

# COUNTRY & TOWN HOUSE

THE BEST OF BOTH WORLDS

AUGUST 2014 £3.60

YOUR A-Z  
OF HEALTH  
AND FITNESS

SPA  
TREK

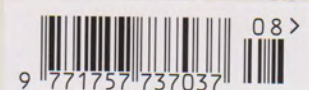
*24 pages dedicated  
to perfect pampering*

BEST BEACH  
READS

SPORTS  
LUXE  
*How to work  
the trend*

## Bahamian Babe

*Florence Brudenell-Bruce on island life*





# My Beautiful Life



*Spa director  
and yoga  
guru of the  
Rocco Forte  
Charles  
Hotel*

*Munich, Yasmin Bhatti  
shares her health tips*



**Morning routine** I start with some light yoga to wake up my body, then I wake up my face with a fabulous Activator Gel by Cellcosmet, which contains cinnamon to get your circulation going. I leave it on for a minute then splash my face with cold water to tighten pores. I use Sisley All Day All Year to protect and nourish my skin.

**Hero product** Sisley Sunleja sun cream. You don't need a separate moisturiser in the summer months and it protects skin without irritation.

**Fitness** I am trained in Woyo Yoga and practice daily. It's a mix between Ashtanga and Iyengar Yoga but you use belts and cushions to support the body.

**Favourite spa** The spa at the Charles Hotel Munich, of course. I helped to design anti-ageing yet deeply relaxing treatments.

**Favourite treatment** I have our Cellcosmet and Ultrasonic peeling treatment which deeply cleanses pores and rejuvenated with fresh cells every month, it leaves your skin glowing for days.

**Health tips** Drink a few cups of ginger tea each day. Mix in a teaspoon



of Manuka or raw honey before drinking. It has a spicy invigorating taste and helps to speed up circulation and aid digestion so it's a great, natural detoxifying drink.

## LIP SERVICE

*Our favourite summer shades*



**1 Charlotte Tilbury Portobello Girl** Don't forget to pop one of Charlotte Tilbury's glorious range of creamy, pout-enhancing lip shades into your suitcase this summer. This flattering, fleshy, pinky-peach works really well with a smudgy, smoky eye. £16.50; [selfridges.com](http://selfridges.com)

**2 Dior Addict Cruise** A lovely red/coral-toned lipstick that is formulated with a reflecting gel for a glass-like finish. Enhance the look with lashings of mascara and bronzed cheeks. £24; [harrods.com](http://harrods.com)

**3 Mac Cosmetics Lady at Play** A grown-up summer bright that works beautifully with tanned or olive skin tones. Set this cool tangerine lip shade off with highlighted cheekbones and defined brows for a contemporary look. £20; [harveynichols.com](http://harveynichols.com)

**4 Laura Mercier's Lip Glacé in Bare Baby** For subtle enhancement, this lipstick is shimmering with a high shine finish. Great to add volume to thinner lips or to highlight the centre of your lips over lipstick for a 3D effect. £19.50; [spacenk.com](http://spacenk.com)

**5 Lipstick Queen Endless Summer** A fabulously fruity pink. Team with powder pink cheeks for a flirty, feminine look. £18; [spacenk.com](http://spacenk.com)

## STOP PRESS

New brand Aurelia Probiotic Skincare is loaded with the stuff usually found in yoghurt. There's loads of science to support its age-defying properties, but we love the divine smelling, pure range, especially the Miracle Cleanser, which works its magic leaving us with soft, squeaky clean skin. [aureliaskincare.com](http://aureliaskincare.com)

