not simply enough to visit a destination; you need to learn new skills and improve your state of mind to truly reap the benefits of a new culture and scene.

Across the bright islands of Crete and Corfu – two places steeped in mythology and imbued with a peaceful purity – you can absorb new ways of living well in one of four **Domes Resorts**. The healing powers of natural waters and herbs, an education on local trade and new sensations will leave you feeling impassioned and inspired.

DOMES OF ELOUNDA, CRETE

One ancient Greek philosopher who was wise to the curative powers of the world was Hippocrates. He was the first to document the benefits of the spa, saying that "the way to health is to have an aromatic bath and scented massage every day".

The relaxing therapies at the on-site Soma Spa at **Domes of Elounda in Crete** follow this ethos by mixing ancient Greek methods and botanical extracts native to the island, such as chamomile and lavender, which reduce anxiety and sooth the nervous system.

Its programme includes a *thermae* experience inspired by the bathing rituals practised in the Bronze Age palaces of Crete. During the treatment you dip into a *frigidarium* (cold pool), a *laconium* (sauna) and a *tepidarium* (warm room) – the tingling sensation as your skin is exposed to various temperatures is life-enhancing, increasing blood circulation and reducing muscle tension. Indulging in the wellness methods pioneered by the island's royal ancestors is an inimitable way to connect with your surroundings, and the floor-to-ceiling windows offer a rare private glimpse to the rolling hills and calm waters on the horizon.

The Mediterranean-style architecture of the resort, from the terracotta suites to the private luxury villas, mirrors the architecture on the uninhabited fortress island of Spinalonga, which it overlooks. Its interiors are warm, bright and breezy, and feature flourishes such as basket chairs hanging dreamily from the ceiling for extended relaxation. The island's unmistakable ambience oozes from every corner of the resort, from the carefully chosen furnishings down to the new multifunctional lifestyle hub, *The Core*, which blends culture with gastronomy and hosts interactive installations such as the contemporary art exhibition 'Greek Monsters' by design group Beetroot.

One of the most intimate ways to connect with the island has to be through tasting its native crops. The best place to do this is in Kritsa, an ancient village built into the foothills of the Lassithi mountains, to join in a traditional pastry-making class. Led by members of the local women's cooperative you will learn about the processes of traditional Cretan pie-making with fresh ingredients, while gaining an insight into the lives of the bakers. Spending the day with these women makes for a humbling and heartwarming experience, from which you'll not just take recipes, but stories and friendship.

Some of the best experiences come from local know-how, the kind of insight you can only get from actually living in a place. A visit to the Vassilakis Estate, home to the rare *mouratolia* olive, takes you beyond the shops and museums and into real Cretan life. Olive oil has been made here by the same family for four generations and they know all the secrets behind the extraction process – starting from the moment the fruit is plucked from the tree, and finishing with a tasting of the golden elixir that runs through the veins of the nation's cuisine. Not only will a visit here benefit the local economy and support local farmers, it will boost your health. The fruit – which is prepared using a time-honoured family recipe that includes sea salt, pure rainwater, local red wine vinegar, bay laurel and rosemary – is loaded with powerful antioxidants, proven to reduce heart disease and maintain healthy cholesterol levels.

DOMES NORUZ CHANIA, CRETE

Elounda's younger sister, **Domes Noruz Chania**, basks in the sunny north-west of the island. The adults-only retreat is bedecked with sleek, ottoman-style furnishings and natural hues that inspire feelings of calm throughout, while lavender scented walkways, expert wellness workshops and functional training areas with the latest equipment make it practically impossible to feel stressed out. Before you get too comfortable though, leave some time to take in the local sites. Improve your mood and your

fitness with a hiking trip through the epic Samariá Gorge National Park surrounded by the rocky limestone ravines of the White Mountains to feel the magnitude of nature, even in this small part of the world.

A safari (yes, in Crete!) takes you to the places and people few have the privilege of encountering; you'll be chauffeured by a knowledgeable local guide and embark on a vineyard tour and wine tasting, before a traditional Cretan lunch with locals up in the mountains. The highlight of this exhilarating expedition takes you further into the wild, where shepherds live and work for nine months of the year. What better way to take stock of your own pace of life and comprehend the island's identity than to meet those still living in its most remote areas?

DOMES ZEEN CHANIA, CRETE

Be one of the first to experience the intimate hideaway of **Domes Zeen Chania**, which opened less than a year ago and is located even closer to the centre of Chania than Noruz. Named after the Greek concept of 'ef zeen' (which means the art of living well), it nestles so harmoniously between the bushy hills and sandy beaches that it almost looks like it has sprung up of its own accord. It is decorated with rich wood, wicker furnishings and long communal tables, and is home to the Jungle Spa, an open-air temple of wellness and beauty. Its village feel and natural resources create a feeling of being at one with the lush Grecian surroundings.

With lavish villas and spacious bungalows, it's all about family here. You can use the range of cars, scooters and bicycles to your heart's content and ride out to the ancient city of Chania, home to stories and secrets yet to be discovered. Children have just as much to look forward to, with the kids' club offering sleepovers in a teepee – a rare chance to shake off the excesses of modern life and have a good old-fashioned adventure. Such proximity to the natural world will open up your children's eyes to its wonders and give them a taste of bucolic freedom. Within this, they will be taught hands-on about conservation and be introduced to local endangered species for an education that will last a lifetime. They can also get their hands dirty with a private workshop on the ancient art of ceramics, an afternoon of simple clay-filled fun.

DOMES MIRAMARE, CORFU

This adults-only retreat was formerly owned by the Onassis family, and was frequented in the sixties by Jackie O and the jet set – its decor still flirts with the swinging era that will forever remain a colourful part of its past. The resort encourages you to immerse yourself in the isle's enchanting culture. Within an area full of burgeoning family-run businesses, getting to know the locals on a stay here can teach you lessons you'll be unable to find in a classroom.

Wander around the Patounis Soap Factory with Mr Patounis himself, the fifth generation of the family, whose welcoming and friendly disposition will provide a truly special insight into this listed monument of industrial heritage. The family has been producing soap from olive products in this charming old workshop since 1850 with tools and equipment dating as far back as 1891. Watch as the soap is marked, stamped and cut by hand, and walk away with a little keepsake that will leave your skin feeling cleansed, soothed and moisturised. Broadening your horizons and your awareness of other cultures brings acceptance and understanding – plus, you can also pick up some bars for the laundry too, with a few insider tips from the family on how to achieve the best results.

Awaken your senses some more with the unique menu at the Ambelonas Estate vineyard – owner and avid cook Vasiliki Karounou does an outstanding job of reflecting Greek culture and food in her restaurant. Prosciutto is cured locally and provides a deep, smokey taste you're unlikely to find anywhere else. Goats cheese is coupled with spicy figs; sweet orange salad is seasoned with hot paprika and sea salt; and chicken is cooked with wild greens, mallow and sorrel. Under Karounou's expert guidance you can learn how to rustle up these succulent dishes yourself, surrounded by epic panoramic views of the island.

Domes Resorts has created a powerful sense of place in each of its hotels by entwining the history of the islands and their artisans with its exceptional hospitality. Zeno of Citium also declared that 'happiness is a good flow of life', and nowhere does this resonate more strongly than at a Domes Resort. Feel invigorated by the people you meet, their secrets and family recipes; absorb the benefits of nature through local ingredients and wild herbs; and take in the healing powers of ancient traditions.

Sleep Soundly

SEVEN INSPIRING AND EFFECTIVE WAYS TO CATCH UP ON THOSE LITTLE ZEDS

Bin the sleeping pills. Say goodbye to restless nights. Your next holiday might just hold the secret to a better slumber. While we rest our head on a pillow and dream, sleep has the power to recharge and reboot the body. This can impact everything from concentration and mental health to weight gain and blood pressure. So if you struggle to snooze, it's time to take back control and start feeling fresher and happier.

Words: Hannah Lemon

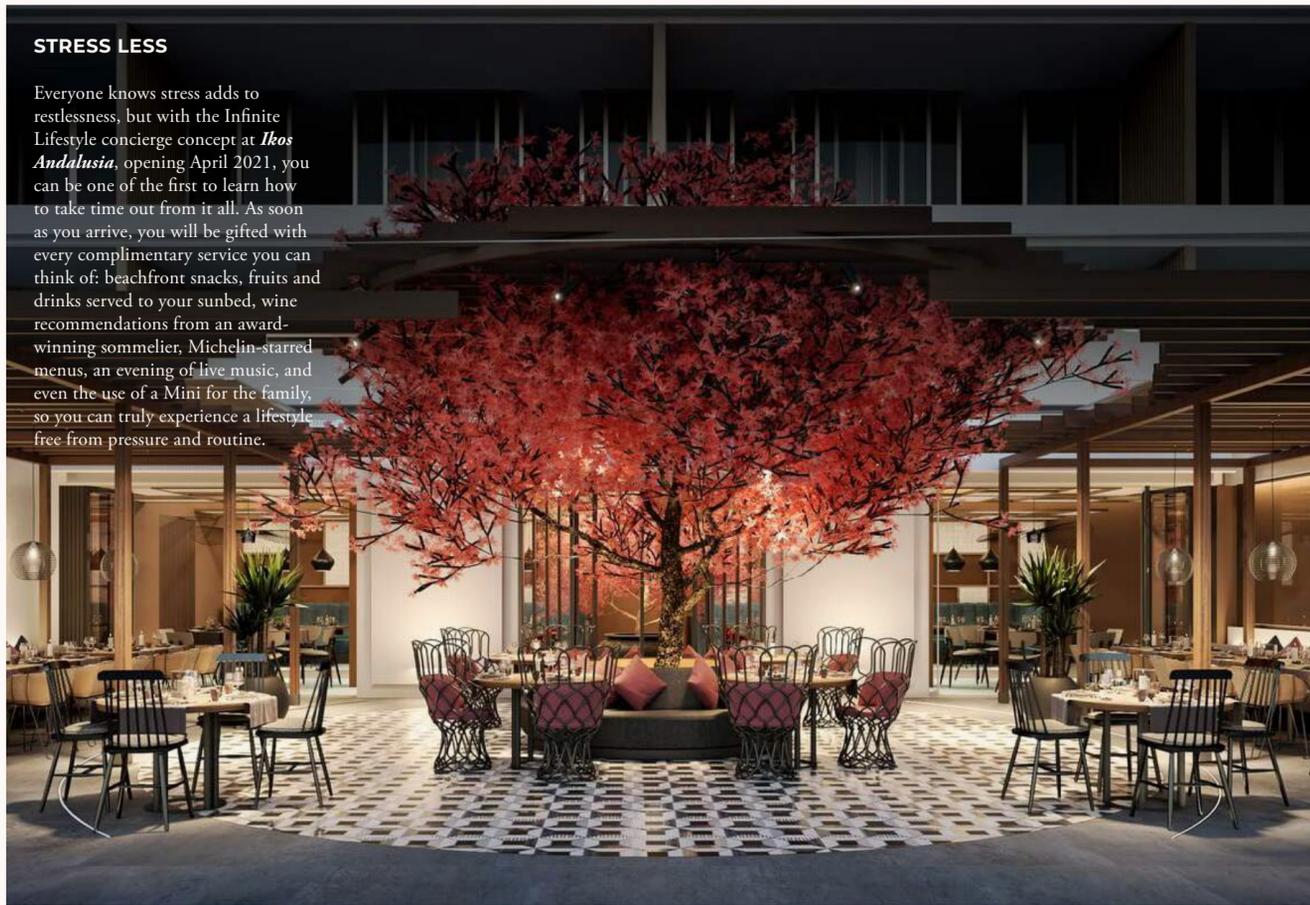
EAST MEETS WEST

Restore your balance between yin and yang at *Lefay Resort & Spa on Lake Garda*. A new five-day sleep programme combines Chinese medicine with Western techniques to prevent insomnia by focusing on imbalances in energy. Your energy status will be assessed by a doctor on arrival so you receive the correct treatment, whether that's an intense and vigorous massage to manage stress levels, a temperature-regulated aroma-hydrotherapy session, heated acupuncture or a prescribed herbal tea.



STRESS LESS

Everyone knows stress adds to restlessness, but with the Infinite Lifestyle concierge concept at *Ikos Andalusia*, opening April 2021, you can be one of the first to learn how to take time out from it all. As soon as you arrive, you will be gifted with every complimentary service you can think of: beachfront snacks, fruits and drinks served to your sunbed, wine recommendations from an award-winning sommelier, Michelin-starred menus, an evening of live music, and even the use of a Mini for the family, so you can truly experience a lifestyle free from pressure and routine.



HIGH HOPES

Regular exercise combined with a good diet can enhance your sleep habits and patterns, which is why *The Capra, Saas-Fee*, perched up in the Swiss Alps, embodies all of these elements in its Peak Health programme. There's no need for calorie restriction or exercising until

exhaustion; feel free as you hike up tree-lined peaks with an alpine expert at the freshest time of day and unwind in the afternoons with freshly prepared meals from holistic nutritionists. From the soul to the skin, your body will undergo a natural and life-enhancing detox surrounded by wide-open blue skies and crisp summer air.



From the soul to the skin, your body will undergo a natural and life-enhancing detox

At the Capra, Saas-Fee Switzerland



CLOUD NINE

A third of us in the UK suffer from insomnia, a statistic that has led *Cap Maison* in *St Lucia* to introduce a new sleep-focused retreat. On arrival you'll work with an expert on personalised sleep strategies, such as having your patterns monitored and analysed with a Fitbit during your stay, enjoying a sunrise breathing workshop, taking up meditation and placing a soothing scent on your pillow. Alongside this, special treatments including reflexology to deepen relaxation, Japanese Reiki healing and aromatherapy massages will have you nodding off in no time.



SECRETS TO A LONGER LIFE

According to National Geographic Fellow *Dan Buettner*, there are five regions where people have the lowest rates of chronic disease and live longer than anywhere else in the world – they are called 'Blue Zones'. People living in these areas get up to eight to 10 hours of kip every night, which experts say is the optimal amount to revitalise our brains and bodies. Buettner is sharing these life lessons through a unique Blue Zones programme at *Borgo Egnazia* in Puglia. Certified instructors will provide you with personal, science-based tips, such as rising with the sun and retiring to bed as it goes down at night, to achieve a fuller, bolder life.

BACK TO NATURE

Outdoor living doesn't get much more wild and remote as *&Beyond's Lake Manyara Tree Lodge*. Enveloped in ancient mahogany forest, these private Tanzanian eco-treehouses are crafted from local timber and makuti palm fronds. A deep slumber in the open air is an easy way to replenish your oxygen levels and boost serotonin – even more so when you are cocooned in the rich foliage and the night sounds of Lake Manyara national park. You'll get a closer look at some of the world's largest land mammals too, when visiting elephants pass through the camp.

Top left: Borgo Egnazia
Top right: Lady playing tambourine
Below: Dinner at &Beyond's Lake Manyara Tree Lodge



A deep slumber in the open air is an easy way to replenish your oxygen levels and boost serotonin

At the &Beyond's Lake Manyara Tree Lodge, Tanzania



PRIVACY IS KEY

The best way to reduce jetlag is to schedule your naps to the new time zone of your destination, which is difficult to do when you have a flight interrupting the pattern. This is where *Jetlogic* comes in. The freedom of private flights means that you can set your own sleep agenda; choose to take an evening trip or head off first thing in the morning – whatever will leave you more refreshed. More to the point, *Jetlogic* ensures your favourite food is on board, creates a luxurious, quiet space for you to lie back in, and even sorts travel arrangements for your pet too.

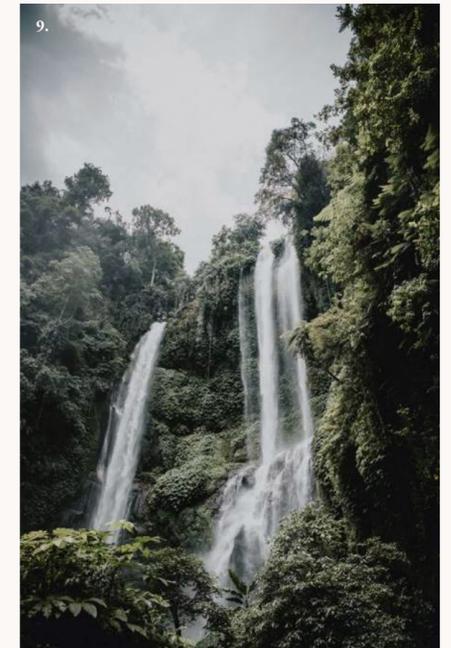
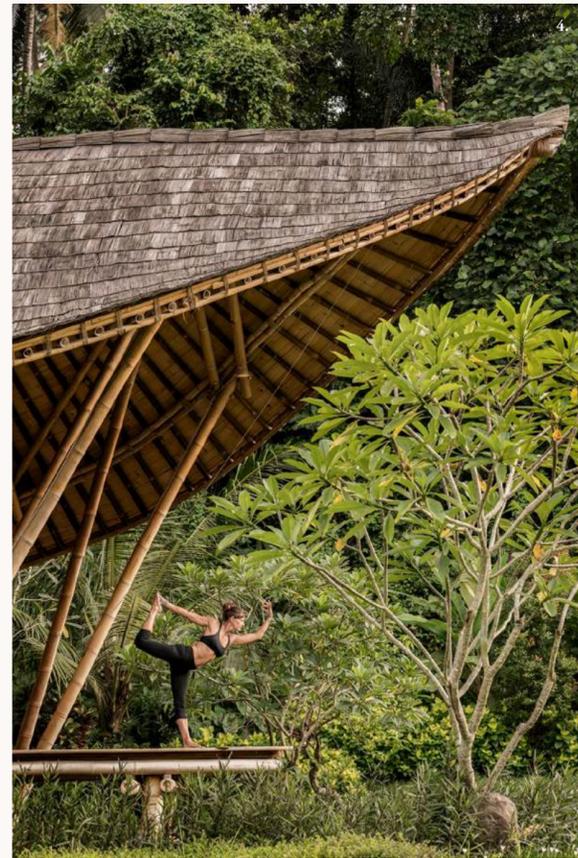
Change of pace

Change likes and follows for deeper human interactions. Swap your mobile-centric way of life for sacred blessings and natural waterfalls. It's time to embrace slow living for a clearer mind and a positive outlook. Here's how...

Words: David Taylor



1. Dining at the Soori, Bali
2. Meditating at the Four Seasons Resort Bali at Sayan
3. Villa Bathroom at The Oberoi Beach Resort Bali
4. Yoga session at the Four Seasons Resort Bali at Sayan
5. Private pool at Capella Ubud
6. Baby monkey in Sacred Monkey Forrest in Ubud
7. Incenses, herbs and spa treatments at Capella Ubud
8. Handara Gate, Bali
9. Gitgit Waterfall



Everyday life is consumed by technology. Whether it's your phone beeping with Instagram notifications or emails flooding your laptop, it can all get a little overbearing. Now that most of us are staying at home to work or be with family, it seems even harder for everyone to take a break from technology without it dictating our every move. Connection is permanently in the palm of our hand – the problem is, we can never switch off. Even on holiday, it's tempting to fall into a pattern of over-stimulation, exploring as much as possible in a matter of days, and documenting it all on your smartphone.

Let's put our phones down and find a slower pace, rediscover ourselves by discovering a new environment. Go to fewer places and stay longer. Soak in the essence of a destination. Remember

scents, sights and feelings rather than the photo you wanted to take.

Reconnect with yourself and find a moment of calm in Bali. The verdant, serene forests, lush from their volcanic soil, trail down to pristine beaches and coral reefs teeming with life. For a place to really 'get away from it all', Bali has myriad options. Just leave your phone in your bag.

Sacred Soul

Surrounded by leaves, vines and ferns, reaching the Petitenget Temple can seem like your very own personal discovery. **The Oberoi Beach Resort Bali**, situated on the south of the island near Seminyak

beach, can take you on a special Sunset Blessing at the nearby Petitenget Temple. Founded in the 15th Century, Petitenget (meaning 'sacred box') is built on the local legend of a travelling priest with a holy chest who implored villagers to construct the shrine in order to ward off evil spirits. The shrine has done its job perfectly, with the surrounding area known for its particular sense of tranquility.

As dusk settles in so does a mystical aura. Shadows form on the dragon-like statues and the last of the evening's light catches the warm orange glow of the redbrick and sandstone walls of the myriad shrines and pavilions. Listen to the comforting hum of the head priest's blessing as his offerings of incense envelope you like a warm hug. Afterwards, take in the magical history of the place as a local expert guides

you through the myths and legends of this place of healing and protection.

Ocean Enlightenment

Further north along the south-west coast is Tanah Lot (meaning 'Land in the Sea'), a rocky volcanic outcrop shaped by and reaching out into the Indian Ocean. It is home to the Hindu pilgrimage destination Pura Tanah Lot, one of seven sea temples around the Balinese coast.

The temple is said to have been founded by 16th Century Hindu traveller Dan Hyang Nirartha, who rested there overnight and told fishermen who had brought him food and gifts to build a shrine

to the Balinese sea gods where he had slept. **Soori Bali's** signature experience sees you make your own pilgrimage to this special place, this time capturing the awakening of the temple at dawn. Away from the crowds, embrace the present moment through the sea winds flowing over the craggy rock and the taste of salt in the air.

Alone Together

It's time to cut yourself off from the world further in land with **Capella Ubud's** 'Confined to Quarters' day of rest, reflection and self-care. Ideal for couples, it's the perfect environment to strengthen your connection with each other. Start your day with a

Balinese blessing ritual on your private deck, before a morning session of Pranayama and tandem yoga to both ease and refresh aching muscles, and deal with any latent stress. Float to a two-hour Senja massage and Swadhisthanan chakra balancing, which aims to re-right any upended energy across your chakra system – the end result is a sensation of being centred, grounded and energised.

The day ends with a feast outside your villa, complete with tailor-made cocktails, for you to enjoy the jungle surroundings and reflect on your experiences. Finally, the next morning, take part in an early morning purification ritual at the Wos River Temple, an important community hub, where you are invited to bathe the body and the spirit. Within 24 hours, you'll feel closer connected to nature and each other.

Deep Sleep

Nearby in the jungle, you can drift into the most nourishing slumber of your life at **Four Seasons Resort Bali At Sayan**. Indulge in an afternoon 'air nap' suspended in an aerial silk from the ceiling of the bamboo tropical yoga pavilion, Dharma Shanti Bale. Rock gently to sleep in the silky cocoon away from the stresses of the world, listening to the life story of Buddha as told by Ibu Fera, the hotel's resident health mentor, a former nun and a woman deeply connected to her Buddhist faith through a continent-spanning study of the Dharma (teachings of the Buddha).

Deeply soothing and nurturing, this is an incredibly effective technique that will leave you feeling relaxed and revitalised. Cocooned in the tranquility of the Sayan Valley, you will have only the birds and leaves to listen to as you drift off.

A VOYAGE OF DISCOVERY

From drifting icebergs and humpback whales to indigenous tribes and far-flung islands, embark on an unforgettable cruise with some of the most knowledgeable experts in the industry

Words: *Lauren Romano*

From Antarctica's imposing glaciers to the tropical beaches of an uninhabited Pacific island, when it comes to getting under the skin of a remote destination, a chapter in a guidebook can only tell you so much. The information gleaned from its pages will likely fall short of pointing out how to recognise an indigenous bird call or decipher a prehistoric cave painting, for instance.

To do that, you'd benefit from the expertise of a seasoned traveller – someone who can provide a level of insight that is only gained from being immersed in a particular landscape.

For more than 130 years, *National Geographic* has packed adventurous pilgrims off across the globe, from the depths of the oceans to the highest mountain peaks, in a bid to learn more about the planet and its inhabitants. And now its wanderers are stepping aboard *Ponant's* fleet of cruise ships.

The luxury cruise provider has created more than 100 unique itineraries in partnership with National Geographic Expeditions, all of which embody the spirit of adventure, conservation and education. Each voyage is accompanied by National Geographic experts who will enable

globetrotters to encounter the wonders of the world up close and in depth by teaching them about the culture, history and wildlife of the spectacular ports of call.

The transformative experiences on offer give the curious and the intrepid the opportunity to learn more about themselves and the world around them as they set off in search of enlightenment and some of the most unspoilt destinations.

Whether you want to venture into the frozen realm of the Antarctic Peninsula, discover the Inuit culture of Greenland or peer into the colourful rainforest canopy in Costa Rica, there will be a National Geographic specialist – either a writer, adventurer, anthropologist or field researcher – and photographer with intimate knowledge of the region on hand to make the journey as fulfilling and enriching as possible. What's more, a portion of all proceeds goes back into funding projects to protect the planet and its people, so the expedition cruises can continue to support the work of explorers and researchers.

For something truly out of the ordinary, embark on the 10-night Emblematic Antarctica expedition cruise, which charts a passage through a magical landscape

of drifting icebergs, accompanied by an escort of albatrosses, humpback whales and leopard seals.

You will be able to fully immerse yourself in their surroundings alongside Robert Kunzig, senior environment editor at *National Geographic* magazine, who will host information sessions alongside award-winning environmental photographer Jason Edwards and *Ponant's* naturalist guides, covering everything from wildlife and history to geopolitics and the great explorers.

If you're looking to connect to the landscape in a more visceral sense, lectures will be accompanied by regular Zodiac outings to the shore and other activities such as sea kayaking – an incomparable way to get a sense of the sheer scale of the majestic glaciers looming above as you glide silently between icebergs.

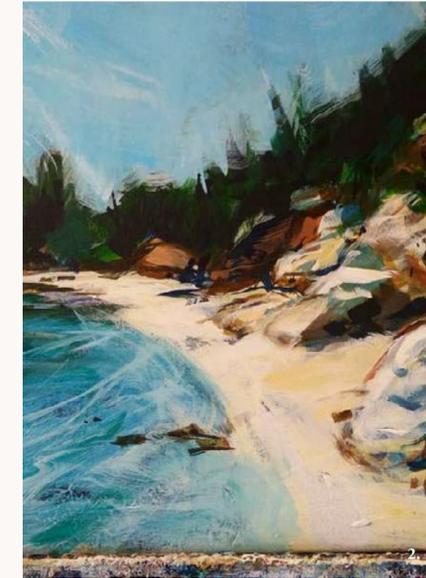
Away from the polar regions, there's plenty to pique curiosity in more temperate surroundings. Scratch beneath the surface of the Edenic Solomon Islands on a 16-day cruise from Fiji to Micronesia; have the privilege of meeting the indigenous Emberá tribe during a fortnight-long Natural Parks and Wildlife of Central America cruise; or explore some of the 300 islands and cays that make up the San Blas archipelago on a 10-day Island Gems and Underwater Treasures of the Caribbean cruise. As always, a National Geographic expert and photographer will be by your side to ensure your journey of discovery is steering the right course. Travel doesn't get much more fulfilling than that.



TAPESTRY OF Life

From ancient crafts to future heirlooms, *Croatia's* elegance and poise stretches beyond its aesthetic beauty. Be guided by experts in art and craftsmanship to uncover the area's local treasures and make a long-lasting and enriching connection with a new facet of culture

Words: *Marianne Dick*



1. Pag lace making, Photo courtesy of Croatia National Tourist Board
2. Artwork by Tea Morić Šitum
3. Dramatic Croatian coastline



Silk weaving isn't the only handicraft that features on Croatia's repertoire. Over on the long, dramatic Adriatic isle of Pag, with its pebble beaches and moon-like terrain, there is a lace-making school – the only one in the whole of the country. The institution preserves the ancient artistry of Pag crochet lace, which was listed on UNESCO's Representative List of the Intangible Cultural Heritage of Humanity in 2009. Walk through the nearby Pag Lace Gallery with a local guide who will highlight the most exceptional types of textiles and encourage you to try out the lace-making process for yourself.

While age-old crafts live quietly – but staunchly – on, contemporary art in the country is shaping its new wave. Split's Meštrović Gallery is named after one of the most famous Croatian creatives of the 20th century – sculptor, painter, architect and writer Ivan Meštrović. Something of a national treasure, Meštrović donated many of his masterpieces to his homeland. Explore this Aladdin's Cave with an expert to uncover Meštrović's dramatic and colourful story.

From silk and lace weaving to modern art, take on this treasure trove of inspiration gathered from your journey and put it into practice. Pay tribute to all the diverse creative talent that Croatia has to offer by producing something yourself amongst the terracotta-coloured clay roofs and old stone walls of Split. In the exquisitely composed Dalmatian city, contemporary artist Tea Morić Šitum – who is known for her bold palette and curious brushstrokes – welcomes visitors into her studio to experiment with paint.

Šitum begins a class with a demonstration of her painting style and then peppers the day with mini workshops on subjects such as colour theory, translucent layering, value contrast, expressive mark-making, dripping, etching, stamping, and drawing. Šitum strives to awaken your senses and emotions and encourages play through daubing and exercises that help you let go and connect to your intuition. *Carrier can ensure these creative experiences are tailor-made in advance to fit your interests and experience, whether you're a professional artist or you've never held a paintbrush before.*



to relieve stress, reduce anxiety, enhance confidence, test your cognitive abilities, and leave a new place feeling a real sense of accomplishment.

South-east of Dubrovnik, bordering Bosnia and Herzegovina, lies the valley of Konavle. In this region, silkworms have been bred since the 15th century, usually by women who would weave the shimmering threads into costumes of their own design. Take a trip to the leafy town of Gruda (less than an hour's drive from Dubrovnik) where we will introduce you to Dubrovnik-born artist, Antonia Rusković Radonić for a private storytelling of the local silk production and embroidery.

Radonić studied at the Fine Arts Academy in Zagreb, and has a particular interest in Konavle traditions. At her shop, AR Atelier, which has bright ceramics piled high on every shelf and colourful textiles on all the walls, Radonić produces silk the way generations of Croatians have, by nurturing silkworms. From March until November, you can see the creatures in all of their phases. You will be invited to study Radonić's collection of national costumes, before practising the technique of embroidery making yourself. With a piece of cloth, thread and a needle you can choose from a selection of different patterns to sew. Inspired by the beauty of the surrounding hills as well as local customs, these fabrics help keep ancient traditions alive – and you are free to take them home and finish them at your leisure.



While Croatia is often associated with the youthful ideals of a holiday, offering postcard-worthy scenes of smooth, marble pavements and azure waves, the country is also steeped in folkloric traditions. A symbol of the country's pastoral roots is its national costume, which is traditionally embroidered with fine local lacework and silk. Try your hand at these crafts; not only will it educate you on local customs, but practical activities are proven to have deep psychological benefits. By balancing skills and challenges you can find a way

ON YOUR DOORSTEP

The perfect base from which to explore the Dalmatian Coast, *One&Only Portonovi* opens March 2021. This private retreat is hidden away in Boka Bay just an hour away from Dubrovnik, nestled in a fjord-like idyll on Montenegro's Adriatic Sea. While away a few hours on the cobbled streets of the medieval town, relax with some water-front dining or charter a super yacht for a truly indulgent getaway.

Immerse your 'SELF'

Wellness has become a shorthand for self-improvement. But at its core, the concept is about re-discovering the 'you' that is already there, beneath the cobwebs of life's monotones. Take a tour of Aman's Wellness Immersions

Words: Nikki Osman

The dip of a big toe into a lazy wave; the warmth of a morning sun beam across your cheek; the soundscape of local birds going about their business. The ability of an arrival to fast-track you into a mode best described as 'out of office' is a wellness immersion money can't buy. But as the world has awoken to the need to prioritise our collective physical and emotional wellbeing, we have responded in kind, with offerings designed to dust off the cobwebs that come with a life lived well and return you to the world renewed.

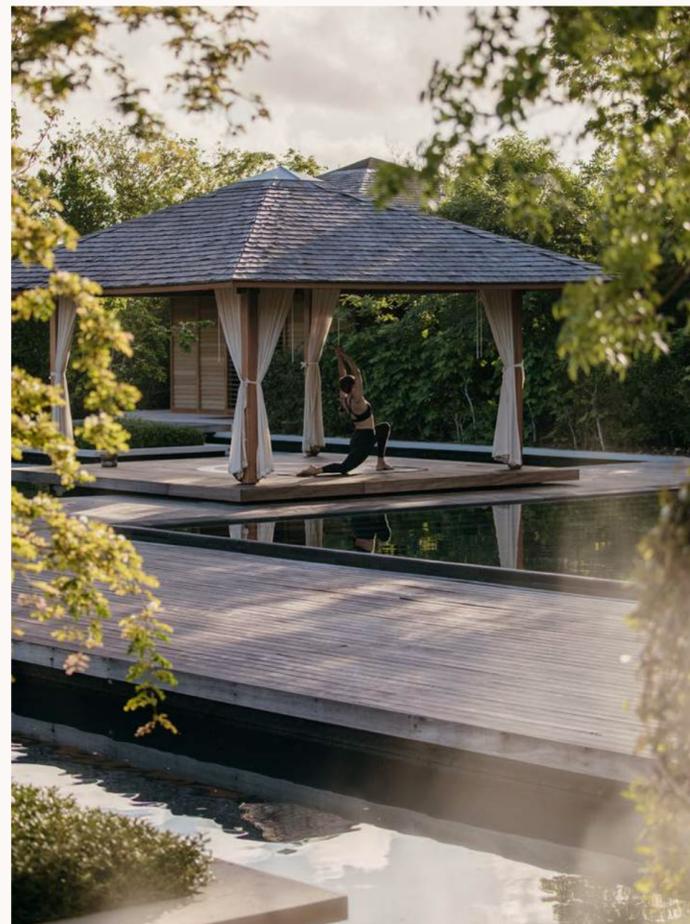
And nobody is delivering wellness quite as well as Aman. Each and every one of the *Aman Wellness Immersions* is designed with personal transformation in mind. From performing Sun Salutations to the backdrop of the Aravilli Hills in Rajasthan to soaking up the surrounds of the healing sites of Ancient Greece, these uniquely tailored programmes integrate local spa rituals with indigenous ingredients, aiming to uncover and discover a whole new you. Check out of your old self, and into one of these personally curated wellness journeys, designed to re-connect you with you.

AMANYARA, TURKS & CAICOS

MIND: New for 2020, AMAN's *Amanyara* is delivering relaxation in the truest sense of the word – amid the surrounds of the coastal idyll of turquoise blues and jade greens; you'll need new adjectives in order to commit to a postcard. Build on the serenity of the surroundings and nourish your mind with therapies like aquatic bodywork – a warm water massage – and acupuncture that are combined with an energising nutrition programme.

BODY: Therapies like lymphatic drainage and abdominal massages combine with PT-led workouts amid a landscape where moving your body feels more like a privilege than a chore.

SOUL: The soul-soothing powers of nature that have been well documented in literature for millennia are only now getting the scientific stamp of approval. *Amanyara* is elevating our experience with wildlife via pavilions perched amid an 18,000-acre nature reserve, edged by the ocean, to give you a new perspective to life.



AMANPURI, PHUKET

MIND: Gazing out onto the Pacific from the palm tree-lined *Amanpuri* is the cognitive equivalent of sinking into a warm bath. The resort has meaningful change in mind, be that tackling a specific issue that's been holding you back, via reiki or cranial sacral therapy, or equipping you with stress-management techniques to take home with you.

BODY: The 48-hour wellness discovery is ideal for those for whom time is scarce. Your bespoke plan will take stock of your current health profile and deliver treatments like colonic hydrotherapy and vitamin infusion therapy alongside fitness training programmes to get you to where you want to be.

SOUL: We all have times when life feels overwhelming. The Life Reset is a unique wellness offering in that it aims to transform you physically, mentally and emotionally based on what you need. As well as dealing with the physical symptoms of stress, you will depart with an alternative outlook; one rooted in energy, enthusiasm and confidence. In short, you, only better.



AMANZOE, GREECE

MIND: Balanced on a hilltop overlooking the Aegean, every corner of *Amanzoe* is designed to connect you with the healing traditions of the ancient world, such as Greek mind-body practices that focus entirely on breathing.

BODY: Get closer to the intuitive nature of movement with specialist practitioner Zoe Nash. She specialises in Yin Yoga – a deeply relaxing and restorative practice – and, myofascial release – a physical technique designed to ease tension.

SOUL: Close to the Asclepeion of Epidaurus – one of the most important centres of healing in the ancient world – the wellness offering here is rooted in classic healing. Visitors to the site would spend the night in the complex, hoping for a visit from Asclepius, the doctor-god, who would send them on their personal pathway to health. *Amanzoe* has transported this tradition into the present to provide you with a deeply personalised programme with a long-lasting impact.



AMANOI, VIETNAM

MIND: Nestled in the tropical Vinh Hy Bay, in the Nui Chua National Park, the beachside resort of *Amanoi* delivers tranquillity in abundance. The stillness is tonic for a racing mind, and guided meditation classes and mindful movement practices aim to equip you with the tools to manage your mind long after you leave.

BODY: *Amanoi*'s Weight Management Immersion is based around the principles of qi, or energy flow – in Eastern philosophy, disruption to qi can lead to weight gain. Alongside an energy-focused solution, this therapy delivers a bespoke nutrition and exercise programme designed to improve metabolism and digestion.

SOUL: The name 'Amanoi' is derived from the Sanskrit word for 'peace' and the Vietnamese word for 'place' – and it is. A few days here will leave you with a permanent sense of inner peace, and encourage profound, meaningful change in lifestyle and outlook.



AMANBAGH, INDIA

MIND: If previous attempts to access the cortisol-easing powers of meditation have fallen on anxious ears, the home of Eastern medicine – and the indisputable wellness motherland – provides a backdrop to flex your mindful muscles like no other. Among the tools utilised by *Amanbagh* are the principles of Panchakarma, or 'five actions', to access the emotional obstacles standing in your way.

BODY: From guided sunrise walks in the lush Aravalli Hills to wandering the walkways of the dusty-pink palatial grounds of the resort that stand out against any other in the Rajasthan region, *Amanbagh* will nurture your spiritual side through every step your foot takes.

SOUL: The 5,000-year-old system of preventative medicine may have found its way into the turmeric lattes of the Western world, but practising Ayurveda in its birthplace is to experience its holistic healing powers as nature intended. Balance your Doshas – the forces that combine to create the physical body – under the tutelage of an in-house Ayurvedic medicine practitioner. Explore a variety of different techniques, from yoga nidra (yogic sleep) to the ancient intention-setting practice of Hawan fire meditation.



Leading Lights

Listen, take notes and embrace change as six top experts hand out their worldly wisdom for self-improvement through tried and tested techniques

Words: Hannah Lemon



You wouldn't sit behind the wheel of a car without driving lessons and you wouldn't take an exam without tutelage from a professor. So why do we wait until the last moment to seek out advice for our body and soul? It's time to consult the specialists who know how to correct past pains and prepare for future challenges – and we know just where to find them.

**HYPNOTHERAPIST ANTHONY AUGUSTINE:
CHIVA-SOM, THAILAND**

“Hypnosis enhances your overall emotional wellbeing and ability to relax. It helps you attain your physical goals and makes you a happier, more balanced person.

The power of positive suggestion can create new behaviours that greatly impact any physiological or psychological symptoms. Each session I do is guaranteed to provide profound insights and advice, leaving you with a clear path and an ability to sustain your achievements in the longer term. A coaching session includes evaluation and observation of progress, empowerment and alignment of identified objectives and, lastly, uncovering any subconscious blocks that may hinder your progress. I am able to facilitate rapid, positive changes to help you be the best version of yourself.”

Anthony Augustine is a visiting practitioner at Chiva-Som, available on request.



**AYURVEDIC PHYSICIAN DR SHIOJE MATHEW:
ANANDA SPA, HIMALAYAS**

“Ayurveda originated from the foothills of the Himalayas and although the teachings have spread throughout the world, the herbs used in practice have their natural habitat in the fertile hills of this region. The purity and mineral richness of Himalayan soil and the lack of any pollution in the air significantly improve the healing potential of the food produced in the mountains and support recovery. Through our practices, we place emphasis on understanding possible future health issues based on your current imbalances and offer remedies to prevent them escalating. You can learn to fortify yourself in the face of stressful external situations. Stress can be a useful part of life, the trick is to control its speed and acceleration to avoid burn out.”

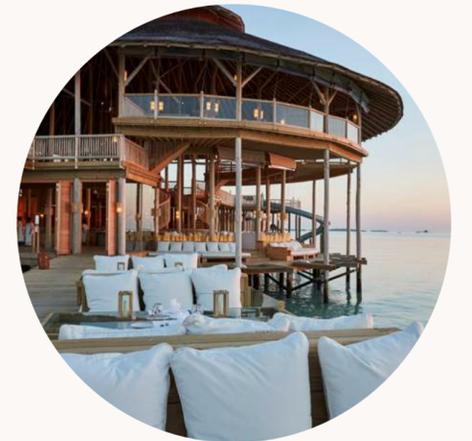
Dr Mathew is a visiting practitioner at Ananda Spa, available on request.

**YOGA GURU PAWAN KUMAR:
SONEVA JANI, MALDIVES**

“Our practices originate from the great yoga masters of ancient ashrams in India. The teachings will help you prioritise your own wellbeing and provide tools and techniques to help you achieve your goals and sustain your progress. We believe small changes make big results. It's not about the quantity of changes but the quality of changes you make in your daily life. The natural surroundings provide a soothing space for you to fully relax; the beautiful setting will actually enhance your alpha brainwaves, aiding mental coordination and calmness, so the therapies have longer-lasting effects.

After your stay, we will give you follow-up information with self-help techniques and ongoing lifestyle changes that can be easily integrated into your daily routine.”

Pawan Kumar is based across all Soneva Maldives resorts, available on request.



**MICRO-NUTRITIONIST VALÉRIE ESPINASSE:
ROYAL MANSOUR, MARRAKECH**

“Our diets are so important because they affect gut microbiota (microorganisms living in our digestive tract), which control our immune system and susceptibility to disease. Studies show that gut cells even secrete the same neuromediators as the brain, which influence mood and wellbeing. This is why we offer a very personalised approach to nutrition at Royal Mansour through food allergy tests, monitoring from start to finish, and bespoke guides with recommendations. All the dishes we serve are gluten and lactose free, organic, and without sugar and additives. Our vegetables and fruits come from the Royal Mansour garden, the herbs and spices from the surrounding area, and our almond milk is made from local Moroccan almonds.”

Valérie Espinasse is a visiting practitioner at Royal Mansour, available on request.



**OLYMPIC SWIMMERS KERRI-ANNE PAYNE AND DAVID CARRY:
BODYHOLIDAY, SAINT LUCIA**

“People are drawn to water as a form of relaxation, which is why we listen to the sound of waves or rain to ease stress and anxiety. When someone swims with efficiency, it supports mental wellbeing and works the whole body. Our SwimFit programme involves two pool sessions to ensure you are confident with your technique before honing your open water skills in the beautiful Cariblue Bay at BodyHoliday. We will help you confidently achieve personal goals through a performance planning session, as well as a private one-to-one tuition. SwimFit is for any swimming ability; we've had beginners who were afraid to put their face in the water to aficionados looking to improve their 50-metre freestyle sprint. Our sea safari at the foot of the Pitons is one of the highlights – you'll see the incredible wildlife in the crystal clear waters and enjoy a famous Piton beer on the way back whilst admiring the sunset. We are all about making sure you have fun, too!”

Kerri-anne Payne and David Carry are visiting practitioners at BodyHoliday.





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