

# The Brit pack

A hop, skip and a star-jump away

AWARD  
WINNER

BEST OF  
BRITISH

## BULGARI LONDON

There's anarchy at the Bulgari and we're loving it. Sure, the spa meets all the super-luxe criteria: awesome lap pools; gold-walled vitality pools; rooms big enough to swing a Russian oligarch; phenomenal treatments from ESPA and the age-defying Dr Dray (needle alert!). The Bodyism gym's svelte trainers will get you clean and lean in no time. But what puts this place headstand and shoulders above the rest is the refreshingly avant-garde yogis. Some of the coolest names, faces and bodies in the business rock up (and we mean ROCK) each day to teach hotel guests and members – and now anyone with a credit card can book the new day and weekend retreats. Take Durga Devi, a Jivamukti (a vigorous form of yoga) practitioner and no-nonsense New Yorker covered in more ink than Beckham, whose tiger-balm massages are extraordinary. Or Rachel Okimo, known for her Funk the Buddha project, which segues yoga with live music and DJing in art galleries, nightclubs and other unlikely urban spaces. Or the high-octane Canadian Mercedes Ngoh, the Vinyasa flow (more yoga) teacher and co-founder of North Devon's fresh and funky Yeotown retreats. All are fabulous, and cutting-edge and get stellar results. The spa, by the way, is totally subterranean (five levels down) – the ultimate Batgirl cave, it will make superheroines of us yet. **WEBSITE** bulgarihotels.com **TEL** 020 7151 1010 **BOOK IT** Double, from £500.