

How not to get divorced (by the couples counsellors who've heard it all)

Women's Health

Burn fat
Build muscle
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Is this the hardest-working workout in fitness?



Gut health's new game changer*

**according to science, not TikTok*

WH INVESTIGATES

Inside the fasting clinic for the 1%

**FOR RICHER,
FOR POORER**

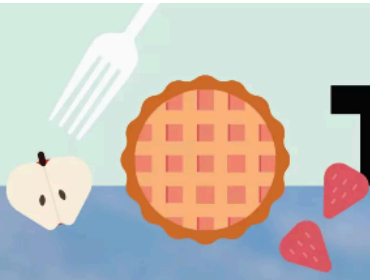
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WAYS TO RECESSION-PROOF YOUR FRIENDSHIPS

Winnie Harlow

On the life-changing power of being you **Self**





Travel Well [®]

Plate escapes

The guttural groan that accompanies a Michelin-worthy meal is a moment matched only by the sight of a setting sun. Or an out-of-office inbox. So we're making the case for booking a trip with your taste buds in mind. Hungry for an adventure?

COMPILED BY AMANDA STATHAM





Work off
your lunch
by the pool

02

France

What: An exclusive hideaway with five-star food and scenic views

Where: Hôtel Crillon Le Brave, Provence

How much: Rooms from around £310pn (€350), including breakfast; crillonlebrave.com

Who: Victoria Rudland, group chief sub editor/production editor

I've heard Provence is stunning...

Your sources aren't wrong – and Crillon Le Brave is no exception. Set in the Vaucluse region, this luxury boutique hotel is perched in the charming hilltop village of the same name. Head through reception straight out to the balcony to admire breathtaking views of Mont Ventoux and the surrounding countryside. Down the steps and through the garden, past creeper-covered walls and terraces dotted with cypresses

lies the emerald swimming pool. Centuries-old stone buildings line the labyrinthine passageways of the medieval village that forms the grounds, all seamlessly and sympathetically integrated. Push open the heavy wooden door of the old chapel and you'll find the fitness room, while the stone-vaulted former stable now houses the spa. The original houses have been elegantly restored into 34 unique rooms and suites kitted out with antique furniture, soft linens, claw-foot tubs and terracotta tiled floors. Like all Maisons Pariente's properties (see also: Lou Pinet in St Tropez and Méribel's Le Coucou), the vibe is understated luxury and a warm, welcoming atmosphere.

It's France, so I take it the food's amazing? Mais oui! The hotel has two restaurants run by talented executive chef Adrien Brunet, with menus based on the very best local, seasonal produce, right down to the herbs picked from the garden. There's La Madeleine for a unique



Soak up
views of
Mt Ventoux

fine dining experience, and the bistro-style La Table du Ventoux for mouthwatering all-day fare. Think octopus carpaccio with smoked paprika and crispy potatoes, seared scallops with chorizo and foamy cauliflower cream, and a feather-light lavender and almond soufflé. Awards include a Michelin plate and an Ecotable label, which recognises restaurants with a sustainable, eco-responsible approach. Hot tip:





get to breakfast early to watch the morning rays light up Mont Ventoux from the panoramic terrace while you tuck into a feast of a buffet.

Sounds like feasting is the order of the day. Will I be able to heave myself off my sunlounger?

Why would you want to, have you seen the view from the pool? But if you insist on being adventurous, there's plenty on offer. Mont Ventoux is famous for cycling, so grab one of the hotel's bikes and cycle through the surrounding hills, olive groves and vineyards – speaking of which, given you're in Provence, sampling the local rosé at Château Pesquié is a near non-negotiable. If you want to explore the pretty neighbouring villages, the hotel can arrange a guided tour and even a countryside picnic. After all that gadding around (particularly if you gamely chose a bicycle over an e-bike) you'll be in sore need of some pampering, so unwind with a massage in the Tata Harper spa for the perfect ending to a bon vacance.