

Wellbeing This month's indulgent things to make you feel great!



The retreat

Margiela Suite, Les Sources de Caudalie, Bordeaux-Martillac

To celebrate its tenth anniversary, Bordeaux's luxurious vineyard hotel, Les Sources de Caudalie, has asked avant-garde fashion house Maison Martin Margiela to revamp its Ile-aux-Oiseaux suite, a romantic wooden cabin on stilts on a small lake. Whereas the hotel's 48 other rooms exude rural chic, the new Margiela Suite takes a radical leap into grand antique style: in the manner of an elegant Haussmann apartment, its walls are papered in black-and-white prints of the panelled rooms at Margiela's old offices in Paris. Mirror effects and illusory finishes result in a brilliant play on perspective: doors appear to open onto endless panelled hallways, candles stand in front of a *trompe l'oeil* fireplace and fake doors conceal cupboards.

The bed sits under a cascade of pillows, chairs are covered in Margiela's trademark white linen dust-covers, lightbulbs are suspended from shelving brackets and the sole touch of colour is a red Dalí-esque 'Bocca' lips sofa.

With vineyards stretching into the distance through the window, it's easy to get into the mood for a little pampering at the hotel spa. Occupying its own wooden building, this is the place that pioneered vinotherapy, with treatments using the anti-ageing polyphenols contained in grapeseeds. Embrace your surroundings by de-stressing in a hot bath enriched with wine pulp or sample a Crushed Cabernet skin rub. *Santé!*

A night in the Margiela Suite starts at €600; other rooms from €200 (sources-caudalie.com)

Do it now! Urban Daytox are running one day wellness retreats designed to help stressed-out Londoners to unwind and boost energy levels through a combination of yoga, meditation and fasting. £95, urbandaytox.com



A BREATH OF FRESH AIR

Dry air can cause all manner of health problems including headaches. The most stylish way to achieve optimum humidity (30-50 per cent) is to invest in this understated design by Naoto Fukasawa for PlusMinusZero, £299, Skandium (skandium.com). You might want to think about using an ioniser too, which helps to eliminate mould spores, dust mites and other airborne contaminants. Premiair's ultrasonic humidifier and ioniser, £55 (aircon247.com) does both jobs at the same time, so you can breathe easy.