

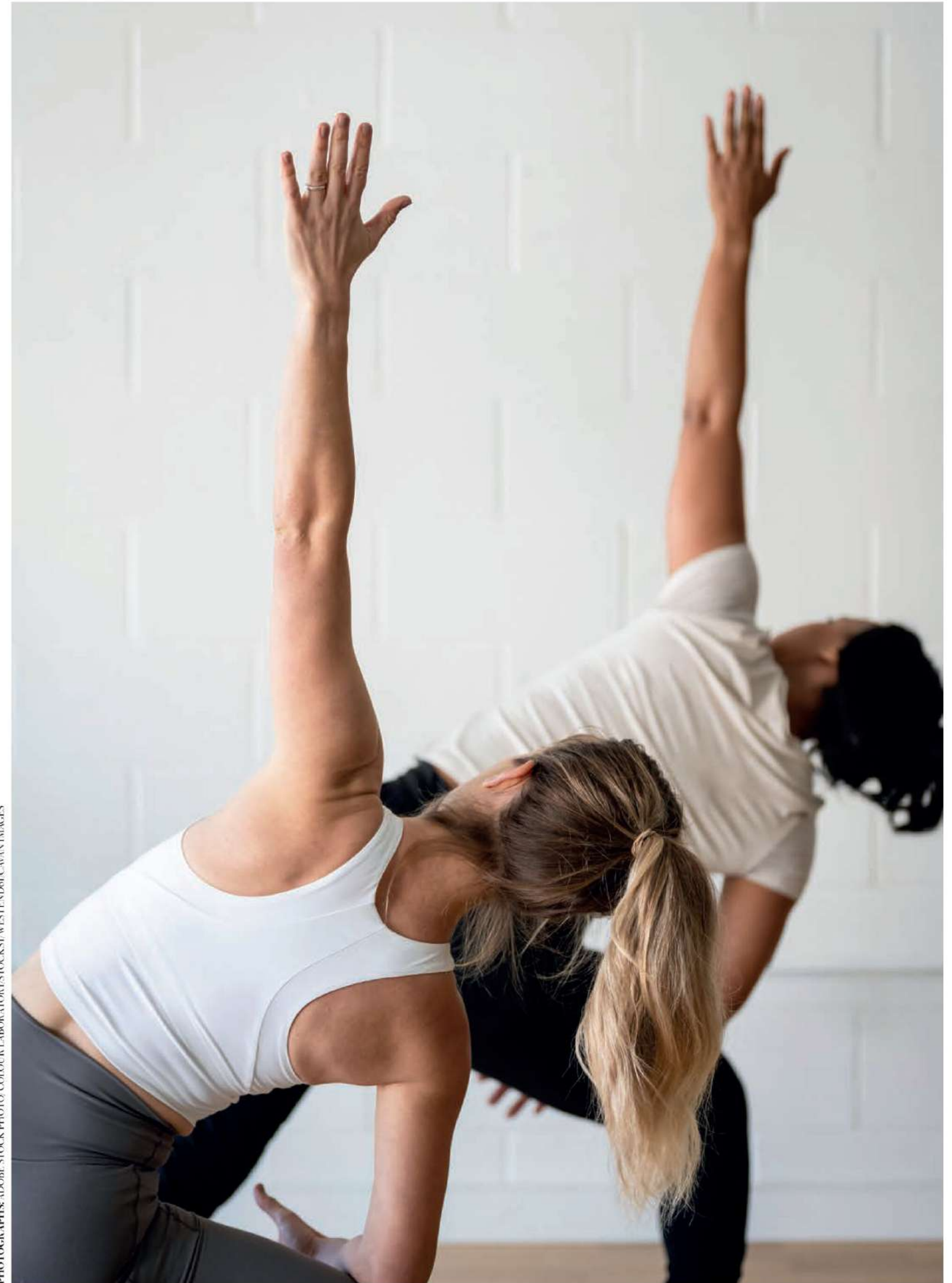


NEW YEAR, NEW RITUAL

PREPARE TO BE INSPIRED, AS LONDON'S HEALTH AND WELLNESS EXPERTS TALK US THROUGH THEIR DAILY SELF-CARE ROUTINES FROM MORNING TO EVENING, WRITES TALLULAH RUSHAYA

In a city where the pace of life is both stimulating and challenging, self-care for the mind, body and soul has become essential. Fortunately, London's professional health sector is equipped to support you. Here, we speak to some of the capital's most experienced practitioners, from personal trainers to nutritionists, about the daily routines they recommend to clients – and the tips that are embedded in their own practices. From hardcore fitness, to gentle nurturing, choose your lane. Your new year starts here... »

PHOTOGRAPHS: ADOBE STOCK PHOTO; COLOURLABORATORY/STOCKSWESTEND61 CAVAN IMAGES





MORNING

Starting the day at 4:30am, Nick Higgins, co-founder and head of teaching at Hotpod Yoga, carves out time for personal wellness before his children wake up. Balancing parental responsibilities with Hotpod Yoga (hotpodvoga.com) – which has locations across London, including Notting Hill, Belgravia and Putney – Nick has daily rituals to support physical and mental resilience, including aiming for two to three classes a week. “My morning begins with hydration: hot water with lemon and salt, followed by Athletic Greens and omega-3s. It’s a quiet, steady start that sets the tone for everything that follows,” he explains. At the gym, he uses the steam room to raise his temperature for 20 minutes. “From there, I move through around 20 minutes of resistance bands, calisthenics, yoga and mobility work, focusing on activating heat-shock proteins and getting my system switched on.” A two-minute cold plunge is next on the list, then a return to the steam room for back bending and strength work. “If time allows, I finish with 10 to 15 minutes of swimming for conditioning and breath control. Afterwards, I’ll have a coffee (sometimes two!) and rehydrate with a FourFive electrolyte tablet to reset.”

Also an early riser, Dr Mohammed Enayat, visionary leader in longevity, GP and founder of Chelsea based HUM2N clinic (hum2n.com) wakes at 6am. He practises intermittent fasting. Heading to the garden for breathing exercises, prayer and grounding by standing barefoot on the earth, Dr Enayat doesn’t look at his phone until after showering. Journalling on his commute, he uses that time to reflect, plan or process anything on his mind. The clinic specialises in delivering personalised strategies across the health spectrum. Health monitoring is also a substantial part of Dr Enayat’s routine, doing an advanced blood panel every year and adjusting supplements and habits accordingly. Working to heal a leaky gut, he’s added L-glutamine, digestive enzymes and probiotics to his diet, and removed dairy. “For recovery and performance I use peptides such as BPC-157 and Ipamorelin, which support tissue repair and help me train consistently.”

Breakfast is a hotly debated topic. Gideon Remfry, director of wellness at Auriens (auriens.com), a luxury community for the over-65s, believes in going big on protein. To support his routine of resistance training three times a week, he aims to incorporate 60g of protein each morning, combining whole foods with a shake. For further efficiency, a tablespoon of ground chia or flax seeds delivers 10g toward the 25g daily fibre target for gut health, satiety and longevity. “Research suggests current recommendations sit roughly 50% below optimal intake,” observes Gideon, who says front-loading protein can reduce hunger in the day and “rings the doorbell that stimulates skeletal muscle”. Not only does he adopt this, but finds that it’s effective for the residents at Auriens, who can increase their skeletal muscle by around 0.5kg and improve blood fats, sugar and stress markers within three months.

It’s a gentler introduction to the morning for skincare health specialist Annee de Mamiel, founder of de Mamiel, (demamiel.com). She starts the day with “a glass of warm water with lemon”. Her happy place? Walking her dog Willow in her garden. Encompassing a holistic approach to the morning routine, Annee turns to literature, often reading a passage or poem. “I’m reading one of Yung Pueblo’s books (which are verses of poignant poems) that I can reflect on and set my intention for the day,” she says. Watching the world come alive, early riser Annee incorporates this with yoga, breathwork and lymphatic brushing which she describes as “like 40 fingers doing it for you, they’re just amazing.” Nurturing the mind beyond reading, Annee uses oils on the back of her neck to help with the glymphatic system, and adds rosemary to hot water in the afternoon for brain health. Opening her little black book, Annee sees chiropractor Dominic Cheetham on Sloane Square, massage therapist Perry James and acupuncturist Kate Freemantle who works with herbs. »

FRESHLY SQUEEZED

Opening spread, left to right: Nick Higgins of Hotpod Yoga’s morning is fuelled by an Athletic Greens powder mix; longevity expert Dr Mohammed Enayat spends time outside doing breathing exercises as soon as he wakes up; Nick also tries to make two or three yoga classes a week. Opposite: Skincare specialist Annee de Mamiel starts the day with warm water and lemon

PHOTOGRAPH: ADOBE STOCK PHOTO MARK TRANSTOCKSY



**LIVING
MINDFULLY**
Left to right: The
Water2 Pod 2.0
under-sink filtration
system is key to Dr
Amos Ogunkoya's daily
hydration; power
napping is one of
wellbeing practitioner
Nicci Roscoe's
recommended "micro
habits"; BeSopbro's
Dominique Antiglio
helps her clients
holistically with various
relaxation techniques

DAYTIME

Self-care is all about being kind to yourself. Chinese medicine practitioner and founder of align.d Acupuncture (align-d.co), Duygu Demir finds people "punish themselves" after an indulgent holiday season. "Choose warm, cooked meals to nourish the body and strengthen digestive fire," advises Duygu. She points out that winter is ruled by the water element, which is linked to kidneys. To support this, Duygu encourages clients to nourish kidneys by increasing foods such as black beans, black sesame seeds, leeks and walnuts. As for her own self-care, she tries to incorporate 20 minutes on a HigherDOSE Infrared PEMF Mat and a cup of ceremonial cacao, adding cinnamon and ginger. "I don't take many supplements, as I believe most nutrients come from food, but I always take Wild Nutrition's vitamin D and magnesium. Their supplements are food-grown, which is better absorbed by the body," she adds.

Water is also at the heart of GP Dr Amos Ogunkoya's routine. Whether starting and ending the day with a warm shower or the H₂O he drinks. "At home I use the Water2 Pod 2.0 under-sink filtration system. It filters up to 99.99% of microplastics, 95.28% of chlorine and helps prevent bacterial build-up," he shares. Water2, founded by Charles Robinson and adventurer Bear Grylls has made a difference in how many individuals experience water (water2.com).

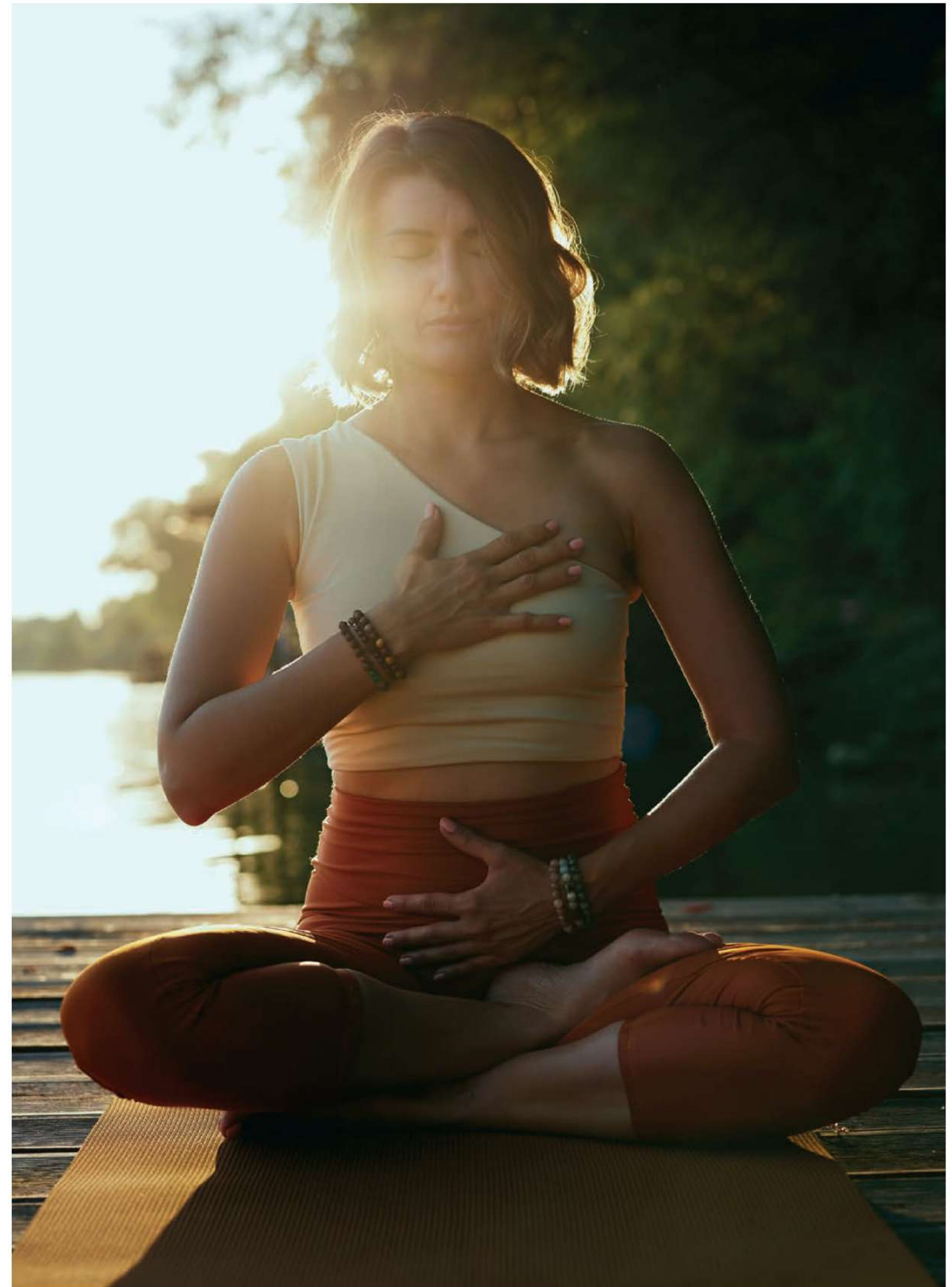
Sometimes it's the small matters in life that make a world of difference.

Counting top athletes and founders among her clients, world-leading sophorologist and founder of BeSopbro (be-sopbro.com) Dominique Antiglio unlocks her clients potential through relaxation methods at her South Molton Street clinic. For Dominique, wellbeing isn't a checklist, but valuing the connection between the mind and body.

Daytime "micro habits" are recommended by Nicci Roscoe, author of *Micro Meditation – Moments of Calm for a Happier, Healthier Life* and accomplished holistic health and wellbeing practitioner (mindmeditation.co.uk). From two-minute power napping while holding a garnet crystal to a power walk or cup of vanilla rooibos tea, her recommended hacks are achievable habits that stick. In a world where distractions can overwhelm, Nicci simply pauses to take three slow deep breaths and reset. "Music is a huge mood-booster for me," she says. Able to ignite brain chemicals and memories, the power of music is undeniable, no matter the tune. "Singing along to my favourite songs in the car, especially when stuck in traffic, is an instant reset and lifts my spirits." If Nicci's looking for deeper relaxation, curling up on the sofa with her grandsons and two dogs to watch a film is where everything else "just melts away".



PHOTOGRAPHS: ADOBE STOCK PHOTO VERA LAIR/STOCKS/IRINA POLONTINA/STOCKSYCHIKA_MILAN



LIGHTS OUT

Left to right: Maui Rituals co-founder Anita Kaushaul swears by the brand's all-natural products; bedding made from natural fibres is ideal for temperature regulating, and ultimately a good quality of sleep, according to The Wool Room's Chris Tattersall



EVENING

Investing in a quality sleep environment and bedtime routine is a priority of Chris Tattersall, sleep expert and managing director of natural sleep specialist Woolroom (thewoolroom.com). To achieve this, Chris sleeps in bedding made from natural fibres, such as a wool duvet and wool mattress topper. "It gives your bed that ultimate boutique-hotel feel, but it's also naturally temperature regulating and moisture managing," he says. "It helps me maintain a consistent temperature throughout the night and stay comfortable in all seasons. Its hypoallergenic properties also reduce any allergy flare-ups, so I wake up without feeling irritated or congested." Going to sleep at the same time every night, Chris opts for calming activities such as reading and practising meditation an hour before bed, otherwise known as 'the golden hour'.

Dr Anna Persaud, CEO of This Works (thisworks.com) paves the way for a better night's sleep through the olfactory system. Functional fragrance Own Time EDP has science behind its notes of musk and sandalwood, enabling Dr Anna to switch from the active sympathetic mode to the restorative parasympathetic state. "Own Time is the product I created because I needed it myself: something elegant, sensory and scientifically grounded that signals, 'you can exhale now'," she explains.

Quality sleep is one of the pillars of client teaching for former athlete James Dabbs and founder of Dabbs Fitness in Mayfair (dabbsfitness.com). Together with consistency and intelligent training, he believes quality sleep forms the basis for performance.

Finally, counting blessings in the form of a written gratitude list is how Anita Kaushaul, co-founder of Maui Rituals (maulirituals.com) ends her day. "I don't believe in 'new you', but rather 'true you' and for that, the less-is-more approach suits me best," says Anita, who swears by its all-natural products and supplements as she approaches 60. As well as running three days a week, working up to the London Landmarks Half Marathon in April, strength training at Virgin Active in Notting Hill and Pilates at Absolute Studios in Kensal Rise, Anita also enjoys Soul Studio in Primrose Hill for Kundalini yoga and sound healing. Living by the 80/20 (or Pareto Principle), Anita reminds us all to indulge "a little" and see the beauty in art, dance and restaurants. "My most recent night out was to the newly opened Martino's in Sloane Square." ■