

INSIDER KNOWLEDGE

tips from the experts on...

LUXURY TRAVEL

1 “Luxury travel is about buying experiences and for every luxury holiday that is chosen and arranged perfectly, the memories should stay with you long after you are home. If you always book with a niche luxury tour operator it means you will deal with someone who will have stayed at the resort and can give you personal, bespoke advice on why to go there and what to do. It really depends on what kind of person you are and what you are really looking for from your trip and is not a case of ‘one size fits all’. It’s important to take a detailed brief from clients and tailor it exactly to their personal needs. Booking premium holidays with a tour operator also means your holiday is ATOL protected so if anything should go wrong it gets sorted for you.”

◇ **Melissa Barker** – Owner *Travelbeam Luxury Holidays*



LUXURY INTERIORS

2 “I absolutely love blues, but this season I have found another love for green colours, particularly sage, which has been prevalent on the men’s catwalks. I consistently use fine wools in our work as they work well for both upholstered and architectural elements. They can delicately catch the light and almost glow.”

◇ **Tim Murray** – Creative Director at *Helen Green*



STORING FINE WINE

3 “Wine for long term investment needs to be stored in the right facilities for two reasons: firstly, wines should be stored ‘under bond’ to avoid paying excise duty and VAT on the wine, which cannot be reclaimed. Second, provenance is key to a wine’s future value.”

◇ **Simon Staples** – Sales Director *Fine Wine, Berry Bros & Rudd*

ENHANCED SKINCARE

4 “To maximise skin health, I would always recommend alternating between regular skin peels such as the Skintech TCA Peels and micro needling treatments such as Dermapen. Such treatments cause rejuvenation of the skin at a much deeper level than your standard surface level treatments. As you age, collagen levels naturally deplete in your skin and our cells begin to switch off. Anything that stimulates your cells can aid the ageing process, keeping the skin looking more youthful and radiant.”

◇ **Dr Mayoni** – Guest Doctor at *Epilium & Skin*



BUYING A BESPOKE SUIT

5 “Make sure you do your research online before coming in. You should have a good idea of when and where you want to wear the suit and its purpose. Being clear about the purpose of the suit helps to avoid any confusion. When going in for the first consultation, ask about lead times for fittings in case you have any special occasion you need the suit for. Also, ask to see some finished garments when you come in to discuss the suit. Although many tailors have a particular house style and cut, they will try to accommodate your wishes so do not be afraid to ask for what you want.”

◇ **Anda Rowland** – Director of Marketing - *Anderson and Sheppard*



PURCHASING A BOAT

7 “Consider the boat’s interior first. It is easy to get caught up in the glamour of having the sleekest boat exterior, but it’s all for nothing if not wrapped around a well-considered interior layout that maximises flow, space and light.”

◇ **Andrew Pope** – Head of Design - *Fairline Yachts*



WELLBEING

8 “Each day close your eyes for five minutes and move your attention from the outside world to your own inner presence. Be interested! What’s happening within you, with a little viewing, is fascinating.”

◇ **Emma Mills** – Meditation Expert and the author of the new 24 hr meditation guide book

INVESTING IN REAL ESTATE

6 “There’s something special about a home with rarity value; not only is it linked to desirability but value too. Whether it’s down to a property’s heritage architecture or its period features, identifying these prized properties could be a savvy move as they have enduring appeal.”

◇ **Claire Reynolds** – Director, *Savills London Residential*



BUYING ART

9 “Make sure you love the work. The secret of a great work of art is that it grows on you. It’s about returning to it and discovering something new and intriguing in it. You don’t want to wake up in the morning and find that you are bored with it.”

◇ **Adrian Biddel** – *Chiswick Auctions*



MINDFULNESS

10 “It is often in those moments when we feel we don’t have time to integrate meditation, chanting, yoga or Qi Gong into our day that we need to most. Practices such as these or sound bath meditations all resource us by relaxing our nervous system and tests have shown that the more time we spend with our parasympathetic nervous system engaged the healthier and happier we are.”

◇ **Tallulah Rendall** – Singer-Songwriter, Multi-instrumentalist, Producer, Sound Therapist, Qi Gong Teacher & Creative Facilitator