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**TATLER**  
November 2025

**ISLE SEE YOU THERE**  
A NIGHT WITH A MILLIONAIRE ON HIS ISLAND FORTRESS

**A REVERSAL OF FORTUNE**  
THE JET SET COUNTESS WHO SOLD UP & WHY

**FREE TATLER SPA GUIDE INSIDE**

PRODUCT TATLER X IMOGEN  
DIRECTOR V. DEMARCHELIER  
SLATE 8 TAKE 2

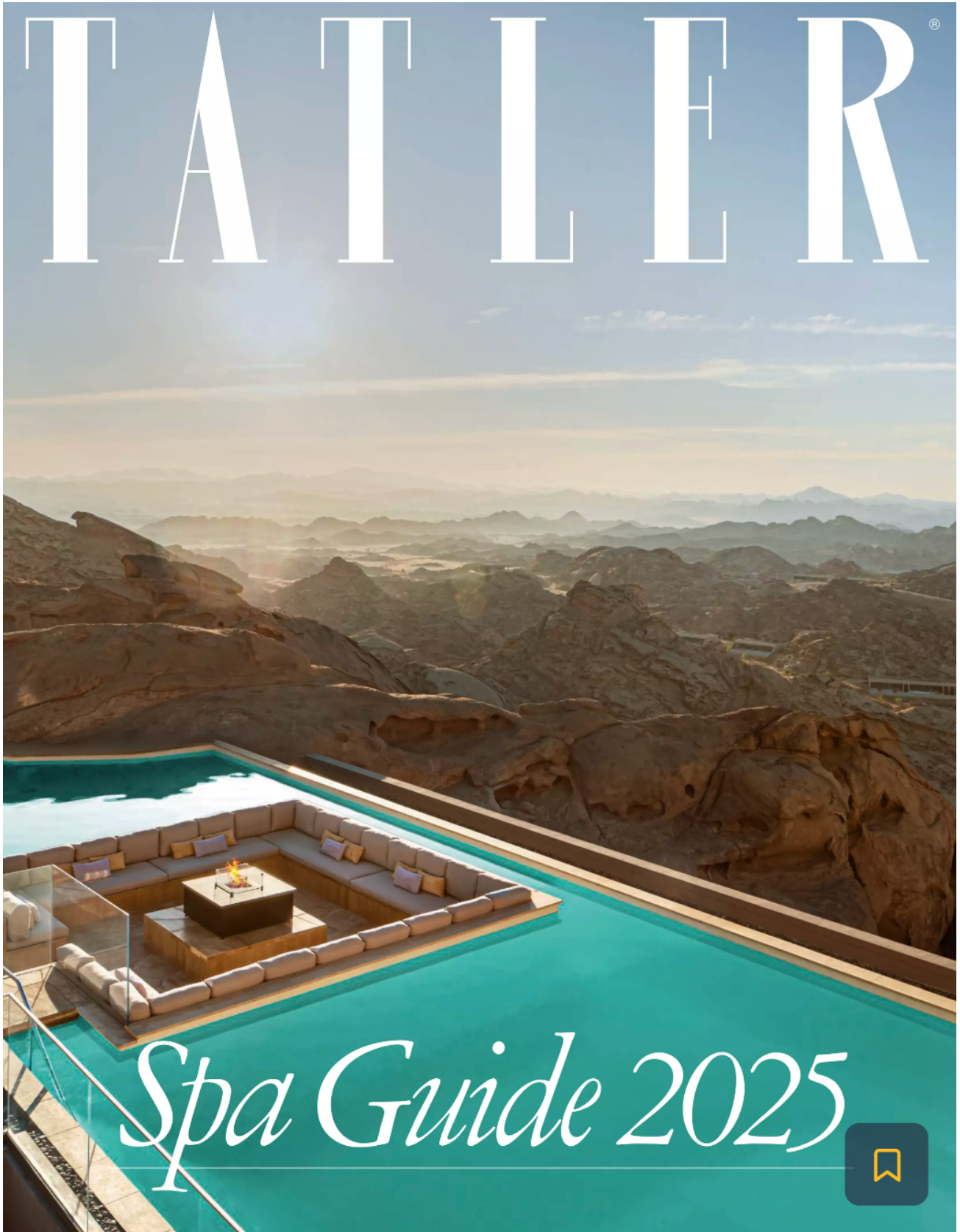
**NEXT BRIT THING**  
IMOGEN POOTS IS READY FOR HER CLOSE UP

ABEL & GRAHAM



GLENROSS LIVING

# TATTLER<sup>®</sup>



*Spa Guide 2025*





*Sensei Lanai's treatment houses resemble Japanese mountain temples, each with an ofuro tub, steam shower, sauna, garden with a plunge pool and outdoor shower*

# INTO THE WILD

*Leave home comforts behind in favour of deep immersion in nature. For the best reset, go for a bike in a lunar landscape, play polo on a Mongolian steppe or watch elephants lumber by*

## SENSEI LANAI, A FOUR SEASONS RESORT *Hawaii, USA*

Take a breath and... relax. There's a magical energy at play at Sensei Lanai, set in the valleys and broad plateaus of the traditionally spiritual uplands of Ko'ele, and reached by a 30-minute flight from Honolulu. Here, tropical landscaping and greenery share space with carefully curated artworks (by Fernando Botero, Jaime Plensa and Marc Quinn among others). And evidence-informed wellness practices – led by an integrated team of experts in such areas as

exercise physiology, nutrition, mindfulness, stress management and yoga – take three simple

paths: Move, Nourish and Rest. So de-stress with an outdoor aquatic bodywork session; find stillness in the secret onsen garden, where you can submerge yourself in one of 10 soaking tubs under the night stars; or release tension with Thai stretching that softens the fascia and unlocks stiff joints. In the spa's 10 private *hales* (houses), facials using all-natural Seed to Skin products reveal silken complexions. Lomi lomi massages and Sarga Bodywalking – a barefoot method which engenders myofascial release – leave bodies supine. And skin is scented with lemon verbena and green ti, Lanai's signature, concocted from healing plants. Then wallow in

the outdoor shower and recharge in the infrared sauna, before clearing your head in the plunge pool and making for supper. With menus designed in collaboration with the super-chef Nobu Matsuhisa, the food here is a taste sensation – from the poolside Kauai shrimp salad to the delicate lilikoi miso eggplant and salmon paprika – and dining in the resort's glass pavilion restaurant, over a reflective koi pond, is mesmerising. Back in your suite, your *lanai* (balcony) gives onto a carpet of green, dotted with outdoor sculptures and, beyond, towering Cook pines. And sleep comes swiftly. *Doubles from £788, including transfers ([fourseasons.com](http://fourseasons.com)).*



## Spa directory

### GLENROSS LIVING *Kalutara, Sri Lanka*

For the purest escapism, go to Glenross Living and wake up in a Forest Pool Villa, a minimalist space balanced high up in the trees, located amid luscious, jungle-like greenery. The views look onto the hillsides – sometimes shrouded in mist – of the Kalutara district of Sri Lanka, just 90 minutes from Colombo but seemingly out in the wilderness. The glamorous glass and dark-wood accommodation comes courtesy of Palinda Kannangara Studio, a pioneering local architectural practice known for designs that blend with nature. But if you're after something more traditional, there are also grand suites in the Georgian manor house, the original headquarters of this 90-acre former tea plantation. Glenross Living's being is centred on wellness. That means yoga in the forest to a soundscape of birdsong; witnessing – perhaps trying – angampora, the island's traditional form of martial arts; or a hike along one of the estate's many trails. Proficient masseurs, drawing on ancient Asian wisdom, will restore your body to optimum health; and there's goodness in every meal, meticulously thought out by a nutritionist. But if you're craving something more indulgent, ask for a traditional Sri Lankan curry – which you will never regret. *Doubles from £407, half board ([glenrossliving.com](http://glenrossliving.com)).*



*A Pool Villa at Glenross Living with an infinity plunge pool that floats over the jungle greenery*

*Rosewood Miyakojima is on Okinawa, an island celebrated for longevity and the healthiest life spans on Earth*

### ROSEWOOD MIYAKOJIMA *Okinawa, Japan*

On a subtropical isle in Japan's lesser-known Ryukyu archipelago, Rosewood Miyakojima traces a considered line between past and present. Here, a shoreline of craggy limestone and sand is flecked with low-slung modernist villas all squarely facing astonishingly blue waters and in them the pancake-flat landscapes of other islands, strewn with sites sacred to local deities. Sticky, dew-drenched days can be spent paddleboarding through dense mangroves, honing karate moves under the watchful eye of a resident sensei and sculpting Tsuboya pottery in artisan-led classes. But then there's the hushed Asaya Spa, where soul-affirming therapies tap into the wisdom of the Ryukyuan people, known for their extraordinarily long lifespans. White sage ceremonies and the chiming of crystal forks herald the start of each treatment; and though there's nary a dud among them, best of all is the Rest ritual, in which warm ginger lily water is poured gently over your forehead to hush the mind, before a rhythmic head-to-toe massage lulls you into a happy stupor. *Doubles from £1,070 ([rosewoodhotels.com](http://rosewoodhotels.com)).* ▷

