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#EVERYDAY
FEMINISM
*Small steps,
big changes*

WAYS TO INFLUENCE
FASHION'S
NEW ATTITUDE

WOW HAIR
YOU WANT
RIGHT NOW

SO WHAT IF
YOU'RE
BEING
HEARD?

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A FIVE-STAR
RETREAT
FOR TWO

RUTH
BRADLEY
Daring to be different

Romantic
REBELLION

YOUR REVOLUTION STARTS HERE



TRAVEL PICKS



LONG HAUL

THE HIGH SEAS

GO THE DISTANCE: Once the domain of the older traveller, cruises are becoming a very appealing way to see the world. Just one check in (and one bout of unpacking) and a host of destinations come to you. The Wellness Expedition Voyages from Silver Cruises offer a holistic take on the cruising experience and ventures far from the usual jaunts around the Med or the Caribbean, with tempting destinations like South East Asia, Australia and Africa on offer.

SOMETHING SPECIAL: With a focus on rejuvenation and wellness, guests can avail of yoga and Pilates classes held on board or on shore, daily lectures and cooking demonstrations on healthy nutrition, gym sessions and fitness classes. Cruise prices start at €2,450. silversea.com



SHORT HAUL

THE ITALIAN JOB

Puglia (located on the heel of Italy) is hailed as hidden gem and is now very accessible thanks to Ryanair flights to Bari. The region boasts vineyards, cathedrals and ancient ruins, along with fine Italian food and sunshine. Head a little way down the coast to Lecce for a stay in boutique bolthole, Masseria Trapanà. Set in 60 hectares of olive groves, the sixteenth century property has been completely renovated and blends rustic style with modern comforts. The hotel has teamed up with some of the region's coolest beach clubs and in the summer will offer in-room massage and reflexology. Rates start from €375 per room, per night. trapanacom

PACKING FOR... CITY ESCAPE



Sunglasses (€68)
@ Next



Drew ankle boot
(€420) by Isabel
Marant @ Brown
Thomas



Sublimage La
Protection UV
SPF 50 (€98)
by Chanel



Tan saddle bag
(€179) by Biba @
House of Fraser

CITY BREAK



NEW YORK

A perennial favourite for an extended city break, New York is beautiful in the spring. Accommodation in the city is both a pleasure and a pain, so it's always good to discover a new option and you can't get much cooler than a Danish-designed hotel in SoHo. The sleek 11 Howard opens this month and makes the most of its creative surroundings with collaborations with local artists and businesses (rooms from \$255, Designhotels.com). While you're Downtown, visit the multi-purpose Brookfield Place in Lower Manhattan. The three-storey Saks Fifth Avenue store doesn't open till June, but you can pick up essential pumps at Tory Burch, a wrap dress at DVF or avail of the new complimentary embossing service on leather goods at Bottega Veneta. brookfieldplaceny.com

this
MONTH...

Check out the reopened Kensington Hotel in London. Part of the Doyle Collection, the hotel has undergone an extensive revamp which includes a new bar that is open to both residents and visitors. The cosy K Bar has a members' club feel, with leather wingback chairs, velvet sofas and a cocktail menu devised by award-winning bartender Ben Manchester, making it a good spot to revive oneself if you're on the nearby museum trail. doylecollection.com/kensington

GO NOW



GO NOW MALIBU

VISIT: With 32 miles of fine beaches, lots of sunshine and celebs in abundance, not to mention the Santa Monica mountains nearby, Malibu is worth a visit if you're heading to America's West Coast.

STAY: One very compelling reason to visit is the incredibly beautiful Aja Malibu holistic hotel, nestled in the mountains and surrounded by state parkland. The brainchild of Australian artist Inannya Magick, it's a luxury boutique health and wellness retreat. There are eight eco-friendly guest rooms and the lush gardens contain seven chakra-themed areas.

DO: A seven-day stay features a wellness programme rich in a garden-to-table, plant-based diet, wellness workshops, colour therapies and meditations, encouraging visitors to detox and unplug from the stress of everyday life. We suspect you won't want to leave. All-inclusive rates start at \$8,500 per person for a seven night stay. ajamalibu.com

Don't leave home without...

An on-the-go battery pack is an essential for any trip away. The Powermonkey Discovery (approx. €50) is perfect for when you're caught short on juice. This little aluminium power house will recharge an iPhone twice, a standard mobile phones three to four times, or can give an MP3 player up to 120 hours extra playtime. It's also compatible with a host of other gadgets from e-readers to portable sat navs. (You may need to buy supplementary attachments for some, so be sure to check powertraveller.com.)



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