



ENTOURAGE COLLECTION

STAY AT HOME GUIDE - THE WELLNESS EDITION

## OUR TOP 5



## PODCASTS

1. [Open Mind by Frankie Bridge](#)
2. [Project Body Love by Woman's Health](#)
3. [Radio Headspace by Headspace](#)
4. [Oh Boy by Man Repeller](#)
5. [Where Should We Begin? by Esther Perel](#)

## BOOKS

1. [Joy at Work by Marie Kondo & Scott Sonenshein](#)
2. [First, We Make the Beast Beautiful by Sarah Wilson](#)
3. [Solve For Happy by Mo Gawdat](#)
4. [Reasons to Stay Alive by Matt Haig](#)
5. [Inside Out by Demi Moore](#)

## SPOTIFY PLAYLISTS

1. [Reading Chill Out](#) Calm music to help you focus on your reading
2. [Relax in the Bath](#) Have a relaxing bubble bath with this playlist
3. [Peaceful Meditation](#) Breathe, relax and calm down
4. [JS Bach Goldberg Variations](#) The ultimate de-stressing playlist while you are home-schooling the kids
5. [Lazy Sunday](#) Because a quiet Sunday morning never hurt anyone

## WELLNESS-THEMED SERIES

1. [The Game Changers by Louie Psihoyos](#)
2. [BIKRAM](#)
3. [What the Health](#)
4. [The Goop Lab](#)
5. [The Mind, Explained](#)



## INSTAGRAM ACCOUNTS TO FOLLOW

1. [@accidentallywesanderson](#) Account sharing photographs of real-world architecture and locations that look straight out of a Wes Anderson film
2. [@coryrichards](#) For appreciating the world at large
3. [@mytherapistsays](#) Beauty, Fashion, Humour, Travel, Health, and Advice with a side of Memes
4. [@70sbabes](#) Inspiration from the 70s. A little escape from everyday life
5. [@mindsetofgreatness](#) A daily dose of wisdom

## MASTERCLASSES

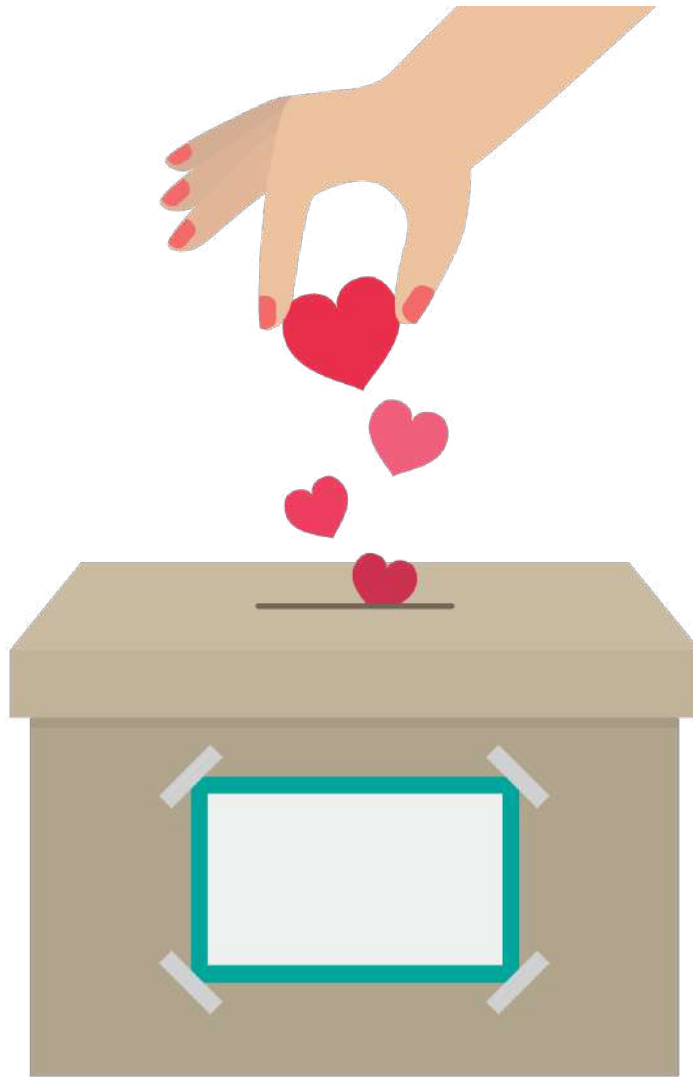
1. [Cooking Techniques with Thomas Keller](#)
2. [Photography with Annie Leibovitz](#)
3. [Creative Writing with Margaret Atwood](#)
4. [Acting with Natalie Portman](#)
5. [Design and Architecture with Frank Gehry](#)

## TRAVEL BOOKS

1. [Spectacular Paris by William Scheller](#)
2. [Italy by Gray Malin](#)
3. [TO:KY:OO by Liam Wong](#)
4. [Ibiza Bohemia by Assouline](#)
5. [The Rainbow Atlas: 500 of the World's Most Colourful Places by Taylor Fuller](#)



## OUR TOP CHARITIES



1. [City Harvest London](#) Helps put fresh surplus food to good use in a sustainable way, by redistributing to organisations that feed the hungry. They rescue food each week from food manufacturers, distributors and retailers and deliver to over 300 community programmes including homeless shelters.
2. [Good+Foundation](#) Evaluates the needs of American low-income families – especially single mothers – in the midst of the COVID-19 outbreak. These families already struggle with poverty, transport challenges, unstable housing, food insecurity, homelessness and many other issues and are disproportionately affected by events like COVID-19.
3. [ROAR x Robin Hood](#) Restaurants and bars are the heartbeat of New York City. When the government abruptly shut them down, about half a million people suddenly found themselves out of work. Service workers don't know how they will cover next month's rent, buy food, or pay for medicine, child care and more. ROAR is partnering with Robin Hood and is actively focused on those who will be disproportionately harmed by its immediate and long-term impacts.
4. [America's Food Fund](#) Children who are out of school and rely on school lunch programs, low income families, the elderly, and individuals facing job disruptions face difficult times. America's Food Fund is responding to the vast number of people in need of food.
5. [Mind](#) The pandemic is having a huge impact on mental health. Mind provides advice and support to empower anyone experiencing mental health problems. Help them protect, support and save lives.



LOVE WINS T-SHIRT  
COMIC RELIEF

FASHION BRANDS  
SUPPORTING OUR  
HEALTH HEREOS



STAY AT HOME T-SHIRT  
RIXO



HEART CASHMERE SWEATER  
CHINTI AND PARKER



STAND TOGETHER T-SHIRT  
SANDRO



THANK YOU NHS T-SHIRT  
KINDRED

## ENGLISH NATIONAL BALLET

Spotlight on one of our favourite cultural institutions, the phenomenal English National Ballet. Watch recorded programming on their [website](#), or even better [join them as a patron](#) and receive an incredible number of benefits and special access whilst helping them in this time of crisis. ENB is also streaming the award-winning ballet, Dust, by Akram Khan on 29<sup>th</sup> April. Click [here](#) to find out more about their #WednesdayWatch parties.

## THE OLD VIC

Unlike many other theatres, The Old Vic receives no regular Arts Council funding or subsidy. They have to make sure their 1,000 seats are filled at each performance and must raise an additional £4 million to keep making theatre and serving the community. Consider [making a donation](#) or [purchasing a membership](#) as they would be so grateful.

## SERPENTINE GALLERIES

You can join the Serpentine's programme online through special broadcasts, podcasts and digital commissions, visit their [website](#) to find out more. To show your support, please click [here](#).

## BOURLET SUPPORTING THE CAVELL NURSE'S TRUST

Win a family trip to London, whilst supporting a great cause! See your child's artwork framed by [Bourlet](#) and hung at [Philip Mould Art Gallery](#), plus receive £150 spending money & CASS ART vouchers. To enter, your child has to paint or draw any image they like. Post a photo of the artwork on [Instagram](#) before 1st May using the hashtag #bourletyoungmasters and make a donation to the [Cavell Nurse's Trust](#). For more information [click](#) here. Good Luck!

## SUPPORTING ARTS & CULTURE







KRISTINA BLAHNIK

Superwoman, CEO Manolo Blahnik

What is your greatest extravagance?

**KB:** Time to be still.

When and where were you happiest?

**KB:** Here and now... other than that there are too many to come up with but here are four:

Warm sunshine on my skin;

Seeing the completion of truly hard work, whether it be completed interior design, an exhibition, a store opening, a new collection, an 8 course dinner party etc,

Laughing (anywhere) with loved ones;

Anytime in Soho Farmhouse.

What is your most treasured possession?

**KB:** My memories, objects are just that, memories are treasured.

Who is your fiction hero?

**KB:** Dagny Taggart from Atlas Shrugged.

What is your motto?

**KB:** Sing like no one is listening, love like you've never been hurt, dance like nobody's watching, live like it's heaven on earth.

## FOOD DELIVERIES

1. Natoora (*London, Paris, NYC*) Their mission is to replace a broken, opaque food system with a transparent and sustainable supply chain. They source radically seasonal produce direct from growers across Europe and support sustainable farming practices.
2. Goodness! Harry's Kitchen is cooking a short, seasonal lunch and dinner menu, each day – all delivered to your door.
3. The Ginger Pig Has become the most talked-about butcher in London. They use only the best ethically sourced British livestock and now deliver hand cut meat to your home.
4. London Restaurant Co-operative Is a not-for-profit social kitchen that brings delicious chef-cooked meals to your door. They cook 2 different meals (one vegetarian & one non-vegetarian), using phenomenal British produce, and deliver them to your door.
5. Foodflo (*Los Angeles*) Expertly crafted, plant-based meals delivered straight to your door.
6. Kurami They combine expertise in nutrition and gut health to prepare freshly made meals.

## BONUS

1. The Isolation Wine Tasting Series by Pull the Cork  
1<sup>st</sup> and 8<sup>th</sup> May 2020
2. The Happy Kitchen: Good Mood Food by Rachel Kelly and Alice Mackintosh Boost your health, gut and mood with this lovely book.

## OUR TOP HOME PICKS





LIBERTY'S BUYING DIRECTOR  
SARAH COONAN REVEALS HER  
TOP 10 PRODUCTS  
GETTING HER  
THROUGH LOCKDOWN

1



LØRE ORIGINALS  
LEGEND DRY HAIR MASK

This mask treats both hair and scalp and the smell is utterly divine. Unusually, you apply this to dry hair and leave it to set. It leaves hair smooth, hydrated and extra glossy.

2



HERBIVORE AMETHYST  
FACIAL ROLLER

If you can not have a facial, this is the next best thing. My Herbivore Facial Roller is one of my favourite and most used beauty tools. I keep it in the fridge and use it daily to de-puff, improve circulation and drainage and tone my skin. It works really well in the morning and leaves skin glowing and healthy before make-up.

3



D.S. & DURGA PORTABLE  
FIREPLACE CANDLE

I have many candles and rotate depending on my mood. I always have one burning and find them incredibly soothing. One of my favourites is DS & Durga Portable Fireplace. It smells exactly like the name suggests and fills the room with reassuring comfort.

4

AROMATHERAPY  
ASSOCIATES X  
LIBERTY LONDON  
CLEAR MIND OIL

We created this amazing oil with the late Geraldine Howard, the founder of Aromatherapy Associates. Our brief to her was to create a soothing remedy for highly stressed out people who needed to clear their mind of noise and worry. Pretty perfect for the current state of affairs I would say.



5



### VOTARY SUPER SEED CLEANSING OIL

I am a huge fan of a good cleansing routine. I'm not blessed with naturally good skin and I find a thorough double cleanse completely essential. I also really enjoy the ritual of cleansing, particularly after a day's work. It's so wonderful to wash off the day's stresses and take a few moments to massage away tension. I prefer an oil for this reason and Votary Super Seed is my favourite.

6



### OMOROVICZA DEEP CLEANSING MASK

There is nothing quite so pampering as an at home mask. This Omorovicza one is perfection. It is an old school clay mask and draws out stubborn impurities. I like to relax in a hot bath while it works it is magic.

7



### BOBBI BROWN ILLUMINATING BALM

As we have all become accustomed to video conferencing - whether it's a social with friends or meetings for work - we have had to become very familiar with our faces on screen! To this end, I've been experimenting with the best base for flawless skin. Sadly, I do not have flawless skin, so I have to manufacture it with clever product. This Bobbi Brown Illuminating Balm is genius! Use it under foundation for a healthy glow.

### AUGUSTINUS BADER THE RICH CREAM

This is new to Liberty and to my own routine but I heard one of my co-workers raving about it and had to try it for myself. It did not disappoint. Rich and nourishing, it's a real luxury to apply and I've seen major results in only a week.

8



### AESOP RESURRECTION HAND BALM

My poor hands have really suffered with all the hand washing and sanitising gel. A good moisturiser is an absolute must-have. I've used this Aesop one for years and it is beautiful. The smell is incredible and it isn't too heavy.

9



10



### SISLEY BLACK ROSE MASK

Probably my ultimate skincare treat, this Sisley Mask is an industry legend for good reason. It hydrates, smoothes, plumps and nourishes parched skin. I couldn't be without it.



1. FaceGym Forehead + Eye Lift  
27<sup>th</sup> April, 6PM UK/ 1PM NYC. Live on Instagram.  
"When a new face lifting procedure left me house bound, I decided it was time to act and create a non-invasive, zero-risk, face lifting solution that really works." Inge Theron, FaceGym Founder
2. Skinwork - Beauty Chef Glow + Collagen Kit  
Strengthens your skin from within, this best-selling duo perfectly promotes collagen synthesis and strengthens the skin, while also nourishing and supporting gut health. Win-win!
3. Larry King - Good Life Shampoo Like a multi vitamin for your hair, Good Life Shampoo will leave your hair feeling renewed and refreshed – like it has been on a yoga retreat in Bali for a week and is back feeling healthy and revitalised.
4. HUM Nutrition Glow Sweet Skin Gummies Has got hyaluronic acid, vitamin c, vitamin e and amla fruit. Non-GMO, sustainably-sourced, gluten-free and in a tangerine-infused flavour.
5. Rose Inc. X Dr. Nigma Giveaway  
Amazing giveaway you do not want to miss!  
[@drnigmatalib](#) is known for her inside-out approach to skincare and her work with celebrity beauties like Penelope Cruz, Kate Bosworth, and Rosie Huntington-Whiteley. New skincare to indulge in while at home is a great idea, and click here for a chance to win Dr. Nigma's Beauty in a Bottle supplements, High Performance Serum No. 1, and Cleanser No. 1. (Competition ends 26<sup>th</sup> April)



## OUR TOP HOME WORKOUTS

### YOGA WORKOUT

[Kerri Verna](#)

### PILATES WORKOUT

[Amy at Flat Iron Pilates](#)

### BODYWEIGHT WORKOUT

[Shona Vertue](#)

### ABS WORKOUT

[Body by Ciara Madden](#)

### LEGS WORKOUT

[Ballet Beautiful](#)

### VARIETY WORKOUT

[CCTV at Core Collective](#)

### FUN WORKOUT

[Ryan Hefington](#)

### GLUTES WORKOUT

[Julie Pujols Benoit Pilates](#)



## OUR TOP 5 HOME WORKOUT ESSENTIALS



### ENERGISING PULSE POINT OIL

A revitalizing and zesty blend to energise, boost and awaken the senses.



### PELOTON BIKE

The only exercise bike streaming indoor cycling classes to your home live and on-demand.

There has never been a better time to get one.



### NEPHELE GALLERY NATURAL RUBBER YOGA MAT 4.5MM

High-performance, natural and sustainable. Longer and wider than standard yoga mats.



### GOOP RECOVERY BATH SOAK

Mineral-rich salts combined with apple cider vinegar, arnica and turmeric to soothe overstretched muscles, relax the body and help you rebound from a workout.



### DOUBLE ROLLER

Release post-sweat tension in your back, arms, and legs with this two-in-one roller. Stretch it all out!

# OUR TOP 5 WAYS TO ZEN YOUR HOME



## ALOE VERA PLANT

Add this healing aloe plant to your kitchen window as it loves a sunny spot. While being on hand to soothe any kitchen burns, this succulent plant will be purifying the air of formaldehyde and benzene, found in varnishes, floor finishes, and detergents. Perfect for a well-visited place like the kitchen.

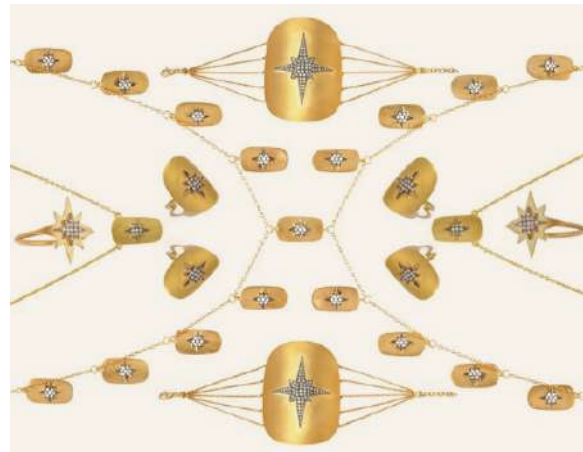


## AMETHYST CLUSTER

As a natural stress reliever, an Amethyst Cluster is the perfect stone to keep in the bedroom if you're struggling with anxiety, or to get a restful night's sleep. For those having trouble making decisions, the Amethyst Cluster will help you to avoid negative patterns and choices. For more stones please click [here](#).

## MONICA VINADER X CAROLINE ISSA GEMSTONE NECKLACE

Take your gemstone obsession to a whole new level with this beautifully unique necklace. It features Ametrine, which calms the mind by clearing stress and tension from the head and Aquamarine, which enhances spiritual communication and clears communication blocks.



## PERLOTA STELLA

PERLOTA Fine Jewellery is inspired by the essence of holistic wellbeing, combining timeless elegance and exceptional craftsmanship, featuring beautiful designs to celebrate both inner strength and femininity.

## BROOKE GREGSON'S BOULDER OPAL ELLIPSE RING

Perfect jewellery to remember those sunny summer holidays and to stay positive while at home. This one of a kind boulder opal ring has 18k gold Georgian bezel with diamond shoulders and is the perfect treat.



## ROSE QUARTZ BOTTLE

Stay hydrated while working from home with this beautiful bottle containing a Rose Quartz - the stone of unconditional love. It harnesses the feminine energy of compassion, love, peace, tenderness, healing and nourishment.





## AT HOME WITH SIX SENSES

Complimentary Dosha readings and consultations with an Ayurvedic doctor



## SOUL ALIVE LIVE MEDITATIONS

Live guided meditations every week

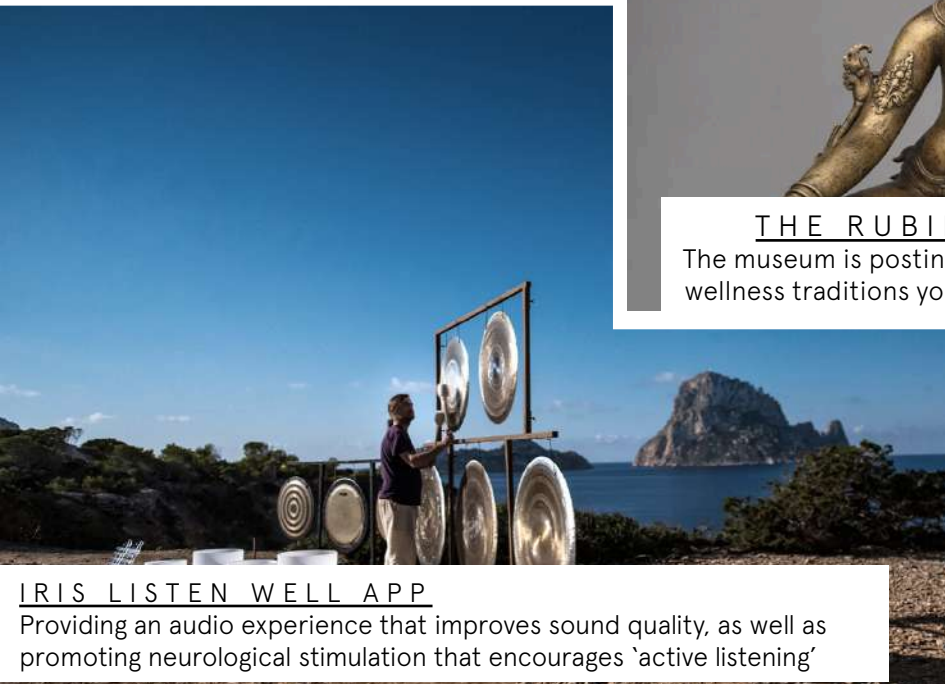


## VIRTUAL WELLNESS EXPERIENCES



## THE RUBIN MUSEUM

The museum is posting daily videos exploring wellness traditions you can practice at home



## IRIS LISTEN WELL APP

Providing an audio experience that improves sound quality, as well as promoting neurological stimulation that encourages 'active listening'



## ROCKY MOUNTAIN NATIONAL PARK

Sound library and webcams available to escape city life



## MENTAL HEALTH RESOURCES

1. Calm App Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music. This app is truly universal; whether you've never tried meditation before or regularly practice, you'll find the perfect program for you.
2. notOK Is a free app developed by a struggling teenager for teenagers. The app features a large, red button that can be activated to let close friends and family know help is needed. Users can add up to five trusted contacts as part of their support group so when they hit the digital panic button, a message along with their current GPS location is sent to their contacts.
3. Self-Help for Anxiety Management (SAM) This App is perfect for you if you're interested in self-help, but meditation isn't your thing. This friendly app offers a range of self-help methods for people who are serious about learning to manage their anxiety.
4. Samaritans Supports people affected by mental health problems including friends, family and carers. Experts improve understanding and provide vital care. If you need urgent help, you can call Samaritans on 116 123. They're available to offer support 24/7 every single day of the year.
5. NYC Well. Talk. Text. Chat. 24/7 NYC Well is your connection to free, confidential mental health support. You can speak to a counsellor via phone, text, or chat and get access to mental health and substance use services, in more than 200 languages, 24/7/365.



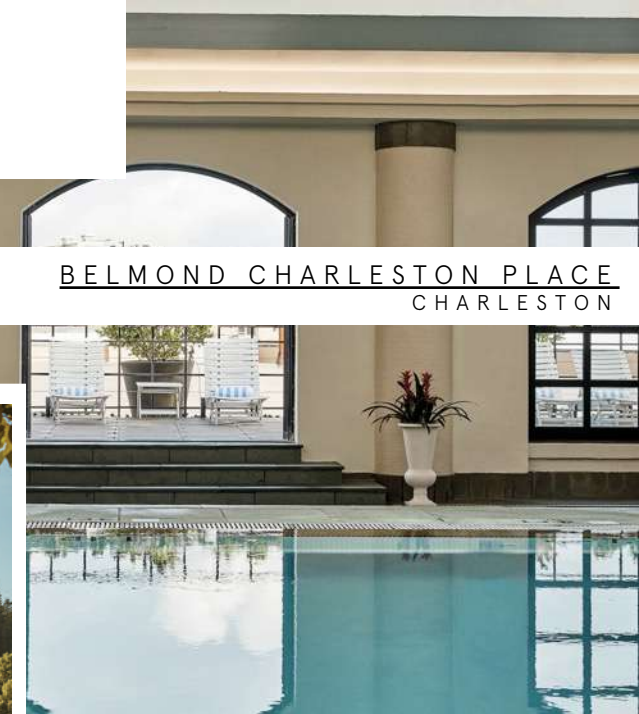
DREAM DESTINATIONS:  
THE BELMOND EDITION  
Explore selfcare packages :  
THE BELMOND CARE PACKAGE



BELMOND GRAND HOTEL TIMEO  
TAORMINA



BELMOND VILLA SAN  
MICHELE  
FLORENCE



BELMOND CHARLESTON PLACE  
CHARLESTON



BELMOND LA RESIDENCIA  
MALLORCA



BELMOND CAP JULUCA  
ANGUILLA



# OUR TOP 5 IDEAS TO CREATE TRAVEL MEMORIES & PLAN FOR FUTURE ADVENTURES



## HARDCOVER PHOTO BOOK

Upload your photos directly from Instagram in a few clicks, or from a phone or computer to create a beautiful Photo Book. Mind Travel – here we come.



## PAPIER COLLAGE PHOTO PRINT

This collage brings together your best experiences, all in one place. With space for 9 shots, it's ideal for holiday Instagram-snaps, special times or a thoughtful mix of amazing moments.



## SMYTHSON'S TRAVEL JOURNAL

Staying home has become our new normal. While travelling is on pause for a while, use your extra time to plan your dream destinations in a leather-bound diary. Stay positive, we will travel again!



## SCRATCH OFF MAP

Track and record travels and reveal a colourful, detailed political world map underneath. Get excited about all those new places you are going to visit.



## TRAVEL AROUND THE GLOBE

With historic reportage and landmark fashion shoots in India, Iran, Morocco and Bali, Vogue on Location captures important moments in both travel and fashion history.

## EDUCATIONAL RESOURCES

1. [Sir David Attenborough Teaching Geography Lessons To Kids](#) With schools across the country currently closed, many families have had to bring learning into the home – not easy for sure, especially for parents who haven't even looked at a textbook for decades. Attenborough has stepped up to lend a helping hand by offering up his knowledge to teach children all about the oceans. He will also explore how we map the world, as well as help us understand why animals look the way they do – which all sound like valid lessons whatever your age!
2. [Khan Academy Kids](#) Free lessons for children aged two to seven, divided by grade levels.
3. [Online G3](#) Nurtures critical and creative thinking for accelerated learners.
4. [PBS SoCal At Home Learning](#) From home schooling learning tips and pre-Kindergarten to twelfth grade programming and activities.
5. [Smithsonian YouTube Channel](#) A huge variety of videos in art, design, history, science, technology and culture.
6. [WebExhibits](#) An online interactive museum that covers science, the humanities, and culture.
7. [No Website required:](#) Turn on the subtitles for kids movies to covertly sneak in some reading, whilst you have a little break!





A photograph of two children climbing a tree. A girl on the left is wearing a white dress with a colorful pattern and a red hat. A boy on the right is wearing a red t-shirt and green sunglasses. They are both smiling and holding onto a tree branch. The background is filled with green leaves.

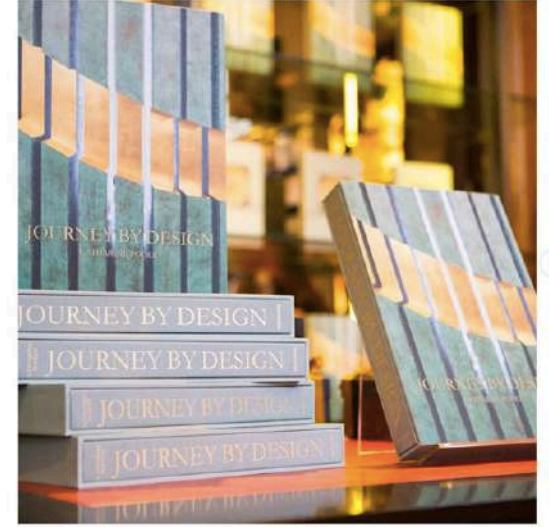
## OUR TOP PICKS FOR KIDS

## ARTY & FUN VIRTUAL HOME ACTIVITIES

1. [The Frying Pan Pizza Kit](#) Pizza Pilgrims now delivers a Frying Pan Pizza Kit. It comes equipped to make two very yummy margherita pizzas. A little slice of fun for your home. Find instructions [here](#).
2. [Practise mindfulness with Yoga Babies by Fearne Cotton](#) If you're looking for a cute picture book to get your little one feeling yogic, [Yoga Babies](#) by Fearne Cotton is just adorable.
3. [Kids cook with Theo – Live on his Instagram Page](#) Each week Theo Michaels whips up simple meals that kids can get involved in. Keep the kids busy for an hour, everyone eats dinner, maybe learns a thing or two and the mess isn't too bad. Win, win for everyone involved.  
Every Monday, Wednesday and Friday at 4pm (GMT).
4. [Make Playdough from everyday ingredients](#) This super-easy playdough recipe is the perfect way to entertain kids and you only need a few store cupboard ingredients. Little hands can play with the results straightaway, so there's immediate gratification for all involved. Even for the big ones!
5. [LEGO Kids](#) Buy Lego kits and work with your child to build models or enter LEGOS [Kids Zone](#) and explore fun games and videos.
6. [Block Printing](#) Fabric and print designer [Molly Mahon](#) has a brilliant series of how-to videos demonstrating to both young and old the fun of potato printing.
7. [Tie-Dye Art Kit](#) While adults are rediscovering baking, there is a new trend for kids. Colouring their own shirts with 18 different dyes. Lots of colourful fun!

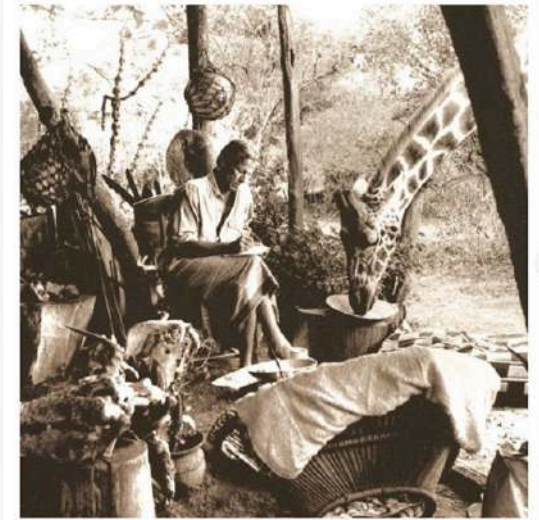


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## Self-help

How to stop time: kiss.  
How to travel in time: read.  
How to escape time: music.  
How to feel time: write.  
How to release time: breathe.



# ENTOURAGE *Collection*

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