



Occupying an Art Deco palace atop Montjuic Mountain, Hotel Miramar – one of Barcelona’s youngest boutique hotels – boasts tranquil gardens and views across the city to the sea beyond. Sit on the terrace and feast on modern Spanish dishes and wines from the country’s finest vineyards. Doubles from £119. 00-34-93 281 1600; www.hotelmiramarbarcelona.com

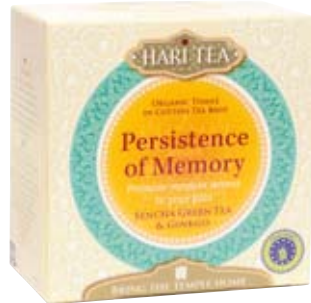


VILLA THRILLER Sitting pretty at the end of the famous Palmeraie in Marrakech, Noor Zayan is a boldly minimalist house in its own olive tree-dotted garden. There are five bedrooms (one in a pool-side pavilion), a tennis court and spa. It’s the perfect spot for unabashed relaxation. Weekly rental costs from £6,000. www.noorzayan.com

HELENE DARROZE AT THE CONNAUGHT IS FAST BECOMING A LONDON INSTITUTION FOR ITS CONSISTENTLY INVENTIVE CUISINE AND CHIC INTERIOR DESIGN. THE EPONYMOUS CHEF CONJURES DISHES ROOTED IN HER NATIVE SOUTH-WEST FRANCE. 020-3147 7200; WWW.THE-CONNAUGHT.CO.UK



A NEW LEAF Hari Tea is a just-launched range of organic infusions based on Yogic and Ayurvedic traditions. The teas are divided into four categories: Mental, Inspirational, Spiritual and Physical. For further information visit www.haritea.com



LADIES WHO LUNCH Middleton Lodge in North Yorkshire is now home to Lady G’s Cookery School. The residential courses are run by two energetic *cordon bleu* chefs who aim to ‘put the fizz back’ into their clients’ cooking. One-day courses cost from £195, which includes accommodation. www.ladygscookeryschool.com



FRESH EIRE Tankardstown House hotel, an elegant Georgian house an hour from Dublin, recently opened its new restaurant, Brabazon, offering immaculate seasonal dishes that are expertly presented and well priced. 00-353-4198 24621; www.tankardstown.ie

CLEAN LIVING RAW AND JUICY, PURVEYOR OF SUPER-HEALTHY JUICES, IS RUNNING A SIX-NIGHT ‘**DETOX RETREAT**’ IN LEICESTERSHIRE FROM JANUARY 22-29, COSTING FROM £1,500 PER PERSON. WWW.RAW-AND-JUICY.COM



CREAM OF THE CROP Mitchell and Peach’s Hand Cream launches this spring – perfect for alleviating in-flight dryness. Visit www.mitchellandpeach.com