

Shopping Experts

AMANDA HOWARD

Ex-model Amanda Howard will streamline your wardrobe and then accompany you shopping to select key pieces to see you through the season. Her style and knowledge of designer and high-street styles has ensured a growing list of clients who book her months in advance.

Tel: 07973 471886. Amandahowardstyle.com

MIA DACKEBORG AT CHLOE

So trusted is this Chloé store manager that clients regularly buy the pieces she suggests over the phone. Her secret? A gentle brand of honesty that's won over many devotees since her time at Marni. Chloé, 152-153 Sloane Street, London SW1X 9BX. Tel: 020 7823 5348

SARA LAUCLAN

Former fashion buyer Sara Lauchlan's tailor-made wardrobe

consultations range from editing overflowing closets to casting an objective eye over fitting-room ensembles. Regardless of the size of the job, she always begins by determining which items her clients actually need. Ruthless but effective.

Saralauchlan@hotmail.com.

Slippers

STUBBS & WOOTTON

A purveyor of classic slippers decorated with hand-embroidered logos and precious fabrics. Proof that even supermodels need to rest their feet: Agyness Deyn ordered a pair emblazoned with ruby-red lips.

Stubbsandwootton.com



Stubbs & Wootton slippers adorn supermodel feet

Smokehouse

RICHARDSON'S SMOKEHOUSE

Fight through the charcoal haze to find not just smoked mackerel but amazing smoked garlic bulbs, ham, English Cheddar and Long Clauson's blue Stilton at this time-stood-still, family-run shack.

Baker's Lane, Orford, Suffolk

IP12 2LH. Tel: 01394 450103.

Richardsonssmokehouse.co.uk

Social Networking Websites

A SMALL WORLD

Imagine your favourite members' club had a thriving networking site where like-minded types

swapped genuinely useful travel tips, and you'd be pretty close to Erik Wachtmeister's exclusive online portal, Tried and tested by *Vogue's* Sophie Baudrand when organising shoots in unusual overseas locations. Smallworld.net

IQONS

Showcase your own personal projects or browse through profiles of designers, photographers and other fashion creatives on this Facebook for the fashion set.

Iqons.com

STYLEHIVE

Connect with trendsetters and track the items you crave at this online hub for the style-obsessed.

Stylehive.com



Ease your cares away with an Espa treatment at Lansdowne Place Hotel & Spa

Head to Aque Sulis Spa for head-to-toe pampering (this picture and below)



Spas

AQUAE SULIS SPA

Besides offering a child-friendly environment, *Vogue* regulars say the Sulis 55 - a 55-minute deep-tissue, full-body massage - is simply exceptional.

Ickworth Hotel, Horringer, Bury St Edmunds, Suffolk IP29 5QE. Tel: 01284 735350. Aquaesulis.com/ickworth

THE COWSHED SPA

Finding somewhere in central London for a lunch-hour mani-pedi is harder than you might think. But as you sink into one of the enormous white recliners, ready to have your nails primed to perfection by Cowshed's charmingly efficient staff, it's easy to forget that you're only a stone's throw from the tourist-saturated stores of Carnaby Street. It's even easier to forget that you have to go back to the office afterwards. 31 Foubert's Place, London W1F 7QG. Tel: 020 7534 0870. Cowshedonline.com

KILCULLEN'S SEAWEED BATH HOUSE

Treat yourself to a spa, Edwardian style. Perched on the north-western Irish coast, Kilcullen has been offering the same steam and seaweed baths since 1912. Take a sauna in your own wooden steam box, before easing your body into a porcelain bath filled with piping-hot Atlantic sea water and iodine-rich seaweed. Afterwards, treat yourself at the teashop.

Enniscrone, County Sligo, Ireland. Tel: 00 353 0 963 6238. Kilcullen seaweedbaths.com

KILVER COURT

If you're lucky enough to be staying at Mulberry-owner Roger Saul's stunning Charlton House Hotel, wander down the road to his newly opened day retreat and spa - Kilver Court. You'll find beautiful historical gardens alongside the consulting rooms, which offer wonderful complementary therapies and treatments. Lunch at the Harlequin Café, with its local and seasonal menu, will be the perfect end to your organic experience.

Kilver Street, Shepton Mallet, Somerset BA4 5NF. Tel: 01749 340410

LANSDOWNE PLACE HOTEL & SPA

Set in a luxurious boutique hotel in central Brighton, Lansdowne Place's spa is a world away from real life and a cocoon of delicious aromas, restorative pampering and warm, friendly people. Whether you go for an overnight stay and a holistic spa experience, or the popular Afternoon Tea Package - including a neck and shoulder massage, and an express facial - you'll leave feeling rejuvenated in body and soul.

Lansdowne Place, Brighton, East Sussex BN3 1HQ. Tel: 01273 736266. Lansdowneplace.co.uk/spa

123 SPA & MASSAGE

It's not in the most salubrious of positions, situated as it is on busy Queensway, but this spa is well worth seeking out for its very effective and very reasonably priced Thai, Swedish and aromatherapy massages. It's also one of the few in London that stays open late (until 11pm); perfect for those post-work de-stressing sessions.

123 Queensway, London W2 4SJ. Tel: 020 7792 5429. 123massage.co.uk