

WELLNESS

# BODY & SOUL

Life in balance,  
by **Camilla Hewitt**



A RECIPE FOR WELLNESS



## GOLDEN MILK

Gorgeously bright, rich and caffeine-free, Golden Milk is the ultimate Ayurvedic recipe and can help improve digestion and circulation.

SERVES ONE

INGREDIENTS

- » 175ml whole milk or 250ml almond milk
- » Water, for simmering
- » 3 cardamom pods, cracked
- » 1/2 tsp ground turmeric
- » 2.5cm piece of fresh ginger, grated or 1 tsp ground ginger
- » 1/2 tsp ground cinnamon
- » 1/4 tsp freshly ground black pepper
- » 1/2 tbsp jaggery

METHOD

Place the milk in a small pot or milk pan. If you are using dairy milk, add 120ml of water. If you are using almond milk, add 60ml of water.

Add the remaining ingredients, apart from the jaggery, and gently simmer for 10-15 minutes. Add a splash more hot water if needed. Stir through the jaggery to taste, strain and serve.

*East by West: Simple Recipes for Ultimate Mind-Body Balance by Jasmine Hemsley is out now, published by Bluebird (£25)*

## CROSSING CONTINENTS

With her new ayurvedic-inspired cookbook *East by West*, **Jasmine Hemsley** explains how the Indian wellbeing system has helped her live a life in balance.

'From researching the best way to look after myself during my modelling career, ayurveda kept coming up so I've been slowly incorporating small changes over the years. At first, it looked too complicated and foreign, but several things made complete sense: getting in line with the circadian rhythm of the earth, sleeping before 10pm, cooked food for easier digestion, lunch being the biggest meal of the day. Also being mindful in your actions, from limiting distractions when you're eating to being really aware of the taste of your food. I've been incorporating it more and more into my life, including in my health and beauty routine.'

ESCAPE THE CITY



### Les Airelles, Courchevel

This mountain retreat re-opened in December after an extensive refurbishment, breathing new life into its fairytale setting

and enchanting hospitality. Revered for its intricate alpine décor, its chalet-style design is full of elegant carvings and sumptuous spaces. With just under 50 rooms and its warm and welcoming spirit, this intimate, ski-in ski-out hotel is a magical winter haven, offering every imaginable winter sport, in addition to an Hermès designed horse-drawn carriage. For those who prefer après-ski indulgences, Les Airelles houses the famed, two-Michelin starred, Pierre Gagnaire pour Les Airelles restaurant, and the brand new Crème de La Mer spa, specialising in Swiss anti-ageing treatments for men and women and also a cryotherapy room. From €1,100 p/n half-board. [airellescollection.com](http://airellescollection.com)

UP



### REDEMPTION BAR

Serves up delicious vegan, sugar-free and wheat-free food

### BIOPHILIC DESIGN

Using natural materials can reduce stress and improve our wellbeing

### FACEGYM JADE DERMA ROLLER

Aids the body's filtration organs to expel toxins

## HEALTH HOT LIST



### POTS & PANS

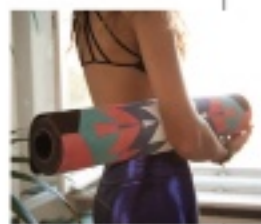
GreenPan's eco ones don't release toxins when heated

### TERRIBLE TASTING TAP WATER

Binchotan charcoal makes your tap water taste great

### PVC YOGA MATS

Soul Mats are made from 100 per cent renewable rubber



DOWN