

Well Curated





WELLNESS FOR THE MIND, BODY AND PLANET

WELL CURATED was conceived at a time when the world was unwell. It was the first lockdown of the pandemic – the media was gripped by fear and panic, and the fast pace of our working lives came to a sudden halt. While NHS staff and key workers were given the monumental task of caring for the nation, we were given time to pause and reflect on what it means to be well.

People are increasingly recognising that it is our responsibility to live and work ‘well’ in order to optimise personal health as well as that of the planet. Evidence of how all our choices impact the environment increases every day, along with the realisation that it is critical to modify lifestyle habits to protect the Earth for future generations.

With this in mind, we considered how wellness applies to all aspects of life, and what a wellness filter on a typical fashion magazine would look like... and *Well Curated* was born.

Well Curated is a platform for editorial content that puts a positive spin on the way we live and shop. It is a destination to discover products and pursuits that promote a healthy mind and body, as well as projects and people working towards a more sustainable way of life.

Our objective is for *Well Curated* to become a go-to resource for living well and shopping sustainably. Likewise, *Well Curated*'s content isn't designed for single-use consumption – with longevity in mind, it's our intention that the information can be accessed again and again.

We endeavour to feature tips to improve mood and mental health (Well Being), brands that are revolutionising sustainable fashion (Well Worn), beauty pioneers who are cleaning up the industry (Well Beautiful), seasonal recipes and advice on eating well (Well Nourished), travel destinations that encourage immersion in nature while remaining environmentally conscious (Well Travelled), and movement that promotes feeling healthy and strong (Well Fit).

Life's rhythm will always ebb and flow, but our resolution is to be a little more mindful, to pause and appreciate the process rather than the end result.

Kate + Cam

KATE & CAMILLA

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ROLL-NECK WOOL SWEATER, RAEY. QUILTED RECYCLED WRAP COAT, TOTÊME



STRIPED WOOL-BLEND BLANKET, COLVILLE. WAFFLE-KNIT CASHMERE SWEATER, THE ELDER STATESMAN



HIGH-RISE STRIPED CROPPED STRAIGHT-LEG JEANS & PLEATED COTTON-BLEND DENIM TOP, CHLOE. GEOMETRIC-PRINT COTTON BAG, COLVILLE



UPCYCLED FLOCKED COTTON PINAFORE DRESS, CHOPOVA LOWENA. RECYCLED CASHMERE SWEATER, RAEY

Well Shopped

Fashion influencer and consultant Lucy Williams curates her autumn wardrobe from MATCHESFASHION's responsible edit

PHOTOGRAPHY TRISH WARD



UPCYCLED PATCHWORK COTTON DRESS, RAVE REVIEW. BELTED ORGANIC COTTON-BLEND TRENCH COAT, GANNI



MOON-PRINT
RECYCLED JERSEY TOP,
MARINE SERRE. BELTED
FAUX-LEATHER COAT,
REJINA PYO



HIGH-RISE STRIPED CROPPED STRAIGHT-LEG JEANS & PLEATED COTTON-
BLEND DENIM TOP, CHLOE



MOON-PRINT RECYCLED JERSEY TOP, MARINE SERRE. BELTED FAUX-LEATHER
COAT, REJINA PYO



UPCYCLED FLOCKED COTTON PINAFORE DRESS, CHOPOVA LOWENA.
RECYCLED CASHMERE SWEATER, RAEY



ROLL-NECK WOOL SWEATER, RAEY. STRETCH-CASHMERE SHORTS,
EXTREME CASHMERE

Well Being



PHOTOGRAPHY NIC BEZZINA
INTERVIEW CAMILLA HEWITT & KATE DAVIS-MACLEOD

JJ Chalmers is a television presenter, public speaker and Invictus Games medallist. He was seriously injured in a bomb blast in Afghanistan in 2011 while serving as a Royal Marine.

Ed Jackson is an adventurer, charity founder, broadcaster, speaker, author and mentor. In 2017, he suffered a life-changing spinal cord injury, which put a sudden end to his professional rugby career.

Ed and JJ met a few months ago, presenting the Summer Paralympics in Tokyo. Within just 10 days they became firm friends, finding camaraderie and a shared sense of humour in the chaos of live television.

We travelled to Edinburgh to chat to them both about their positive attitude to life and how it has driven them forward.

You both faced an uncertain future after your injuries, what fuelled your recovery during that first stage?

Ed: After nine days in ICU, I hadn't moved at all or had any sensation return, at which point they basically wrote me off, telling me that I was going to be a complete quadriplegic for the rest of my life, and that the best I could hope for was to get the use of my arms back so that I could use a wheelchair and be independent.

The word 'independent' made me realise that it wasn't just about me; my wife was going to have to be my carer, my mum was going to have to be my carer. I remember thinking, 'Right, if you look back in six months' time and you're still lying in this hospital bed but you know you've cut corners, you'll never be able to forgive yourself because you'll have ruined their lives as well. But if you've done everything you can, you can look at yourself in the mirror and say, "I tried, it was out of my hands".'

It was at that moment that I started to put the real effort in. It wasn't about me anymore, it was about them. Forty-eight hours later, my foot moved. Within three months I was standing and I left hospital.

JJ: Relationships give you something so powerful to fight for. If my relationship with Komelia hadn't survived, I wouldn't have made it. That was one of the biggest things I said to myself, 'At the end of this, I want functionality, I want independence, but I want this relationship to still be there, otherwise I have failed'. I knew wherever I got to in the end, I knew she had to be there. The world makes clichés of things through movies, but actually in real-life situations, things like true love get you through. The moment you wake up and you realise this girl has been bed-bathing you for the past month, you think, 'Wow, she didn't run - and I wouldn't have blamed her for running'.

In such a sink-or-swim situation, you both chose to swim, where does that inner strength come from?

Ed: When your back is against the wall, you go one of two ways. You are either a passive victim ('Why is this

happening to me? Life's not fair'), or you're an active instigator ('Well, this has happened, what can I do about it?'). I think it's about getting yourself into that mindset as quickly as possible. Mood follows action. You can't wait to feel better; you have to do something to make yourself feel better. So many people ask me how have I managed to stay positive through this. There's no way I thought I would've got through it, but you'd be amazed at what you're capable of when you're put in that situation. Then you get through it, as we have, and you realise how resilient the human brain is and it makes you less scared of taking leaps of faith, because you have more faith in yourself.

JJ: The last year and a half has taught people they're more resilient than they thought they were. I wouldn't wish my injuries on anyone and I wouldn't wish the pandemic on anyone, but those things happened. We had no choice to sink or swim in that moment, and if you chose to swim, how have you improved? Because you have probably learnt something about yourself in that process.

JJ, being in the military meant your rehabilitation differed quite drastically to Ed's. Can you tell us about the Headley Court project you're fundraising for?

JJ: I was coming through the military system where we were going into a rehab facility and doing eight hours a day. The charity I'm an ambassador for has rebuilt the new Headley Court: we are continuing to fundraise for a national rehabilitation facility so that someone who has a car crash, for example, can have the same level of treatment that we had in the military.

Ed: I was in the NHS for three months, where I was getting three hours of physiotherapy per week. My dad was a GP for 20 years and he knew that wasn't enough, so my friends and Lois, my wife, would do physio with me in between those times, which is technically against the rules, given that you're touching someone with a spinal injury, but we knew I only had a window of opportunity to recover and we had to take it. The most impact you can have is early on, and the more time that goes by, the less of an effect you can have on neurological injuries.

One of the big worries for me was, 'Are we doing the right



STRIPED ALPACA
SWEATER, INIS MEÁIN

thing? Am I in the right place?'. When you're at Headley Court, you know you're getting the best care possible, probably the best care in the world. The NHS is unbelievable and they saved my life, but there's no funding there for rehab.

Ed, your charity Millimetres 2 Mountains supports positive change for people who are facing mental health challenges. How has outdoor adventure helped your healing process?

Ed: Initially, getting outdoors and climbing Snowdon was about finding out what was possible. I wasn't sure if it was something I could achieve anymore. Being on the side of a mountain isn't comfortable for me, or for most people, but I wanted to push myself out of my comfort zone. Realising how important it is to spend time in nature was really a by-product of this, and it wasn't until we started the charity that I delved deeper into the psychological benefits.

By walking side by side on a path you create space for peer-to-peer healing, and communication is often much more open and honest than a face-to-face or eye-to-eye meeting. The change in environment also encourages a change in communication; being outdoors removes barriers and ultimately the challenge of climbing a mountain stops you from running away from a conversation – at no point can you say, 'Sorry I've got to go'.

Throughout your recovery you have both set yourself physical goals, from climbing mountains to competing in the Invictus Games. Did you also set mental goals along the way?

JJ: You set yourself physical goals, but you get there through mental strength. Physical goals are only met because you grit your teeth and get on with it, and that's not your ability to endure pain or go that extra mile, it's the ability to tell the demons in your head that are saying you can't do this, that actually the mind is stronger than the body, and I will go further. And that's true of the trauma, too: there's a physical element, a psychological element and also a social element; those are the three things that will be affected. A doctor can heal the physical part, but the mental or social parts are much harder to heal.

Ed: Giving yourself time to build mental strength is so important. If there is any space in our heads, we want to fill it, but if you create space, diarise space, then your brain will

start evolving and you'll make realisations you've never made before. It's about seeing that as the most productive thing you can do.

How have your goals changed since your injuries?

Ed: Before I was driven to be the best player I could be, success was what my salary looked like and what club I was playing for. Now I'm driven by being happy and by the people around me being happy. I've removed my goals to a certain extent and aligned myself with my values. I'm not career climbing, I'm not working hard because I want to be better than someone else; I'm working hard because I enjoy it.

JJ: To reiterate what Ed has said, how you should measure success is by asking yourself 'Are you happy?'. That's basically the indicator of whether you're doing well or not. When I look at what I have, my life is perfect. I have a career that I love, an amazing family and an amazing wife. It's not to say that my ambition has diminished, but where I've ended up, I'm really happy and my goal is to ensure that that continues.

Ed: Why are you really happy? Is it because of those things or is it because you now reframe everything? You could sit there and say I'm missing fingers, I'm in pain a lot of the time, but we ignore those things, we only focus on the positive, it happens as a mindset.

JJ: Absolutely, my positive mindset has been heightened by my injury, but actually I kind of had that to begin with, because if I couldn't look at the positives in a situation, I would've quit on day one of marine training. I was able to take the good from the bad. All of my good stories in life begin with, 'Do you remember when the weather was terrible?' or, 'Remember when everything went wrong?'. None of my good stories begin with, 'Remember when everything was perfect and everything went according to plan?'. As soon as stuff starts going wrong, I always think there's going to be such a good story on the other side of it, and I know that at the very least, I'm learning something about myself.

What other realisations have dawned on you since your recovery?

Ed: I've realised you are just a sum of things you have overcome and if you never have to overcome anything,

“Brave is my favourite word, being brave enough to follow your gut. We’re all scared to make the wrong decision, but you’ll never know what the decision would have led to if you don’t have the courage to make it.”

you’re vulnerable. People who say yes more will fail more, but they’ll never see it as failure, it’s just learning. Brave is my favourite word, being brave enough to follow your gut. We’re all scared to make the wrong decision, but you’ll never know what the decision would have led to if you don’t have the courage to make it.

JJ: The other day I was listening to Ed’s podcast and he asked one of his guests what the failure they were most proud of was, so I started thinking about that. And I couldn’t really think of a failure in my own life, not because I’m successful, but just because I don’t really consider anything a failure; I eventually got to where I wanted to be or close to it, and the failures along the way were just part of the process.

A lot of your advice is relatable to everyday situations, from maintaining healthy relationships to managing pressure from work...

JJ: In fairness, that was the purpose of the Invictus Games. It was a rehab tool for us, but it came about because Prince Harry had stepped into our world and he realised what we didn’t: that we all inspire each other. Our lives only feel relevant to us, but actually there’s a lot other people can take from it. We just needed to package it up and let people ingest it, and that’s the service element that gives us more purpose than anything else.

Why was giving back such an important factor for you both after recovery?

Ed: I think the reason I started the charity and decided to help others was because there is a lot of guilt involved – survivor’s guilt. As human beings, as tribal creatures, we have to be beneficial to others in our group. That’s what gives us reward. We get so many endorphins and so much release from being beneficial to other people, and if you can align your life with a career or something that benefits others, that’s the secret to happiness. If you’re feeling down, don’t try to make yourself

feel better, go and make someone else feel better because straight away you’ll feel great.

JJ: I would say, looking back, I was relatively selfless in the first place because I was serving in the military; I believed in service, in being part of a community that is much bigger than you and giving something to society. And then you end up injured and it is very selfish, everything functions around you. Being dependent on people was not something I’d ever really done, so yes Ed said it, it’s that survivor’s guilt.

Ed: The trigger point for me was a huge sense of a loss of purpose. I was Ed the rugby player, and all of a sudden I was a head on a pillow. I was the person who was asked to lift things or to open the door; my identity was my physicality and that had been taken away. It was only when I was persuaded to put my blog out publicly and people started responding that I felt I was useful again. Being needed became addictive and I wanted to help more people, so the charity happened. Eventually, I got to the point where I thought, if enough good comes from the situation, then by definition, it’s no longer a bad thing for me to break my neck.

JJ: Ditto all of that. In terms of our meaning and purpose, we really were defined by our physicality, but actually that’s not true. Being physical was a requirement of the job, but to be a Royal Marine Commander is about the mindset that you have and it’s about your values, one of which is that sense of service. Give me that back, and you’ve given me my identity back.

So would you rewind the clock if you could?

Ed: It’s not only that I wouldn’t turn it back, which I definitely wouldn’t, it would be selfish to turn it back now – and I love that.

JJ: Let’s put it this way: Ed and I met as a result of our injuries, and the world would be a worse place if I didn’t know Ed Jackson.



CREW-NECK LAMBSWOOL
SWEATER, SUNSPEL

Danielle Copperman is a wellbeing writer and natural living expert, trained in diet and nutrition, holistic massage and Strala yoga. She is also the author of cookbook and lifestyle manual *Well Being*. Danielle shares her tools for a healthy life



Well Organised

I am an avid list maker and I love good stationery to feel organised and add structure to my days working from home. I recently discovered Migoals, which has simplistic planners as well as goal-setting and personal development diaries.



Well Read

Most of my inspiration and general guidance comes from books; a few reads that really changed the way I understand and move through life are:
1 *The Slow Down Diet*, Marc David | **2** *The Secret*, Rhonda Byrne
3 *Daring Greatly*, Brené Brown | **4** *The Seven Spiritual Laws of Success*, Deepak Chopra | **5** *The Law of Attraction*, Esther and Jerry Hicks



Well Sexy

I recently connected with the team at Maude – a modern intimacy brand specialising in all-natural products and toys for sexual health – as guests for my podcast. It's a really interesting concept and exposes what's wrong with commercial products that can potentially be more harmful for our bodies than we realise.



Well Home

I use washing bags to catch microfibres from synthetic fabrics that can make their way into our oceans and rivers. The bags reduce fibre breakage, helping clothes last longer. Beyond that, any fibres that do break during a wash are collected in the corners of the washing bag and can be easily removed and disposed of, diverting them from our waterways and ecosystems.



Well Travelled

Working in travel and wellness, I have been to some of the most amazing spa hotels and retreats in the world. Six Senses' commitment to holistic living and sustainability is so inspiring. Their resorts, found all over the world, are not only experiential but educational too. You come away feeling rested and refreshed, but also armed with tools and rituals to add to your own routine at home.



Well Equipped

Since the pandemic, I've discovered a new passion for working out at home, where I regularly do bodyweight workouts that use natural resistance to strengthen, tone and stabilise muscle groups. I have pieces of exercise equipment that I rotate every few days. These include Isla resistance bands, Bala ankle weights and a Pilates ball by Bahe.



Well Rested

Whether travelling or at home, my favourite ingredient to aid sleep is melatonin, and D+ do an amazing spray that's taken orally. It contains melatonin, verben, 5-HTP, chamomile and other all-natural, organic ingredients.



Well Supplemented

Supplementation is something I'm constantly learning more about and while I would never rely solely on supplements (I believe you still have to put in the effort in other areas of your life too), a few of my favourite brands include Wild Nutrition, Garden of Life and Pukka Herbs.



Well Heard

I love absorbing content in audio format, and I incorporate it into my daily routines while walking the dog or working from home. Some of my favourite podcasts include Oprah Winfrey's *Super Soul*, The Goop, Lacy Phillips' *Expanded*, *Lemon Water* by Michelle Siman, Joe Rogan, *How to Fail* and *How I Built This*. I always suggest listening to spiritual or self-development books as audio books too, as it's a much easier way to digest information.

Well

Motivational speaker, podcast host and author of *Power Hour*, Adrienne Herbert, delivers advice on mind-body balance

PHOTOGRAPHY CARLA GULER
STYLING SASKIA QUIRKE



Fit



THIS PAGE: COAT, RAG & BONE.
BRA, CLEO HARPER, SHORTS,
LIVE THE PROCESS.
OPPOSITE PAGE: COAT,
FRANKIE'S SHOP, BODY, ALIX
NYC, TROUSERS, RAG & BONE



BRA, ALO YOGA. TROUSERS, SERENA BUTE

Tell us about the ‘power hour’?

The ‘power hour’ concept is simple but powerful. It’s about reclaiming the first hour of your day to focus on your goals and to create a life you love. The aim is to start each day intentionally before the rest of the world wakes up and demands your time, energy and attention.

My power hour begins at 5:30am, the early morning hours are quiet and uninterrupted so for me it’s the best time of the day to find focus and clarity. The modern world is complex, fast paced and busy. Like many people, I’m ambitious, self-motivated and I take on big challenges. In an attempt to avoid feeling overwhelmed or frantic, I have created my own set of daily practices, routines and principles to live by. The ‘power hour’ is a non-negotiable part of my routine, it allows me to curate time and space to create new things for myself and for my life.

We all have a different relationship with exercise, what advice do you have for achieving a positive mindset towards movement?

Movement is essential for both our minds and bodies; we all have a unique relationship with exercise but it’s important to remember that movement is innate and necessary for all of us. Movement is energy in motion.

Growing up I loved to dance, I also played sports at school, and I’d try anything from roller skating to football. When you’re a kid, you have less inhibitions, you’re more curious, you play games and try new things all the time, but as we grow up, the world changes us. As adults we value our time differently, we become busy with things deemed to be more important, we neglect play, curiosity and joy.

As someone who has worked in the wellness and fitness industry for almost 10 years, I’ve seen all of the fads and trends, I’ve worked with a variety of people, from new mums to pro athletes to supermodels. I understand that what works for one person will not work for another. You have to find a way to move your body that you enjoy, that challenges you and that you can sustain for a long time. For me, that’s running, Pilates and HIIT.

Running allows me to explore and to feel a sense of freedom and progression at the same time. As I lace up and begin to run, I feel as though I’m simultaneously running towards something and away from something else. The sound and the rhythm of my feet hitting the grey tarmac on the street is almost hypnotic. I get into a flow state when I’m running. I return home after an hour-long run feeling re-energised and as though I can take on anything.

I practice Pilates three times a week. It’s really challenging and it helps to balance and strengthen my body. Typically, I only do a HIIT workout once a week. I enjoy feeling the burn and breaking a sweat but if my schedule is getting hectic, I don’t want to add even more intensity and adrenaline into the mix.

As a trainer, I don’t think there is one type of movement that is superior to another. If you like to lift weights, box, swim or dance, it’s all movement. We go through many different stages and seasons in our lives; maybe this is your season to train with focus and discipline, maybe this is your season for stillness and calm. Ultimately, you must decide, but try to remain open-minded, curious and courageous.

Conditional beliefs are the cause of most people’s limitations, which methods have you seen in practice to be most successful in overcoming a negative mindset?

If you have a negative mindset around movement and exercise, it’s important to try to understand why. Is it because you only see exercise as a punishment, something that you should do, rather than something that you choose? Maybe it’s that you want to move more but you’re time poor; exercise is the last thing on your priority list, so it gets pushed until tomorrow, or the next day, or next week. Or maybe it’s simply because exercise can be hard and uncomfortable. It’s human nature to avoid discomfort, it’s much more appealing to lay under a warm duvet than to go out running in the cold before sunrise. Doing hard things is important as we prove to ourselves what we’re really capable of.

THIS PAGE: BRA, FILIPPA K. TROUSERS, SERENA BUTE
OPPOSITE PAGE: TOP AND TROUSERS, L'COUTURE





BODY, ALIX NYC. TROUSERS, RAG & BONE
HAIR & MAKE-UP STEFAN JAMEEL @STELLA CREATIVE
THANKS TO WADDINGTON STUDIOS

If you're lacking in confidence or you don't really know where to start, get advice from a qualified coach or trainer. You don't have to do everything for yourself, let someone help guide you.

Wellness is a term that can be interpreted in so many ways, what does it mean to you?

For me wellness means simply living and feeling well. Wellness is a combination of social, emotional and physical wellbeing. We cannot isolate them as they each have an impact on the other. My foundations for wellness include movement, rest, creativity and play.

If wellbeing was a subject on the school curriculum, what would it contain?

I love this question! If I was creating this curriculum, without hesitation, I'd start off with sleep. That might sound surprising, as I'm someone who advocates for early mornings, but the quality of our sleep (or lack of) is directly correlated to the quality of our energy, mood and performance.

I'd also include nutrition, movement, relationship building, communication and mindfulness. I know that's a pretty extensive list, but we are complex beings. Ultimately, I believe everyone wants to feel and live well and our wellbeing is arguably the most important thing. We need to invest time into learning and understanding as much as possible about how we can improve and maintain our own wellbeing. Some of us know more about what's going on under the bonnet of our cars than we do about what's going on inside our own bodies. Does your car need petrol or diesel? What blood type are you? You get my point. I want to encourage everyone to empower themselves with knowledge of their own health and wellbeing.

As a mother, you know first-hand how hard it is to prioritise your own wellbeing, have you found activities you can do together that benefit you both? Do you ever spend your 'power hour' with other people?

You cannot give what you don't have, so I encourage all mothers to dedicate some time to themselves. It's not selfish or self-indulgent, it is necessary. Of course, this is not always easy or even possible, sometimes life doesn't go to plan, and you just have to go with it.

Motherhood is an incredible journey; my son is 10 years old now and is becoming more independent. As a mother, I am constantly trying to navigate each stage and phase. At weekends, Jude and I often spend the first hours of the day together, we read books and we eat jam on toast on the sofa. It's one of the highlights of my week! But Monday to Friday, my morning routine is usually spent solo.

As a society, we often put ourselves under enormous pressure to achieve, how do you strike a balance between high performance and knowing when to stop?

I'll be honest, this is a constant struggle for me. I'm someone who has huge ambition and I'm not afraid to take on new challenges. Not only do I place pressure on myself to constantly pursue and achieve more, but I'm often rewarded by others for doing so. Last year I took on a lot, maybe a little bit too much, and even though from the outside it may have appeared to be fine, the reality is that I wasn't able to enjoy much of what I was working on because I was too busy. This trap is easy to fall into.

I'm trying to avoid repeating this pattern by breaking this year into seasons. Each season has a different focus and so requires something different from me. I always say, 'You can do anything, but you can't do everything at the same time'. If, for example, one season is dedicated to my work and career and another is focused on training for a trail marathon, I won't be trying to do both simultaneously. I'm going to give each one 100% of my effort, energy and attention. It's easier said than done, but this season's approach is already helping me to make decisions and say no to things that could distract me from the current goal.

Top tips for making a positive change?

1. Accept that change is inevitable, embrace the uncertainty of life.
2. If you are resisting change, try to investigate the reason why. We often allow fear of change, fear of failure or fear of criticism to prevent us from taking a risk. Identify what you are afraid of and then ask yourself which would you regret the most: taking a risk that didn't work out? Or never taking that chance at all?
3. Never underestimate the small things. The first domino to fall is small, but it has a huge impact.

Well Curated takes a closer look at the activewear and adventure brands thinking beyond seasonal trends and profit margins to social responsibility and sustainability



Hydro Flask Bottle, £33

From mountain tracks to morning yoga classes, the Hydro Flask Sport Cap lets you hydrate on the go. Beyond the bottle, Hydro Flask created Parks For All, a charitable programme that supports public green spaces.

The North Face Base Camp Duffel, £110

Trusted by travellers and adventurers, this durable duffel can be worn as a backpack when you're on the move. It's made from recycled fabric, too.



Manola Core Seamless Leggings, £57

Sustainably made, lightweight leggings so soft you feel like you're wearing a second skin. Suitable for slow sports activities and classes, from yoga to light jogging.



Ernest Leoty Joanna Crop Top, £70

Crafted from a sustainable fibre obtained from regenerated raw materials, this crop top has been lined for maximum support.



Merrell Women's Moab Flight, £110

Packed with eco-friendly features, the Merrell Moab Flight is a protective, cushioned running shoe designed to give you underfoot confidence in any trail condition.



PRISM2 Balanced Unitard, £125

A multifunctional piece for working out or day-to-day layering – you can even swim in it. Made using a seamless 3D knitting process that minimises waste, and eco-dyed according to Greenpeace's detox protocol.



Abyss Neoprene Wetsuit, £253

Designed for colder water and cooler months, the manufacturing of this Japanese limestone-based neoprene has the lowest carbon footprint of modern wetsuit production.

Pangaia Nylon Half Zip Jacket, £153

Made from a specially formulated nylon that breaks down in only a few years, this lightweight jacket has an organic cotton jersey lining treated with PPRMINT™ oil to help it stay fresher for longer.



Nagnata Lucid Sweater, £240

Merging the natural properties of organic and renewable fibres with technology and innovation, Nagnata collections blur the lines between technical sportswear and fashion.



Complete Unity Yoga Mat, £79

Made from natural biodegradable materials, Complete Unity mats are so lightweight you don't need to think twice about packing them in your suitcase or gym bag.



Well Nourished

Ayurvedic expert and best-selling author
Jasmine Hemsley shares her seasonal
wellbeing and nutritional advice

PHOTOGRAPHY TRISH WARD STYLING STEPH WILSON



THIS PAGE: SHIRT, GANNI. JEWELLERY, COMPLETEDWORKS OPPOSITE PAGE: TOP, EDELINE LEE. BOTTOMS, BASERANGE

Could you explain the philosophy behind Ayurveda?

This holistic system of health and wellbeing from India, believed to be some 3,000-5,000 years old, understands humans as part of nature and helps us to thrive by maintaining balance in an ever-changing environment. Considered to be one of the oldest and most developed medical systems, Ayurveda addresses every aspect of our lives, helping the individual to take care of their health in their day-to-day with practices centred around Agni (digestive fire) and Prana (life-force energy), while also covering everything from psychology and paediatrics to surgery. The beauty of Ayurveda, which translates as the 'science of life', is that it sees everyone as a unique individual while offering us all guidelines to live by, in line with the rhythms of nature, that we all can work with for an easier ride.

How has practicing Ayurveda improved your wellbeing, in particular, your gut health?

Health and wellbeing in Ayurveda are about maintaining the delicate balance of mind, body and spirit – all three are inextricably linked, which I personally find an inspiring way to approach life. Ayurveda also focuses on the importance of a balanced Agni or 'digestive fire' – how efficiently we can digest food is linked to how much energy we have and how easily we flush metabolic waste or store it in the body. Both spiritual health and mental health as well as gut health (all three dependent on each other) are now being recognised as extremely important here in the West for overall wellbeing.

Ayurveda gives me a much more intuitive way to make decisions in my day-to-day life and helps me to understand my own unique needs in a fast-paced world, as well as how to nurture compassion for those around me. It's holistic, non-didactic and there is no good and bad, right or wrong, just an understanding that there is a better time and place for everything. My book, *East by West*,

goes into detail on this, with examples and illustrations as to why how and when you eat is as important as what you eat. For example, eating chocolate cake for dessert at night when the caffeine and sugar hit can disrupt sleep, a time of intense rejuvenation and repair, will affect your future mood and mental health as early as the very next day. When mental health is poor, it's difficult for your spirit to shine through, which can quickly send you on a downward spiral. Rather than saying no, chocolate cake is bad, the rich wisdom of Ayurveda inspires you to save it for lunchtime when a stronger digestive fire can handle it better and you have time to process the caffeine before you wind down for the evening – an empowered choice rather than a guilt-ridden or resentful decision.

In a media-centric world full of mixed signals about what we should be consuming, what is your advice for maintaining a healthy relationship with food?

In our busy lives, we often don't have the time or mental space to acknowledge how we feel, the taste of our food or what's even going on away from our screens. Just as with cultivating our overall wellbeing with an awareness or habits that fortify and nourish us, we need to make time and space to tune in and be present so we can listen to what our body needs. By looking to nature or traditional wisdom such as Ayurveda, (which comes from studying nature), we see that syncing our routines to the rhythm of the day is very nourishing and, in turn, helps us to better understand our needs and, thus, make the best decisions on how best to eat, move and live in our space. For example, eating your main meal at lunchtime when our digestive fire is strongest, avoiding anything stimulating in the evening, from bright lights and pumping music to high-intensity breath-work or workouts, choosing mostly cooked food over raw, eating in a slow and calm manner away from distractions, and factoring in regular downtime such as meditation into your schedule, all help towards being able to eat more intuitively rather than confusing the senses.



DRESS, ANCIELA.
JEWELLERY,
COMPLETEDWORKS



You use a lot of spices, what is the key to cooking a balanced meal?

In Ayurveda, it is understood that the five elements – space, air, fire, water and earth – make up our universe and everything in it, including ourselves and food. There are six tastes in Ayurveda: sweet, sour, salty, bitter, pungent, and astringent, with each taste having different effects and healing properties. For example, rice, honey, and ghee are sweet. Citrus, tamarind and yoghurt are sour. Celery, seaweed and tamari are salty. Onions, ginger and radishes are pungent. Parsley, green bananas and apples are astringent. Dark leafy greens, green tea and mustard seeds are bitter. According to Ayurveda, incorporating all six tastes into a meal and adjusting the amounts where possible according to your personal constitution, will ultimately help you maintain balanced nutrition and good health, and feel satisfied overall. Too little or too much of one taste can throw off the balance, which is where our individual needs and our senses (especially smell and taste) come in to play in order to know what we need more or less of. By cooking with herbs and spices, nature’s medicine cabinet, we can incorporate all six tastes easily into the simplest of meals such as porridge (or glam it up a bit with the Butternut Coconut Curry I’m sharing here), all while enjoying their therapeutic benefits. And a brilliant shortcut is to make a spiced chutney (I’ve got a great selection of chutney recipes in my book *East by West*) including all of the six tastes which you can make in advance or add to food bought on the go or quick suppers.

You lead a sustainable way of life, not just in your food choices but fashion and beauty as well. What triggered this conscious lifestyle, and do you find it accessible?

Most of my practices are old-school habits picked up in childhood from older generations for whom it was a daily part of life... simply because the alternative either didn’t exist or wasn’t accessible. I grew up wearing hand-me-

downs, turning taps and lights off between use and not wasting food or a plastic bag, or tossing things in the bin that can easily have another life. As I got older and life got faster, daily products got cheaper and more abundant (I’m sure we’ll look back on the decades of free plastic bags at the supermarket and shudder from the horror, if we haven’t already.) I found myself in a world of fast fashion and disposable living – a cheap thrill that soon left a bad taste in my mouth, especially as I gained a wider consciousness about the consequences of living unconsciously with nature’s resources. My efforts to lead a more sustainable lifestyle are ever evolving and in tune with the innovations of others who are also working towards a brighter future.

Your kitchen/store cupboard essentials...

A wooden spoon, pestle and mortar, a cast-iron pan and a good knife. In my store cupboard it’s my spice tin of seven of my most used spices – turmeric, dried ginger, fennel, cumin, coriander powder, cinnamon, cardamom pods, as well as bulk basmati white rice, mung dal (split mung beans), organic ghee, extra virgin olive oil, jaggery (an unrefined sugar) and throw in some fresh veggies and herbs and I’m all set. And don’t forget the salt and pepper! And some asafoetida powder (aka Hing) – just a tiny pinch of this spice imparts a garlic/onion/stock flavour, which is excellent for digestion.

Three wellbeing rituals you would encourage everyone to try...

Face massage using a kansa wand, simple breath-work and a sound bath. These are easily accessible, portable and free (once you get a kansa wand and beauty oil and download a sound bath or two), and even if it’s just for a few minutes, it’s absolutely worth it as part of your wake-up or wind-down routine – and of course, longer is absolute bliss... These three are my tried and tested for bringing in balance, perspective and space - fast!

Jasmine's

Coconut, squash, lentil and leek curry with rainbow chard

SERVES 4-6



This dish has been part of my recipe repertoire for years. If someone is coming over and I get a complete blank about what to cook, or I just don't know what I fancy eating, I make this. Sometimes I go with the bare bones — butternut squash, lentils, coconut, garlic and ginger. Other times I throw in the greens and the spices and garnish with the coriander and lime. If I'm feeling really adventurous, I'll start off sautéing my favourite spice mix (page 247 of my book) in coconut oil before continuing with the recipe, or if I've already started the cooking and my taste buds are saying they want something more, then I'll sauté the spice mix with oil in a separate pan to make a tarka (found on page 265 of the book) and drizzle it over the finished dish.

My friends tell me this is a winner with the kids — it's amazing how coconut can help veggies and lentils go down and soften their first introduction to Eastern spices — and it's also become a staple recipe to personalise with whatever ingredients they have to hand. You could set it up in your slow cooker, omitting the greens, and cook it lovingly for 12 hours on the lowest heat, either in the morning before you go to work or overnight (as this is also great for breakfast!). Simply cook the greens separately or throw them in for the last hour.

INGREDIENTS

1 medium butternut squash
1-4 tsp asafoetida
1 large leek, sliced
7.5cm (3in) piece of fresh ginger, finely chopped
1-2 bars creamed coconut plus 750ml (3 cups) water, or
1 x 400ml tin of full-fat coconut milk plus 850ml (scant
3 1/2 cups) water
250g (scant 1 1/2 cups) red split lentils
1-2 tsp freshly ground black pepper
2 tsp ground turmeric
200g rainbow chard or spring greens
1 tsp sea salt
75g (1 packed cup) fresh coriander, chopped
1 lime, sliced

METHOD

1 Peel the squash and cut it into 2.5cm (1in) chunks.
2 Put the asafoetida, leek, ginger and squash into a pan with the creamed coconut. Put the lid on and bring to a medium simmer.
3 After 15 minutes, add the lentils, pepper and turmeric and stir. Allow to simmer on medium for a further 15-20 minutes, lid on, until the lentils are soft and the squash is tender. Add more water if necessary to reach your desired consistency (you may need to add up to 500ml/2 cups).
4 Add the greens, stalks removed, in the last 5-15 minutes of cooking (chard needs about 7 minutes, spring greens need about 15 minutes). Garnish with coriander and lime slices and serve.

Tip: You could cook the squash for 15 minutes in the oven, then cool — this makes it easier to chop.



DRESS, MOTHER
OF PEARL. SCARF,
PREEN BY THORNTON
BREGAZZI. RINGS,
COMPLETEDWORKS



THIS PAGE: DRESS, MARY BENSON. JEWELLERY COMPLETEDWORKS OPPOSITE PAGE: DRESS, PREEN BY THORNTON BREGAZZI



STYLING ASSISTANT
ROZ DONOGHUE
MAKE-UP LOU DARTFORD
HAIR CAMILLA HEWITT
LOCATION TOR HATCH

Nutritional therapist and author of *Happy Gut, Happy Mind*, Eve Kalinik, serves up a shopping guide for good gut health

Crane Cookware

I love their range of cookware, especially the big casserole pot, which makes for easy and delicious slow-cooked stews that provide nourishment for both mind and body, belly and soul.



Feldspar

Taking our time during meals can have a significant impact on our digestion, and I believe that presenting our food with love and attention can completely transform the way we eat. Feldspar makes the most beautiful ceramics that would make any of us sit down and appreciate the dishes we create.



Daylesford Organic Farm Shops & Online

Seasonal, organic and local are at the heart of Daylesford's ethos and, being that I'm also passionate about supporting a more regenerative agriculture and farming system, I totally agree with their sentiments.



KÄLLA

Probiotic supplements with a difference, KÄLLA matches style with science in a chic box containing a daily sachet of your probiotic dose. What's more, it offers three different types of probiotics to target a person's individual goal, whether that's digestive, immune or stress support.

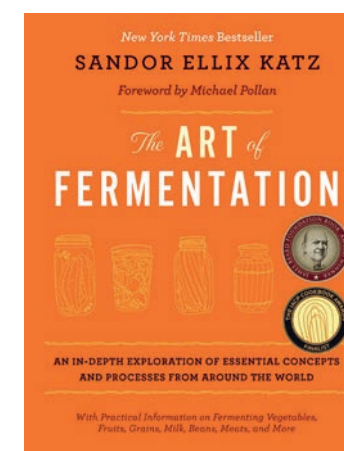
LA Brewery Kombucha

Like champagne for the gut! Kombucha is brimming with lots of beneficial microbes that keep our gut happy and healthy. I love this brand and its unique flavour combinations.



Borough Broth Bone Broth

Bone broth contains nutrients that help to nourish the gut, joints, as well as enhance skin health. This is my go-to, off-the-shelf brand as I know it's made in the same way I would at home.



The Art of Fermentation, by Sandor Ellix Katz

This is THE bible on learning how to make fermented foods, and it is a mainstay for anyone wanting to bring some more good bacteria into their life and their gut. My copy is covered with splashes of successful (and some not so successful) kimchi and kraut remnants!



ION*

Supporting our gut health fundamentally relies on also supporting a healthy gut barrier as this can impact on many other systems and processes in the body. ION* is an innovative supplement that is designed to provide the key nutrients to support strengthening and nourishing this barrier.



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PARIAH. SHIRT, CAES
OPPOSITE PAGE: JACKET
AND TROUSERS, RAEY
@ MATCHESFASHION.
TOP, CAES.
RING, BY PARIAH

Well Beautiful

Content curator Alexis Foreman teams
up with celebrity hairstylist George
Northwood to showcase the best in
clean beauty



Clean Beauty Essentials

Alexis Foreman



Susanne Kaufmann Body Butter, £56

"I moisturise my body after every shower/bath without fail, and this butter is one of my favourites. It's rich but absorbs quickly, which is key to a good body cream, in my opinion."



George Northwood Undamaged Shampoo & Undamaged Conditioner, £18 each

"The GN Undamaged range is great for highlighted hair like mine as it leaves it feeling nourished while maintaining the colour. I love the smell, too."



MZ Skin Tint & Protect Skin Perfecting SPF 30 Tinted Moisturiser, £95

"I use this every day for a bit of lightweight coverage as I don't really like using foundation. It moisturises and provides sun protection, too."



Westman Atelier Lit Up Highlight Stick, £44

"This highlighter has a beautiful iridescent glow to it and gives a lovely, natural dewy finish. It contains hydrating ingredients, so it doubles up as skincare!"



Dr. Barbara Sturm Lip Balm, £40

"I have a lot of lip balms, but this is my favourite. I use it morning and night. It's so lovely – really soothing and hydrating."



Seed To Skin The Golden Dew, £105

"When I need to give my skin a good boost of hydration, I'll use this mask. It refines those fine lines and wrinkles and leaves my skin feeling really plumped and dewy."



Manasi 7 All Over Colour, £39

"I absolutely love the All Over Colour pots by Manasi7. I have a few shades that I use throughout the year depending on my skin tone, my favourites are Chamoisée, Gazania and Bisque. I love to use them on my cheeks and eyes."



DRESS, RAEY @ MATCHESFASHION



EARRING, SOPHIE JOANNE.
SHIRT, MOTHER OF PEARL.
JEANS, RAEY @ MATCHESFASHION.
SANDALS, ELLERY



EARRINGS, ALL BLUES. DRESS, SSONE.
PHOTOGRAPHY KATE DAVIS-MACLEOD STYLING TARA KAVANAGH-DOWSETT
HAIR GEORGE NORTHWOOD MAKE-UP CAMILLA HEWITT

Feel Good

Amplify your appearance from the inside, says Madeleine Spencer



Picture someone enjoying the first flush of love. It's likely you've conjured up an image of someone with a twinkle in their eyes, a little extra colour in their skin and a bounce in their step. Maybe the corners of their lips turn upward into a secret smile every so often, giving them the overall aspect of contentment. Perhaps their hair is worn more loosely, has a little extra personality. But whatever their colouring or manner of dressing or adorning themselves, bet they look like romance has glazed them, adding lustre to their entire being.

The transformation owes everything to a feeling, to the delicious boost of oxytocin and dopamine that characterises falling in love and which is nothing to do with any of those intangible individual components. It radiates outwards, affecting every element.

You may also be familiar with a similar shift that happens pre and post exercise. Beforehand: wilting. Afterwards: blooming. This outward manifestation of an inner switch has no quantifiable difference. No needles are involved. No make-up magic plays a role. It is, quite simply, the effect of a cocktail of energy being used, happy hormones kicking in, and – the crucial bit – confidence leaping to the surface.

I asked hair stylist George Northwood to explain what he sees when he sends a client out into the world after time

with him and he said this: "It makes a huge difference to their confidence, and having their hair done gives them a spring in their step and sparkle in their eyes." The word sparkle is also used by yoga teacher Nadia Narain when we discuss this very phenomenon in the context of those practicing yoga. "There's something about someone that feels comfortable in their body. They have vibrancy and a shine from the inside out. It's ageless and sparkly."

These attest to the anecdotal power of how a feeling makes you project yourself differently, amplifies you. But is there any science to explain what's going on and, if so, how can it be harnessed? Psychodermatologist and LOUM expert Dr Francisco Tausk thinks that the skin can offer a model for understanding how profoundly the mind impacts the body. "The brain is directly connected to the skin, and stressors significantly exacerbate the lesions in patients with the most common diseases such as psoriasis, seborrheic dermatitis, atopic eczema, acne and rosacea." This evidence that the mind has a very measurable effect on skin can, it follows, suggest that all organs are subject to the same. "The skin is the only one that is visible, it is the easiest one to monitor," explains Tausk.

Google 'mind-body connection', and some 10,340,000,000 results show up, spanning everything from medical papers to heaps of articles to YouTube videos advising on how to tap into this relationship. Canvassing them can feel like entering

a vicious circle: knowing that feeling calm and centred is so significant can result in feeling panic-stricken, then said panic only exacerbates the desire to get it under control and so on.

This is perhaps where the quite practical school of thought of approaching the mind via the body stems. In its most simplistic, but nonetheless effective, form adherents do whatever it is to look good to make them in turn feel good – a technique of which Elizabeth Taylor was a proponent ("pour yourself a drink, put on some lipstick and pull yourself together").

Moving beneath the surface, what beyond exercise might help? I've ruled out falling in love as a conduit to tapping into the mind-body connection given that doing so often and with enthusiasm is probably an unlikely strategy, and would take up an awful lot of energy...

Essentially, anything that is engaging is likely to make you feel good and relieve stress, whether that's a walk with a dog, a stroll through a gallery or cooking for a dinner party. If it's your thing, it will jointly energise and soothe you, and likely foster that sparkle George and Nadia talked about.

There are also plenty of treatments or practices which might help, and they include hypnosis, massage, meditation, reiki, sound therapy, hydrotherapy and many more. It's worth finding a practitioner who can combine relaxation in the room with long-lasting overall benefits for the best results.

One such practitioner is Marie Reynolds, who says, "The sense of touch in treatments and therapy not only aids physical relief (such as sore muscles) but creates small electrical pulses known as piezoelectricity that run to the brain faster than the nervous system via the fascia. It then has an impact on neurotransmitters and hormones, like serotonin, to aid a sense of calm and relaxation. The Bowen technique in particular works on resetting the body in a whole manner of levels."

Ultimately, if you're after a boost, holistic treatments will offer the greatest rewards, treating the mind and body to some respite and rebalancing. Acupuncturist John Tsagaris explains, "Acupuncture has a noticeable biochemical response on the body and, to take the example of cosmetic acupuncture (when appropriately practiced), has a significant effect on the skin because the treatment triggers topical results (facial skin bio stimulation) and holistically addresses the underlying causes (body acupuncture)."

Using this guideline of treating as a whole and not constituent parts is also beneficial because it's sustainable: when you

approach looking good as an offshoot of feeling good and vice versa, you're treating mind, body and spirit together, and are far more inclined to continue to engage in practices which amplify you. Go forth and shine.

THE EDIT: Top 5 Holistic Treatments for Mind & Body

1 Marie Reynolds Bowen Technique, £55

Designed to target the fascia connective tissues, this treatment with Marie will gently release far more than muscle tension; in all likelihood you'll feel an emotional release, too. mariereynoldslondon.com

2 John Tsagaris Acupuncture, £350

Sessions with John can focus on anything from stress-induced headaches to fertility challenges – but the most remarkable bit is the boost to the overall sense of feeling centred and calm afterwards. john-tsagaris.co.uk

3 Sarah Bradden Method, £295

See Sarah Bradden and expect to leave your woes at the door thanks to her combination of approaches, including acupuncture, auricular acupuncture, LEDs, reflexology and reiki. sarahbradden.com

4 Ila Apothecary Bespoke Energy Healing, £100

A deeply restorative treatment to support and encourage relaxation while also working on releasing blockages, this is the one for you if you feel desperately in need of some oomph. ilapothecary.com

5 SJW Signature Treatment, £350

Blending aromatherapy with several different massage techniques, Sarah Jane Watson works across the body intuitively to rebalance the nervous system and leave you feeling tranquil and re-energised. sarahjwatson.com

Well



Beautiful

Despite the common belief that we wear our beauty on the outside, the true expression of beauty will always shine from within. Who we are on the inside is our greatest asset and Ariish Wol is an incredible example of that. Undeterred by the neurological disorder she suffers from, Ariish has become the face of countless campaigns and embodies the power of mind and body positivity

PHOTOGRAPHY JESSICA MAHAFFEY STYLING STEPH WILSON MAKE-UP RIONA O'SULLIVAN



PREVIOUS PAGE:
WELEDA 24HR HYDRATING FACIAL LOTION.
WELEDA SKIN FOOD LIP BUTTER.
VAPOUR BEAUTY SOFT FOCUS FOUNDATION.
RMS BEAUTY "UN" COVER-UP.
LA BOUCHE ROUGE EYEBROW PENCIL.
EARRINGS, COMPLETEDWORKS.
DRESS, REJINA PYO

THIS PAGE:
RMS BEAUTY WILD WITH DESIRE LIPSTICK
IN NIGHTFALL.
VAPOUR BEAUTY ELIXIR GLOSS IN LUCID.
DRESS, SIMONE ROCHA



A Road Well Travelled

The climate of fashion takes a slow turn

PHOTOGRAPHY KATE DAVIS-MACLEOD
STYLING TARA KAVANAGH-DOWSETT



TROUSER SUIT, SSONE.
BRA, COSABELLA

DRESS, ROTATE BIRGER
CHRISTENSEN @ MY
WARDROBE HQ.
BOOTS, VINTAGE COWBOY



JEWELLERY, PASCALE MONVOISIN.
BLOUSE, GANNI. SHORTS, E.L.V. DENIM.
BOOTS, VINTAGE COWBOY





JEWELLERY: PASCALE MONVOISIN.
JACKET: E.L.V. DENIM.
BIKINI: A/LA SWIM



JUMPSUIT: VALENTINO
@ MY WARDROBE HQ.
BIKINI TOP: HICZAG.
BOOTS: VINTAGE
COWBOY



JACKET, SSONE.
BODY, COSABELLA.
TROUSERS, ROLAND MOURET
@ MY WARDROBE HQ.
BOOTS, VINTAGE COWBOY



NECKLACE AND BRACELET,
PASCALE MONVOISIN.
RING, LITTLE JOY.
BIKINI, PRISM.
JEANS, E.L.V. DENIM.
BOOTS, VINTAGE COWBOY



JEWELLERY, PASCALE MONVOISIN.
BIKINI TOP, PRISM.
CARDIGAN, FRANK ISAKSSON.
TROUSERS, LISOU @ MY WARDROBE HQ.
BOOTS, VINTAGE COWBOY

DRESS, EMILIO DE LA
MORENA @ MY
WARDROBE HQ.
BOOTS, VINTAGE COWBOY





TROUSER SUIT, SSONE.
BRA, COSABELLA.
BOOTS, VINTAGE COWBOY

JEWELLERY,
PASCALE
MONVOISIN.
BODY, NANUSHKA



JEWELLERY, PASCALE MONVOISIN.
JACKET, SSONE.
TOP, NANUSHKA.
BIKINI BOTTOMS, PRISM.
BOOTS, VINTAGE COWBOY



JEWELLERY, PASCALE MONVOISIN.
JUMPSUIT, KALITA @ MY WARDROBE
HQ. BOOTS, VINTAGE COWBOY

HAIR & MAKE-UP CAMILLA HEWITT
MODEL BETTE FRANKE @ VIVA



The future is... Rented



In her role as Creative Director of Topshop, during its late '90s and early Noughties heyday, and later when she transformed that other British fashion brand Whistles into a must-have retail destination, Jane Shepherdson's enthusiasm for what was cool in clothing was infectious

BY KATE FINNIGAN

Her conversion to a supporter of ethical and environmentally positive fashion consumption over the last few years – both personally and professionally – as the Chair of the rental and pre-loved fashion brand, My Wardrobe HQ, might see some people raise their eyebrows (under her direction, according to The Guardian). Topshop went from a £9 million yearly profit to £110 million six years later). But that same infectious enthusiasm channelled into what looks cool today in 2021 simply makes her the best fashion ambassador the planet could ever have.

Because with some 350,000 tonnes of clothing ending up in landfill every year, what looks cool to Jane now is rented and second-hand. Her attitude to fashion retail sparked a total U-turn in 2015. "I was still at Whistles and it's not like we didn't all know that fashion had an awful lot of social problems. But around then we became more aware of the environmental impact and I began to think this isn't the right thing to do," she says. "Which was a difficult realisation to have. I love the business. I love fashion. I really enjoy it very much but I couldn't do it any longer, so that's why I left Whistles. And then I had to think about what do I do instead."

Before deciding on that she embarked on a year-long trip to America with her husband, Barry. Because they were renting out their house she took the opportunity to get rid of her rather large wardrobe. "I really didn't want to come back to an enormous lock-up full of clothes. So I decluttered and kept very few pieces," she recalls. "Some black Celine trousers, a Prada jacket – things that were really well made, really beautiful and I still wear them now and they still look amazing and make me feel great. Their age doesn't come into it, even at over a decade old."

Today, Jane's personal consumption of fashion has dramatically changed. "I hardly buy anything now and if I do buy something, I really consider whether I'm going to be wearing it for the next 10 to 15 years. I really try not to buy things before an event because for those occasions obviously now I can rent."

A pink embroidered Gucci trouser suit to a work party, a lilac Sharon Wauchob gown to the Fashion Awards, a Huishan Zhang feathered dress, a long-sleeved green velvet Vampire's Wife dress... Just some of the rented pieces Jane has worn out in public in the last few years (pre- and post-Covid). "And it's meant I've had really good fun experimenting with style in a way I didn't used to," she says. "In my previous career I had so many events and I'd end up always buying something new in navy and black that was mid-priced because then I could justify it, but they were never particularly interesting looks. Now I'm being more adventurous."

She believes rental is the most eco-friendly way of dressing up today. She points out that anyone in their 30s at the moment is likely to attend around 11 weddings each year. "And that might include another outfit for the day before or the lunch the day afterwards. So that's 22 outfits you might only wear once! Even if we can provide an alternative to that we're going some way to alleviating the problem [of buying new]."

The process is certainly as easy as buying a new outfit, but without the cost and potentially without the same amount of guilt. That Vampire's Wife green velvet dress? It costs £18

a day for a minimum of four days, which adds up to £72 – quite a different sum to the £995 it would have cost to buy new.

Fashion rental has had its detractors, though. "I know there was a recent article claiming that it isn't as sustainable as people think, but we certainly dispute that. And the work we've done proves it is more sustainable than buying a brand new product," she says. "We dry-clean when necessary with ozone cleaning, which is the most environmentally sound way, and sometimes we just spot clean. Where possible we use cycle couriers and electric cars. We want it to be a sustainable business; it has to be something that is doing some good, that's why we started it. We're always looking at the entire process to see what we can or should do better."

The idea of renting clothes that someone else has worn might not be immediately appealing to some customers, but Jane thinks that's changing. "The pre-loved market seems to be growing 11 times faster than the primary market," she says. "It requires a change of behaviour but we've done it with cars, with bikes, with apartments. Twenty years ago you wouldn't have really wanted to sleep in someone else's bed but now we'll happily book an Airbnb. We're much more accepting now."

Ultimately, she says, the amount of fashion that the world is producing is harming the planet and anyone serious about solutions needs to acknowledge the alternatives. "No production is sustainable. We should just buy less. I feel very strongly that we don't need to make any more clothes. We've probably got enough." But being Jane Shepherdson, she says it with a smile and that infectious sense of enthusiasm.

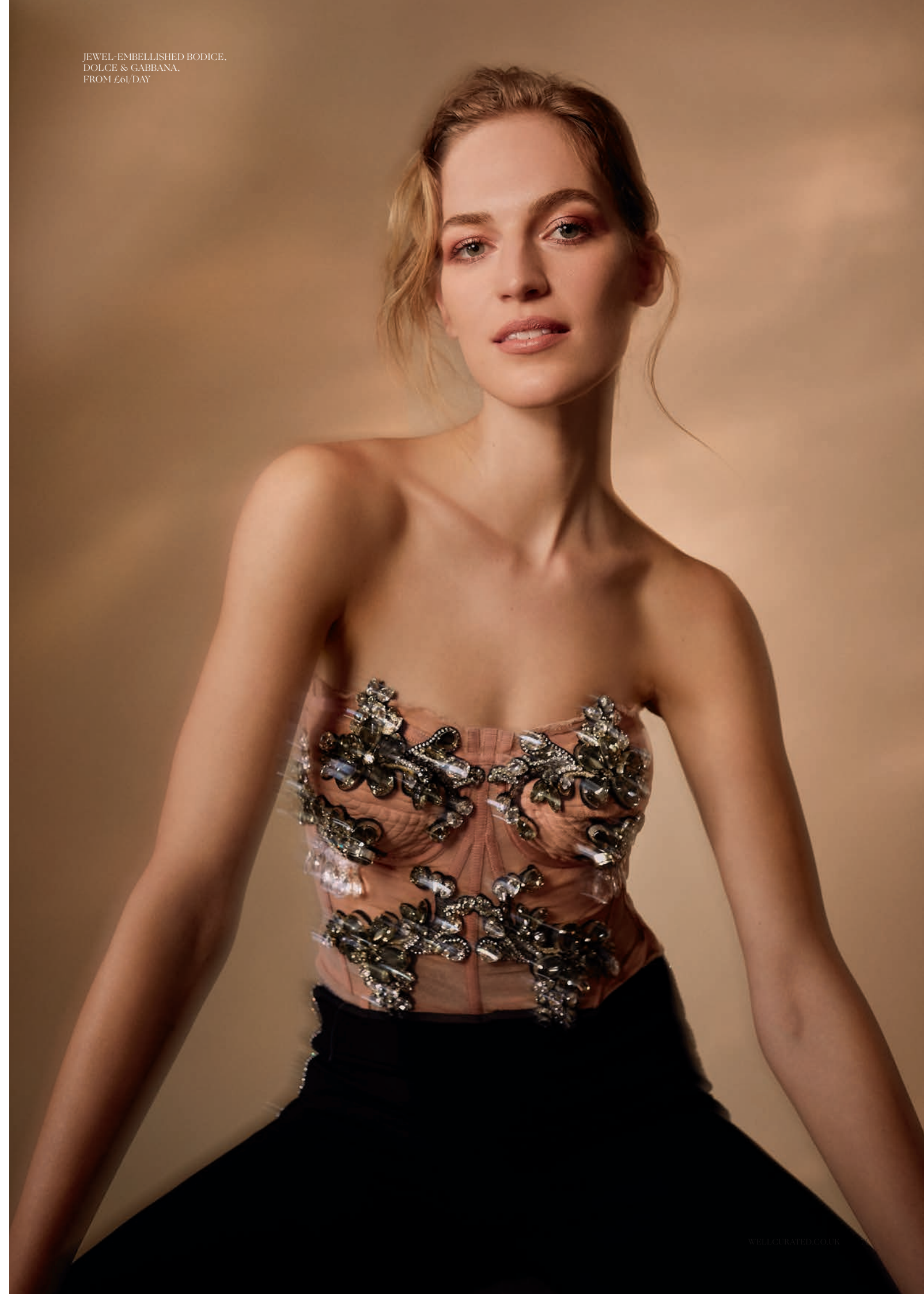
Her chosen job now is to make consumers feel that the alternatives to buying brand-new fashion are sexy. "And they are sexy!" she laughs. "I spent my life making fashion as compelling as I possibly can, and now I'm going to try to make rental as compelling as I possibly can – because it is. I can feel the excitement."

Occasional Elegance

For one night only, celebrate circular fashion with My Wardrobe HQ

PHOTOGRAPHY KATE DAVIS-MACLEOD STYLING NATALIE WANSBROUGH-JONES

JEWEL-EMBELLISHED BODICE,
DOLCE & GABBANA,
FROM £61/DAY



LONG POLO NECK DRESS,
VIVIENNE WESTWOOD.
FROM £13 / DAY



SATIN MAXI SLIP DRESS,
DAVID ROMA.
FROM £20 / DAY



MULTICOLOUR VOYAGE
BAROCCO BODYSUIT,
VERSACE, FROM £15/DAY



TUXEDO JACKET, BALMAIN,
FROM £28/DAY.
CRYSTAL-EMBELLISHED
TAPERED TROUSERS, DAVID
KOMA, FROM £17/DAY





WIDE-BRIMMED FELT HAT, YVES
SAINT LAURENT, £8 / DAY.
RUFFLED MINI DRESS, AWAY,
FROM £10 / DAY



VELVET COVER-UP, PRADA,
FROM £10 / DAY. STRAIGHT-LEG
TROUSER SUIT, 16ARLINGTON,
FROM £27 / DAY

SASH DETAIL DRESS,
ALEXANDRE VAUTHIER.
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GOWN, MATICEVSKI.
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BOOTS THROUGHOUT.
VINTAGE RED CROSS.
RINGS THROUGHOUT.
THE GREAT FROG.
TURQUOISE STAR RING
THROUGHOUT, JESSIE
WESTERN

HAIR JAMES ROWE @BRYANT
ARTISTS MAKE-UP CAMILLA
HEWITT MODEL VANESSA
AXENTE @VIVA STYLIST'S
ASSISTANTS CONOR BOND
& CAMILLA RIDGERS



Well ————— Travelled

Four holistic hotels found in the heart of nature



Heckfield Place, UK

A beautiful Georgian home lovingly restored to its historic origins, Heckfield Place is at the heart of a bountiful 400-acre estate. Resolutely natural, elegantly evolving, this is a living place centred on sustainability and a forward-thinking view of our relationship with the land. Guided by the biodynamic calendar, produce is picked fresh from the gardens and farm every day and served in the hotel's restaurants, Marle and Hearth. Slowly formed in the minds, hands and crafts of extraordinary people, Heckfield Place has been expertly brought forward into one narrative, a holistic environment bound into the movement and rhythms of nature. The woods, planted by botanist William Wildsmith, are a constant source of inspiration. The anatomy of the trees, the way they deliver nutrients, adapt, heal and grow, have guided the creation of Wildsmith Skin, a natural skincare range used in the sanctuary of the spa. At Heckfield, the emphasis is truly on wellness and a deep connection to the natural surroundings.

Book it: From £350 per night.

Es Racó d'Artà, Mallorca

Es Racó d'Artà is a living dream of two friends, Antoni Esteve and Jaume Danus and their families. Unearthing the abandoned finca awakened a dream in Antoni and Jaume, a dream of returning it to its origins and bringing back the Mallorca they knew from childhood. Es Racó d'Artà is a reflection of exactly that, the genuine Mallorca, long before tourism was imprinted on the island. Together, the two friends have created an oasis of peace and tranquillity, where the leading theme throughout is sustainability and respect for nature. All materials that Jaume and Antoni have used are completely natural and recycled. Energy is generated either through solar panels or by the geothermal system. The finca stretches over 185 hectares of land, including beautiful mountains and forests of oak trees, wild olive trees, carob,

pinus, and the odd cypress. The grounds have inspired painting and craft workshops alongside more traditional wellbeing sessions such as yoga and meditation. Es Racó d'Artà is a place where nature prevails over humanity, a peaceful nest for the exploration of our connection with nature, conscious living and holistic wellbeing. *Book it: From £360 per night.*

Borgo Santo Pietro, Italy

Situated in the heart of Tuscany, Borgo Santo Pietro was once a healing stopover for medieval pilgrims. Today it continues to provide a sanctuary for modern souls, merging a five-star luxury hotel and spa concept with a 'farm-to-plate' philosophy. A belief of nurture via nature and a spirit of collaboration are tangibly felt at Borgo Santo Pietro, where a team of farmers, culinary gardeners and chefs work together to bring the fruits of organic cultivation to the table. Borgo's 300-acre estate includes market gardens, nut fields, herb gardens, extensive vineyards and forests. Each day, the farmers collect milk from Borgo's sheep, which is then transformed into artisan cheese and yoghurt at the on-site



dairy. A sense of integrated wellness permeates the hotel and estate, with a holistic spa and adjacent skincare laboratory located a stone's throw from the farm. Seed to Skin, Borgo Santo Pietro's own range of natural skincare, is alchemised from the land itself, harnessing the power of nature's curative properties. Restoring the eco-balance of the land and maintaining soil integrity are guiding principles on the Borgo farm and estate. From the initial planting of 200,000 trees, to the elevation to organic standards, the team is resolute in their dedication to sustainability.

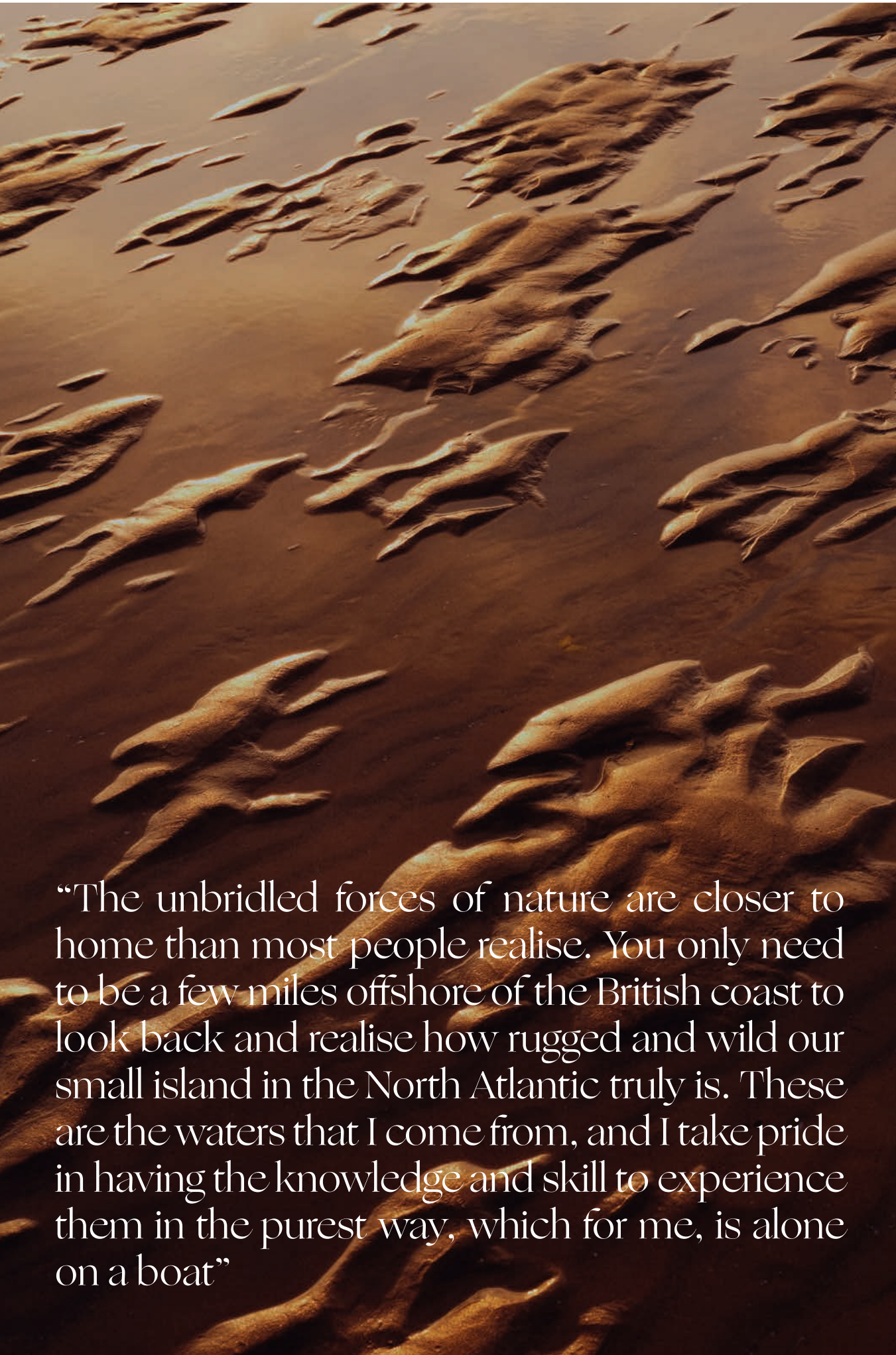
Book it: From £470 per night.

Cuixmala, Mexico

Residing alongside 5km of pristine Mexican coastline is the 30,000-acre Chamela-Cuixmala Biosphere Reserve; within this oasis sits Cuixmala, recognised as being at the forefront of luxury eco travel. Created by Sir James Goldsmith, knighted for his services to ecology, the once private estate is now open as a destination for discerning travellers. Here the boundaries separating guests from nature are dissolved. The landscape ranges from lush jungles to sweeping savannah, and integrated with respect into these environments are not only the majestic main house of Casa Cuixmala, but a collection of villas and casitas. Guests of Cuixmala are encouraged to immerse in their surroundings by embarking on one of many recreational pastimes, from riding horseback through the coconut plantations, to skimming across the lagoons in a silent electric boat, or visiting the vast biodynamic farm, which provides 90% of everything served on the estate. Cuixmala has extended its practice of mindfulness with a 1,200sq ft wellness and yoga facility. The studio, with panoramic views, is constructed of bamboo from the property and has been built with minimal obstruction to the environment. With its unrivalled seclusion and commitment to conservation, it is no surprise that Cuixmala is known as the soul's resting place.







“The unbridled forces of nature are closer to home than most people realise. You only need to be a few miles offshore of the British coast to look back and realise how rugged and wild our small island in the North Atlantic truly is. These are the waters that I come from, and I take pride in having the knowledge and skill to experience them in the purest way, which for me, is alone on a boat”



How did you discover your passion for off-grid adventure?

I grew up by the sea, so I've always been drawn to its levelling and therapeutic influence. It can be a place to relax and spectate, but it can also be a place to challenge yourself against the forces of nature, where experience as well as physical ability are essential. That element of self reliance that is so important to acknowledge when engaging with the ocean is also something I like to embrace in other parts of my life, especially in remote places.

You combine your travels with storytelling. What message would you like readers to learn from your work?

I'd like for people to realise that a fulfilling relationship with the natural world is close, given the right approach. We have seen a massive explosion of interest in outdoor pursuits over the past year, but it often comes with the marketing and gimmicks of new products that people are made to feel that they need in order to gain that authenticity. I'm passionate about always stripping my belongings down to the bare essentials and being as close to the experience as possible.

You are a great advocate of using the natural world as an antidote for modern life, what is it about the rhythms of nature that you find so restorative?

There are so many boundaries in modern life that separate us from the natural world, and it is often the case that we need to actively strip them away to even have the remotest experience of actual nature. I've found that the deepest fulfilment comes from the surmounting of the challenges offered by the real world, and stepping outside of the protective layers around us has become a default for me.

Can you tell us about the trip that has been the most defining or transformative in terms of your wellbeing?

A lot of my journeys are undertaken by boat, but sailing isn't necessarily the most physically challenging activity, relying more on experience and intuition. The times I've felt most rewarded are when I've accessed

remote and pure nature by boat but then immersed myself in that scene at a physical level, freediving, surfing, or climbing. More than anything, I identify with the athletic parts of life, and so movement offers total happiness.

Where in the world would you like to document next?

I'm drawn to the Arctic, not only because of the natural beauty and the challenges of its remote location, but because I think it'll be the front line by which we experience climate change. Documenting this in an authentic way is a purpose I'm extremely passionate about.

Inspired to immerse yourself in outdoor pursuits?

Our edit of guided adventures will set you off in the right direction...

COASTAL EXPLORATION CO.

Explore the wilderness of the north Norfolk coast on board one of their professionally skippered, traditional wooden fishing boats.

coastalexplorationcompany.co.uk

ADVENTURE AWAITS

Courses, taster sessions and adventures for trail running, skyrunning, rock climbing, scrambling and more. adventure-awaits.co.uk

MW GUIDING

Based near Arisaig, on the beautifully scenic road to the Scottish Isles, MW Guiding offers sea kayaking, hill walking, mountain biking and multi-discipline adventures. mwguiding.com

WILD SOUL SWIM

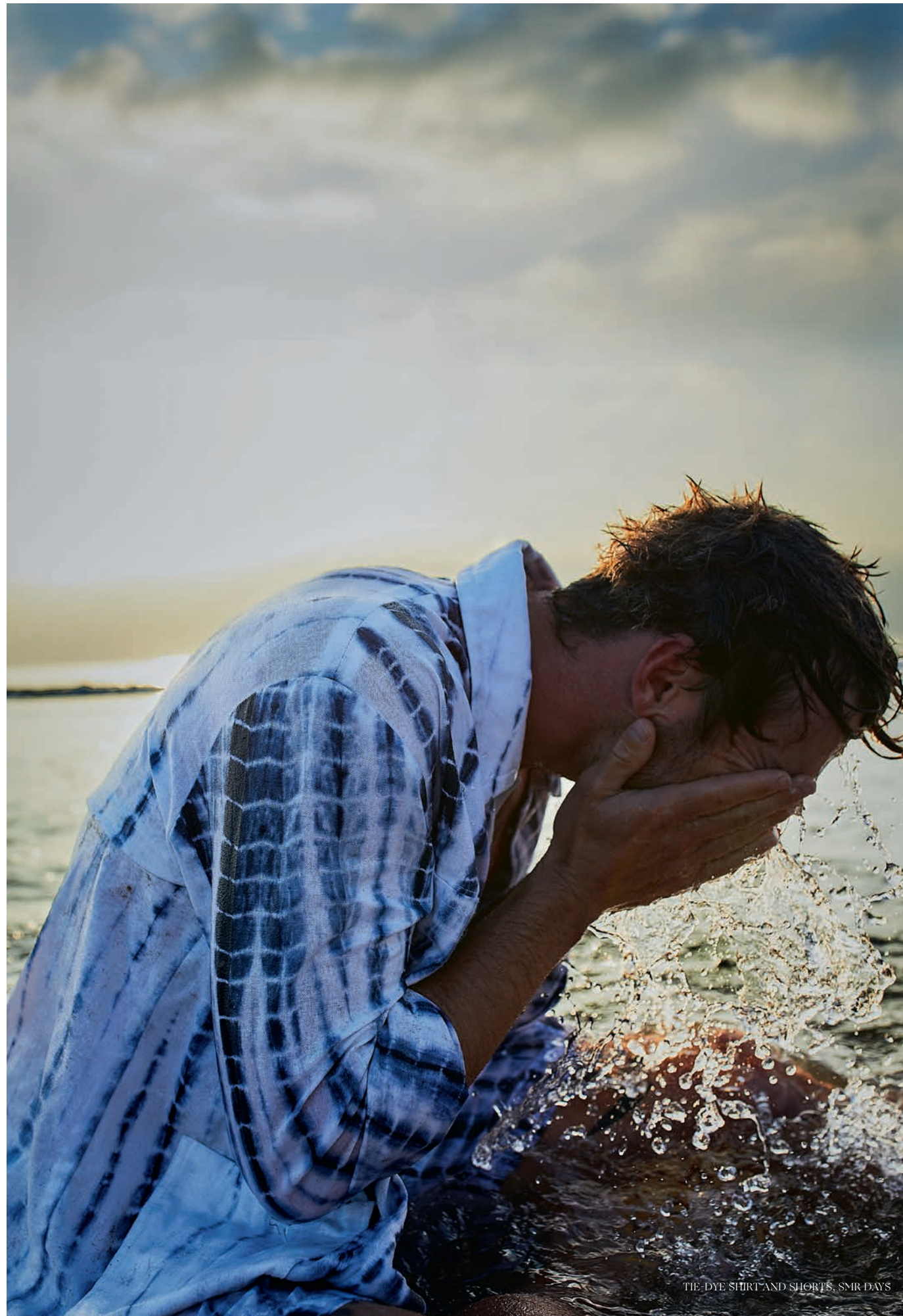
The little sister company of environmental organisation, We Swim Wild, Wild Soul Swim creates restorative, relaxing wild swimming retreats in Pembrokeshire and Snowdonia. wildsoulswim.com

MUCH BETTER ADVENTURES

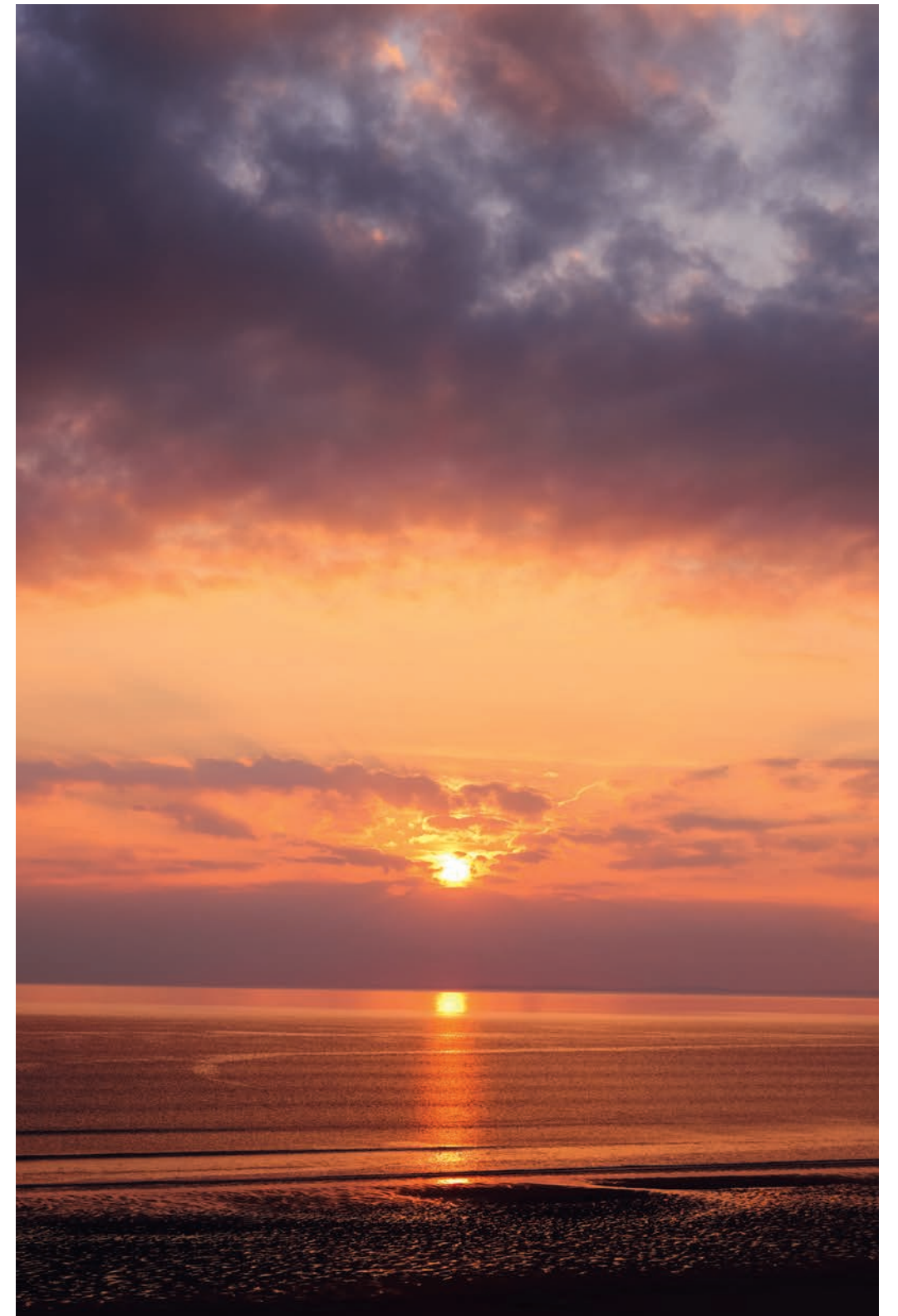
See the wilder side of our world with expert local guides who know where to go and how to stay safe. muchbetteradventures.com

SWEATSHIRT, FINISTERRE.
SHORTS, AMUNDSEN SPORTS





TIE-DYE SHIRT AND SHORTS, SMIR DAYS



The team shot and stayed on the Gower Peninsula, South Wales. To feel the ground beneath your feet and be at one with nature, camp at Hillend Caravan & Camping Park, Llangennith. hillendcamping.com

For a slightly less naturalistic approach, try a static caravan, many have views of the ocean. There are a few to choose from on the Gower Peninsula, we recommend Green Meadow and Whiteford Bay Leisure Park.

For local hotels, Blas Gwyr, Plenty Farm, Llangennith, is a solid stay with a great breakfast. If you're looking for luxury, the Old Walls Collection has everything - from enormous manor houses to farmhouses with hot tubs. oldwallscollection.com

Co-founders Camilla & Kate share their edit for the mind, body and planet



Ancient + Brave True MCT Oil, £29

Made with good fats that promote a healthy lifestyle, this sustainably sourced MCT oil can be blended into your morning coffee for an immediate energy boost.



Good News Palm Core High Top Sneakers, £120

Made from organic and recycled materials, Good News shoes are designed to help you tread lightly.



Consumed by Aja Barber, £15

A fundamental call for change, Barber's book challenges consumerism and fast fashion and explores how, together, we can end it.

Bite

A luxury womenswear label with a mission to create uncompromisingly sustainable yet thoughtfully designed clothes. Each piece is hand crafted and painstakingly tailored to ensure the perfect fit.



Melyon

A skincare line made with people of colour in mind, focusing on conditions commonly found among darker skin tones while still being suitable for all.

Inhabit Hotels

The Inhabit team is growing its mission to create restorative, environmentally and socially conscious places to stay in the city, with a second London hotel set to open its doors in early 2022.



&Daughter Winter Market

A special collaboration with British and Irish mills and makers to bring you joy and comfort this winter.

Hunu The Original, £15

A collapsible, reusable cup created to take on the issue of single-use plastic and disposable coffee cups.



Thank you

Throughout the creation of *Well Curated* we are lucky enough to have been surrounded by positive, inspiring people. It has been a warm and joyful experience that we have shared with like-minded individuals, and brands that we will to continue shine a light on.

WE WOULD LIKE TO SAY A SPECIAL THANKS TO...

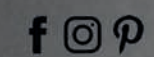
Ed Macleod, Ben Taylor, Lucy Williams, Debbie Hewitt, Peter Hewitt,
Hannah Hugh-Jones, Viva Model Management, Arbikie Highland Estate, Artisan Drinks,
Emily Pointer, Yeotown Kitchen, Dave & Simon at Pure Print, Emma Powell,
Nic Bezzina, Neal Jackson & Joe Petini.

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