

WHEREVER

the magazine for expats everywhere

Lisbon Edition
Spring 2024

THE BEAUTY ISSUE

2024
Interior
Trends

14
Beautiful
Spa Breaks

Meeting Dr 90210

Elle MacPherson's Top Tips
Skincare Advice By **Dr Sturm**

Bobbi Brown's Life Lessons
Tova Talks Beauty

Brad
Pitt's
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Hello Lisbon!

This Spring, WHEREVER is pondering all things beautiful... There are all the usual columns, from Paris-based Maayan and Gal looking at the world through rose-tinted glasses to our resident relationship expert Randi Levinson, who finds beauty in differences, and we welcome American mum in London, author and royal enthusiast, Jerramy Fine to the team! We've also got our very own 'It Girl' Kam Heskin roaming the Algarve's best events.

In terms of travels, we're yachting in Monaco, exploring Florida from Miami to Orlando - and yes, even tips on how to survive Disney, as well as a pitstop in Geneva. Our Car Geek pages are there too, with a test drive of the brand new Mercedes CLE Coupe. Quite the ride!

We chat exclusively to beauty pros, from skincare guru Dr Sturm, to Beverly Hills plastic surgeon, aka Dr 90210, who works his magic on celebrities including the Khardashians.

We welcome all your feedback - it really helps us improve and we're always striving for better. Keep it coming! Our favourite so far has been "the only magazine anyone actually reads" - Thank you!

We are also delighted to collaborate with the legendary supermodel Elle MacPherson, taking her advice on what's good for the mind, body and soul.

Meanwhile, WHEREVER HQ is celebrating the launch of its Paris edition, adding a third location to the list. Soon WHEREVER will be everywhere!

Do get in touch if you'd like to work with us. We're always open to new ideas. Happy Springtime!



Rowena Carr-Allinson
Editor in Chief
WHEREVER Magazines



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Contributors



Dr. Barbara Sturm is a globally renowned German doctor, aesthetics expert and anti-inflammatory pioneer with a background in orthopedic research. Famous for her anti-inflammatory approach that is uniquely healing rather than aggressive, her product inventions are informed by her research into anti-inflammatory medicine. Her range of Dr. Barbara Sturm Molecular Cosmetics skincare, haircare and supplements is built on 25 years of scientific research with over 300 products that have gained global recognition.

 [@drbarbarasturm](https://www.instagram.com/drbarbarasturm)



Tova Leigh is a Bestselling Author, Performer and Digital Content Creator with a global following of over two million people. Her viral videos are a mix of funny and uplifting and she is a regular contributor to several charities who promote gender equality. She is a mom of girls and currently lives in Portugal with her family. She also runs Female Empowerment Retreats in the Algarve, focusing on Permission, Needs, Boundaries, Sexuality and Body Image. Her next retreat is scheduled for April 2024 tovaleigh.com/retreat

 [@tova_leigh](https://www.instagram.com/tova_leigh)



Doctor Lionel Choukroun is a plastic surgeon for over 25 years and the Co Founder of La Clinique du Grand Paris on the prestigious Avenue d'Iéna, his philosophy is "Less is more!" Partisan of "The French Touch", Dr Choukroun thinks it is important to perform surgery at the right time, not too early nor too late either. Against social network beauty stereotypes, he has always expressed his desire to smooth out his patients' flaws without changing their identity.



Sarah Drew Jones is a journalist whose credits include the BBC, Press Association, The Guardian, The Sunday Times, Daily Express, and Good Housekeeping. She has edited a range of lifestyle titles, from interiors and bridal to fashion and beauty, including the Harvey Nichols in-store magazine; copy written for the likes of Emporio Armani and Rocco Forte Hotels and also worked in radio.



Randi Levinson is a Marriage and Family Therapist, a Certified Clinical Sexologist and a professor. She helps individuals and couples find a deeper, more meaningful connection; better communication, and better more fulfilling intimate experiences. Randi has been a relationship expert for various publications, TV and film while continuing her in-person and virtual private practice.



Sara Louise Pollock is a freelance beauty/lifestyle journalist based in London, UK. She has written for a number of publications such as Allure, Into The Gloss, NY Magazine, amongst many other online and print titles. An avid lover of live music, film and literature, you'll probably find her sitting in a coffee shop, planning her dream North American road trip.

 [@saralouwheez](https://www.instagram.com/saralouwheez)



Claire Wood-Woolley is a UK Interior Designer who has recently relocated her design studio to The Algarve. With an extensive background in Photography, Travel, Fashion and Interiors, Claire understands the impact of heat design in our lives. As a self confessed health addict, you will often find her with a Matcha Latte obsessing over her next interior dream.

 [@claireelizabethlifestyle](https://www.instagram.com/claireelizabethlifestyle)



Kasia Dietz is a freelance writer from the Hamptons, New York who followed her heart to Paris.

A born traveller, Kasia contributes to international titles from Architectural Digest to the Evening Standard and The Independent amongst others. In this issue she gives us her adventure bucketlist for inspiration.

 [@kasiadietz](https://www.instagram.com/kasiadietz)



Raised by hippies in rural Colorado, **Jerramy Fine** moved to England to seek out a more royal life. Her childhood quest to become a princess is detailed in her hilarious memoir *Someday My Prince Will Come*, while *In Defense of the Princess* explores her theories on princess culture. She writes for *Cosmopolitan*, *The Telegraph*, *MacLeans* and *The New York Post*. We are delighted to have her as our latest columnist.

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14 Beautiful Breaks

WHEREVER takes a tour of the world's most relaxing escapes. So relax, take some time out, and get some inspiration for that next zen escape.



L'And Vineyards, Alentejo, Portugal

L'And Vineyards Hotel and Spa has 22 suites, each uniquely designed, combining modern luxury with a rustic charm. The hotel also features 10 exclusive vineyard "sky" villas, providing guests with private retreats. Each villa is surrounded by its own vineyard, with a tranquil and intimate atmosphere and they even have skylights above the master beds for a better view of the night skies. Perfect for star gazers!

The villas also have private outdoor heated pools, fireplaces, and expansive terraces, offering panoramic views of the Alentejo countryside. The little details like the fresh food delivery, from artisanal bread to local tomatoes, lemons and even asparagus, as well as the locally made wine, make L'And Vineyards a particularly special place. It's also renowned for its vineyard-to-table philosophy and gourmet dining experience, with locally sourced ingredients and tasting menus paired with its own great wines. Don't miss the delicious Azorean Tuna with miso, tempura and pickled seaweed, or the Alentejo beef loin sweet with garlic and roasted vegetables. Each dish is a nod to Portugal's travelling past.

The Vinoble Spa at L'And is a sanctuary of relaxation, offering a range of rejuvenating treatments inspired by the surrounding vineyards. Indulge in vinotherapy, harnessing the antioxidant properties of grapes, and unwind in the serene spa facilities, managed by the charming Rita. The Spa includes indoor and outdoor pools, a sauna, and steam room. Just the spot to rejuvenate both body and soul.

l-and.com

Equine Wild Wellness, NIHI Sumb, Indonesia

The world-renowned luxury hotel is set to make history as the world's first resort with full-time on-site horses. Nestled on Indonesia's Sumba island, this hidden gem, twice the size of Bali, remains untouched by mass tourism. "Wild Wellness" is an innovative blend of nature's raw beauty and science-driven healing practices. The Equi-Wellness Program, led by NIHI's original horse whisperer, Carol Sharpe, is conducted with horses from the Equine Spa, and offers guests a unique opportunity to connect with NIHI's "Wildly Free" Sumba horses by exploring equine language. Over five days, four interactive sessions focus on various aspects of the horse and human sensory system. Equi-Essence deepens the bond with the herd, Equi-Seen fosters vulnerability and trust, Equi-Tuned combines horses, sound and meditation for well-being, and Equi-Feel enhances self-awareness, trust, leadership and self-confidence. "Retreat & Conquer" is an equine therapy program for personal growth and "Ride & Recharge" offers a five-day adventure blending horseback riding with equine spa experiences. NIHI also offers a range of other retreats, from "Wellness FX" to "Butterfly Meditation Lounge" catering to diverse interests.

nihi.com



© NIHI.com

The Longevity Spa at Portrait Milano

The Longevity Suite is one of the most advanced Biohacking and Antiage brands in Europe. The new spa will be a wellness oasis in the heart of Milan, offering holistic and multidisciplinary treatments. The expansive 700sqm wellness facility includes treatment cabins, a pool with vaulted ceiling and jade-coloured glass mosaic flooring, a Turkish bath, a sauna, a relaxation area, and a state-of-the-art gym in partnership with Technogym that is equipped with cutting-edge fitness apparatus to ensure a 30% improvement in performance effectiveness compared to traditional or free-weight workouts. The spa offers Blue Zones Signature Rituals with new immersive and multisensory experiences that combine manual techniques, music, and aromatic synergies to transport guests to each of the world's Blue Zone destinations. The rituals are complemented by three facials designed by the internationally renowned doctor and beauty icon Dr. Barbara Sturm.

lungarnocollection.com



© Tim Labenda

The Grand Resort Bad Ragaz, Switzerland

Nestled on the foothills of the Alps, this resort is renowned for its world-class spa facilities, exquisite accommodations and first-class dining. The resort has no fewer than seven restaurants, with a total of six Michelin stars and one Green Michelin star, as well as a bistro and a café, providing exquisite culinary delights, not to mention its world class spa. Guests can take it easy at the resort's thermal baths. Choose from one of endless spa treatments or re-energise at the Tamina Therme or Saunas. Their NEWYOU Method programme offers personalised packages based on each guest's lifestyle, integrating the latest preventive and complementary medical therapies. The resort also boasts two golf courses, the Kursaal Meetings & Events Centre, a broad range of cultural activities, boutiques for shopping and its own casino.

resortragaz.ch/de/



© Resortragaz

The Lana, Dubai

Just opened in February 2024, with architecture designed by Foster + Partners, the hotel offers 225 rooms and suites and eight new dining concepts. The hotel's interiors have been designed by the famed Parisian duo, Gilles & Boissier, and incorporate a carefully curated section of more than 50 art pieces. And even better, The Lana is also home to the first Dior Spa in the UAE. Bathed with natural daylight on the hotel's 29th floor, with floor-to-ceiling windows that artfully frame views of iconic landmarks such as the Burj Khalifa, it has five treatment rooms and one couple's suite, integrating cutting-edge technology into treatments, including Icoone Therapy, Hydrafacial, Dior Micro-Abrasion, and the Dior Skin Light LED therapy mask, renowned for its ability to promote intense cell regeneration.

dorchestercollection.com



© Dorchestercollection.com



© Chateaudecourban.com

Château de Courban, Burgundy, France

Set in the beautiful national forest park in the heart of Burgundy, on the doorstep of the Chablis and Champagne vineyards, this charming family-run château houses 24 lovely, spacious and characterful bedrooms.

Beautiful gardens and elegant sitting rooms with open fires offer the perfect atmosphere to escape the stress of everyday life, while the 300m2 Nuxe Spa and pool provide the ideal opportunity for a relaxing pampering break. The hotel's Michelin-starred restaurant offers gourmet cuisine inspired by regional recipes and local products. Enjoy total relaxation, detox or a massage in the spa, a walk with the dog or borrow one of the château's bikes to explore the quiet surrounding countryside or perhaps some wine tasting with local wine producers?

chateaudecourban.com



© Nihi.com

InterContinental Maamunagau, Maldives

The Resort is situated at the picturesque Southernmost tip of Raa Atoll on the edge of a UNESCO World Biosphere Reserve, with its own serene natural lagoon. Its renowned AVI Spa welcomes guests to indulge in signature treatments and wellness therapies while enjoying the tranquillity of its overwater sanctuary. The spa's ethos centres around healing and the use of global native health principles combined with European organic botanicals, setting it apart from other Maldivian spas. As part of the resort's commitment to holistic well-being, AVI Spa boasts an impressive visiting practitioners and 'wellness journey' programme that provides guests with unique opportunities to explore yoga, meditation, crystals and sound healing, bodywork therapy, and more under the guidance of international wellness experts. Guests are offered a rejuvenating immunity boost through the spa's wellness area, which features an ice fountain and steam room that perfectly complement the treatment rooms.

maldives.intercontinental.com

Maslina Resort, Hvar, Croatia

Maslina Resort, on the island of Hvar off the coast of Croatia, has wellness at its core, with innovative treatments as its forte. Inspired by Hvar's healing environment, Maslina's series of therapies treat your whole self: from Sound Healing Therapy, Gaia Reiki and Adriatic Connection to Myofascial Release. The exquisite Pharomatiq Spa showcases a modern fitness room, beauty salon, an Aqua Thermal area, Finnish sauna, aromatherapy steam bath, Turkish Hammam and cold plunge pool. Maslina Resort draws on the natural healing properties of Hvar Island with a garden-to-skin inspired menu, using home-grown, organic herbs, and locally sourced therapeutic-grade essential oils. Mindfulness and Movement, Yoga & Meditation, and a la carte movement as part of Fitness Training are critical components of the restorative Wellness services on offer. The Cure of the Adriatic Sea is a four-phase de-stressing immersion programme, which treats you with daily massage therapies and herbal remedies to develop inner strength and clarity. The Lifestyle Immersion Programme focuses on guests' goals for health, wellness, weight management, anti-aging, fitness and detoxification.

maslinaresort.com/wellness



© Maslinaresort.com



The Conrad, Quinta do Lago, Algarve, Portugal

With 154 elegantly appointed rooms and suites, the resort offers panoramic views of the surrounding landscapes and a great location to explore the Algarve. With world-class facilities, including multiple restaurants, featuring local and international cuisines, not to mention the Michelin Starred Gusto, an 18-hole golf course for golfing enthusiasts and a huge pool, it's also got a reputation for having one of the finest state-of-the-art spas in the area. Whether you opt to go for a full day's indulgent relaxation with a day pass or make the most of their famous rejuvenating Intraceuticals Oxygen Lifting Facials, there's something for everyone. Try the signature Oxygen treatment, combining cutting-edge technology with expert skincare, leaving you with a radiant complexion. Let the pure oxygen wash over your face's skin, permeating it with hyaluronic acid, a mix of minerals and vitamins giving it instant extra radiance! After the treatment you'll have a bounce in your step but also in your skin, which will feel nourished and super fresh.

hilton.com



© Hilton.com

Aleenta Retreat Chiang Mai, Thailand

The growing trend for silent retreats is based on the Buddhist practice of Vipassana, so where better to try it out than in Chiang Mai, Thailand's spiritual heart? Open since April 2023, this retreat offers just 44 rooms and suites, a restaurant, bar, spa and one of the Aleenta brand's signature Ayurah Wellness Centres offering Vipassana retreat programs lasting for three, five or seven days.

Retreats can be experienced either at introductory 'Lite Level' or at 'Monk Level', the first providing an accessible path to the transformative power of mindfulness, and the second the opportunity to experience rigorous training of the mind to enhance emotional wellbeing, awareness and concentration. The Monk level program also includes meditation practice at nearby Wat Ram Peong, which adds a particularly powerful immersive dimension to the experience.

Aleenta.com



© Aleenta.com

The Anam Cam Rahn, Vietnam

Overlooking 300 metres of beachfront on Vietnam's scenic Cam Ranh peninsula, which averages more than 300 sunny days per year. The luxurious five-star resort boasts 77 villas and 136 rooms and suites. It also features a fine dining restaurant, all-day dining restaurant, a Vietnamese restaurant and bar, a classical bar, a beach club, in-room dining, a 10 treatment-room spa, indoor and outdoor movie theatres, three capacious swimming pools, ballroom, conference rooms, recreation and fitness centre, a tennis court, yoga room and deck, kids club, putting green, gift shop and more!

The Anam Cam Ranh's design was inspired by Vietnam's bygone Indochine era. A romantic appeal evoking a nostalgic tone with imperial-style roofs, lanterns, big-bellied water vases, decorative pools, customized mosaic floor tiles and

stone pathways. Don't miss the new sensory garden, yoga studio, beauty salon and reflexology path as well as the 10-treatment-room spa and spa villas. The second floor of the spa, once home to a beauty salon, is now a new 57sqm yoga studio that hosts sunrise yoga, private yoga and children's yoga classes with resident yogi Umesh. An adjacent outdoor yoga deck affords vistas of Long Beach. Set on 400 square metres of hillside land, the spacious and luxuriously appointed spa villas are suited for those seeking holistic wellbeing. Each of the two exclusive spa villas features comprehensive spa facilities including a dedicated treatment room, a 36-metre private plunge pool, a steam room, a sauna, and a bathtub and Jacuzzi for up to two guests per villa.

theanam.com



© theanam.com

Grand Hyatt La Manga Club Golf & Spa, Spain

The new Grand Hyatt resort opened its doors mid-May 2023 following an extensive refurbishment, and is now one of Southern Europe's leading, luxury sport and leisure destinations. Located in a secluded spot on the Mediterranean coast, the hotel is situated at the heart of the La Manga Club resort, in a stunning natural setting, with views of Calblanque Natural Park and Mar Menor. The 192-room, five-star hotel is home to state-of-the-art sporting facilities, with three 18-hole golf courses, as well as eleven distinctive dining options and the 18,298-square-foot Arabian-inspired Alma' Spa. With 'alma' meaning water in Arabic and soul in Spanish - water is a key influence throughout. From luxurious treatments and beauty therapies using high-end Natura Bissé skincare products across six treatment rooms, to a hydrotherapy pool and multi-sensory circuit in the 4736-square-foot spa, the space promises to revitalise both body and mind.

lamangaclub.com



© lamangaclub.com

Hotel Nantipa, Santa Teresa, Costa Rica

A Tico Beach Experience, this 29 room boutique resort is in the Nicoya Peninsula – one of the world's five blue zones. It's all about immersing yourself in this micro-culture and gain an insight into the way of life that helps residents live longer, healthier lives. The Blue Wellness at Nantipa incorporates bonding experiences, a 'Plan de Vida' or sense of purpose specific to the Nicoya Peninsula blue zone, relaxation activities, outdoor adventures in nature, local superfoods and traditional cuisine, elder interaction and restful sleep. A three-night Blue Wellness experience includes accommodation, yoga and meditation each morning, a private surf lesson, a hike to the Montezuma waterfall, volunteering at non-profit coastal ranch CIRENAS, a local family visit, daily sunset cocktails, a private sunset dinner on the beach, and daily spa treatments.

nantipa.com



© nantipa.com

Avani + Samui, Thailand

Located on Koh Samui island, it's the perfect place to be immersed in rejuvenating spa experiences. With two swimming pools, a private beach and sea-view restaurant, Essence, serving authentic Thai cuisine, it's the ideal island hideaway to get pappered in. With a full range of tailored treatments and high-tech components, the AvaniSpa is the ultimate retreat. The spa uses a unique blend of ancient healing traditions and scientific innovation to create treatments that restore harmony between body, mind and soul, from brainwave tracking Muse headbands to rhythmic flowing techniques. The Avani Signature Touch treatment is not to be missed, combining a soothing oil massage with stretching techniques that focus on the upper back, shoulders and neck.

avanihotels.com



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Vila Foz Hotel & SPA is the bridge between a historical past and the elegance and modernity of today, just 20 minutes from the city centre. The palace, with all the original design of the luxurious architectural and decorative details of the XIX century, is supported by a new building, inspired by simple lines and carefully built to maintain the harmony between two different eras.

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find not only differentiating spaces, but also distinct experiences, marked by hospitality and good service.

Home to the Vila Foz restaurant (1*Michelin), led by chef Arnaldo Azevedo, the hotel also presents the gastronomic suggestions of Flor de Lis restaurant, the signature cocktails of Vila Foz Bar, and a SPA area, with natural light and views of the garden, designed to awaken the senses and provide the desired rest and relaxation, with the softness and aroma of Maison Codage Paris products.

What is the name of Vila Foz's chef?

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ELLE MACPHERSON'S TOP TIPS FOR MIND, BODY & SPIRIT

The Australian former supermodel turned entrepreneur Elle Macpherson founded WelleCo in 2014 as a result of her own personal wellness journey and discoveries.

1. Seek nature

I'm usually up with the sun. I'll then get outside and put my feet on the earth to ground myself. I love being outside and connecting to nature. I choose activities where I am outside, close to nature as much as possible — hiking, biking, swimming or simply sitting in the fresh air and sunshine.

Growing up, I learnt a lot about our natural world. Not only did it set the scene of my childhood, but it ignited in me a lifelong devotion to natural methods. For me, the sun and the sea are medicine. But we can learn from everything nature has to offer, which is why I have endless books on the subject and surround myself with like minds who also believe in the power of nature. I like to think that WelleCo, with all our knowledge of ingredients, synergies and formulas, is like a modern showcase of nature's perfect intelligence.

2. Routines rule

Each morning, I like to take two capsules of The Skin Elixir and The Hair Elixir with water while taking The Super Elixir™ greens powder. I leave the

jars next to my toothbrush to remind me – I've found pairing routines helps maintain continuity.

My evening beauty routine is, of course, a wellness routine, too. It consists of an infrared sauna followed by a cold plunge in my plunge bath. It's great for detox, immune boost, lymph support and relaxation. I follow that with my nightly ritual of a cup of Sleep Welle Calming Tea, which helps the mind, emotions and body to rest, recover and rejuvenate or, if I'm looking for something sweeter, our latest glow-giving formula The Evening Elixir, a healthier hot

chocolate that masters beauty while you sleep. Usually, I'll write a gratitude list just before I sleep.

“MY EVENING
BEAUTY ROUTINE
IS, OF COURSE, A
WELLNESS
ROUTINE, TOO.”



3. Serious Self Care

When it comes to body treatments, a favourite of mine is the Cleopatra Bath for the ultimate hit of nutrients. All it takes is milk, honey, olive oil and flower petals for a smoothing royal treat. Given the skin is the body's largest organ, this bath is a calming, express way of absorbing nutrients. >

I also love dry body brushing and try to do it at least three times a week to stimulate circulation and lymphatic drainage, clear my system of any toxins and it exfoliates your body for smooth, soft skin. Following this, I like to apply a body cream or oil.

practice helps amplify the benefits of all the other daily practices I do. And it's free and profoundly effective! My daily meditation practice includes 25 minutes in the morning — either guided or in silence. I aim to be in the natural flow of life as much as possible.

“I BELIEVE THE BEST FACIAL IS WHAT YOU PUT INSIDE YOUR BODY.”

4. Move out of your Comfort Zone

I like to go for a cold plunge after my workout followed by a matcha in the sunshine before getting ready for my day. I've just discovered the Russian Banyas, an ancient tradition of steam sauna, which I like to alternate with a cold plunge. It's a great way to stimulate the lymph system, detox, unwind and a fun alternative as a date to connect with friends — check it out.

5. Connect to Self

Breath, meditation and inner connection are extremely important to me. I like to keep it simple. I've found breath

6. Look Within

I believe the best facial is what you put inside your body. If I've got a big shoot or an event coming up and my skin needs a boost, I start juicing four times per day using my friend Dr Sara Siso's protocol, with lots of turmeric, ginger, garlic, green leafy vegetables, cucumber, and The Super Elixir™.

I'll also incorporate The Collagen Elixir to support my skin's hydration and elasticity. Zoning in on your microbiome is the way to heal from within. I know now to be extremely careful with what I put into my body, treating it from within with quality whole foods so my skin and hair can naturally look their best.



WelleCo founder Elle Macpherson was speaking via the WelleCo Journal; for more information about WelleCo and to read the Journal, please visit welleco.eu.

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THE BEVERLY HILLS BEAUTY MAKER

Jason B. Diamond, M.D. is a top facial plastic surgeon whose celebrity clients include the Khardashians amongst others. The Netflix series “The Celebrity Plastic Surgeons of Beverly Hills” star and hit show “Dr. 90210” talks all things beauty with WHEREVER.



Why plastic surgery?

I became very interested in plastic surgery when a friend in high school was involved in a car crash that required him to get reconstructive surgery of the face, and I have never looked back. Watching how a physical transformation can catalyse a personal one made me realise early on how connected they are. Upon graduating medical school, I knew my passion was the delicate nature of the face and neck and optimising the beauty and function of facial features. My hope is to leave this industry better than I found it and advance the field using proprietary technique and thought. I come to work every day living for these transformations.

Has social media changed everything?

It has made my job a lot harder in that every day is a red carpet. Patients used to have events in their own lives to get ready for – weddings, birthdays, etc. Now, a casual Tuesday is photographed just the same. Our office motto is ‘stay ready so you don’t have to get ready’.

Is Beauty still in the ‘Eye of the Beholder’?

Beauty will always be in the eye of the beholder. While there are certain constants that we fundamentally perceive as attractive, beauty is subjective.

What are your most popular treatments?

Diamond Facial Rejuvenation, which is my comprehensive approach to the Facelift that addresses all facial features, Diamond Facial Sculpting, Customised Facial Implants, like our Diamond Tripartite, and our signature cult-favourite Diamond InstaFacial which inspired by skincare line, Dr. Diamond’s Metacine. With all of my treatments, I focus on the skin as an integral part because the skin must look its best for everything else I do to look its best.

Any clear trends for 2024?

Disrupting the ageing process – I use bioregenerative medicine in aesthetics to disrupt and reverse ageing and as research continues, I think we will see many advancements in maintaining youth in skin and beauty.

Is there a Hollywood ‘look’ which is different from anywhere else?

Not necessarily – Hollywood favours the

“BEAUTY HAS CHANGED IN THE SENSE
THAT IT HAS BECOME ACHIEVABLE.”

How would you describe the concept of ‘Beauty’ today? Has it changed?

While I don’t think the definition of beauty has changed (trends come and go, such as oversized lips, thin brows, etc.), beauty has changed in the sense that it has become achievable. I have always leaned into a more natural aesthetic and what I do is redefining natural beauty, which I feel is where society is reverting to now, but I mean achievable in the sense that culturally, patients are starting preventative measures earlier, industry treatments are increasing year after year – plastic surgery is not reserved for only the rich and beautiful.

aesthetically beautiful – faces that are most engaging on camera are those that are the most proportionately balanced and symmetric. It is why studies have found that even babies engage with symmetrical faces more. Strong cheekbones, strong jawlines, good chin projection, a defined neck – it is what everyone in and out Hollywood wants. I tell every patient that their red carpet moment is just as important as someone in Hollywood's. We are all the main characters of our own lives, and we all want to and should look our best if we choose.

Any favourite memories you can share?

The memories that stand out are the moments of reflection over the years. Meeting a patient as a beginner in their career who goes on to win a Grammy in the biggest category. Watching a patient play in the biggest game of

their life. Going to the premiere of a movie for a patient you aesthetically prepared for a role. Seeing a young patient's confidence bloom. It is those big moments, but also the small ones – the daily conversations with patients that have become my favourite part of the job.

What's the ultimate beautiful face to you?

A beautiful face, to me, is balanced, sculpted, symmetric, while still maintaining uniqueness.

Words of wisdom?

Know when to say Yes – know when to say No.

In another life I would have been...

A professional baseball player.

Favourite /most used emoji?

Thumbs up!

Follow [@drjasondiamond](https://twitter.com/drjasondiamond)

Jason B. Diamond, M.D.
Facial Plastic Surgery

“SUCCESS IS NOT OWNED,
IT IS RENTED, AND THE RENT
IS DUE EVERY DAY.”



THE GREAT SPRING SKIN RESET

BY DR STURM

World renowned, anti-inflammatory pioneer and celebrity skin doctor Dr. Barbara Sturm shares her skincare tips with WHEREVER.

Dr Sturm's Molecular Cosmetics collection marries science and nature and is built on 25 years of research. With fans like Gwyneth Paltrow, Jennifer Garner, Bella Hadid, Kourtney Kardashian and Victoria Beckham, Dr Sturm is THE skin doctor whose advice to heed!

Skin is especially dry and dull after the long winter period due to a decrease of sebum production, which is a result of insufficient blood supply in the outer layers of our skin, exposure to cold, wind and extreme temperatures, and dry indoor heating.

As the weather gets warmer, you need to take care to replenish your moisture reservoirs and rebuild your lipid shield and skin barrier function.

Spring Skin

Spring is a good time for a skin reset. Your springtime skincare regimen need only include a cleanser, an exfoliator twice a week — like my FACIAL SCRUB or ENZYME CLEANSER to gently slough off dead skin and impurities, a Vitamin C-based serum like THE GOOD C VITAMIN C SERUM, a face cream and broad-spectrum UVA / UVB protection — this covers the skin's fundamental needs for springtime skin.

The Great Reset

Resetting skin from the inside-out is also important. To this end, I invented supplements geared to skin health. I recommend my SKIN SUPER ANTI-AGEING and SKIN PROTECTION (the adaptogens it contains help the body contend with environmental stressors, including Springtime pollen as well as external aggressors such as HEV light and pollution) twice every day, and my SKIN RECOVERY once a day.

The benefits of Vitamin C

As it starts to get warmer and there are sunnier days ahead, skin becomes more prone to hyperpigmentation. Introducing a vitamin C-based serum like my THE GOOD C VITAMIN C SERUM helps brighten the complexion and contains a concentration of 5% Vitamin C that is safe and gentle on the skin. Regular use helps reduce the signs of irritation and uneven pigmentation, and provides anti-oxidative protection from environmental stressors.

More Moisturising

During the spring and summer, you want to be using a moisturiser that is super hydrating but also light enough to not clog pores on the warmer days. I recommend



swapping out your FACE CREAM with my FACE CREAM LIGHT or if you have been using the FACE CREAM RICH for winter, switch it out with the FACE CREAM.

“RESETTING SKIN FROM THE INSIDE-OUT IS ALSO IMPORTANT”

Healthy Hair

For hair health, my MOLECULAR HAIR & SCALP BALANCING COLLECTION is a great way to reset a dry and flaky scalp. It includes a shampoo and scalp serum that use a combination of Lavender Extract and Green and Brown Algae, which are well known for their microbiome-balancing properties to help reduce irritation and improve hydration.



Not Just a Pretty Face...

The experts tell WHEREVER what's on the horizon for 2024 in the beauty world.



High Tech Facials

"New high tech facial treatments are launching and delivering results. Ultraclear is one of them, at the forefront of innovation with the world's first and only cold ablative fibre laser platform, which makes it safe to be used on dark skin. Perfect for tackling wrinkles, age spots, scars and skin texture."

Dr Amiee Vyas @doctoramiee

"An individual empowered with a sovereign mind, calm and collected in any situation, is beautiful."

Sara Garcia, Cascais DeRose Method



Microsurgeries

"Minimally invasive treatments that deliver results like you've been under the knife but with absolutely no general anaesthesia or downtime are what everyone wants right now. Airsculpt is a sought-after A-list treatment that removes pockets of fat in areas that include the abdomen, hips, arms and chin in a less invasive way than liposuction, with excellent results."

Dr Aaron Rollins, Elite Body Sculpture @airsculpt



Stitch Free Soft Surgery

"FaceTite and the Invisible Facelift for example. FaceTite is a soft surgical treatment which uses radiofrequency technology operated from a cannula-device which is inserted into the skin to tighten and tone areas of sagging. A second-generation treatment to BodyTite™, FaceTite™ has the advantage of offering a face-lifting treatment without painful or invasive surgery. Our minimally-invasive facelift technique is a surgical procedure to restore the tight and toned contours of your face and neck, which have suffered due to the ageing process. Known as rhytidectomy, a modern face lifting procedure will remodel facial skin and tissue with minimal scarring and reduced downtime, compared to some traditional methods."

Dr Munir Somji, DrMedispa @DrMedispa

Skin Boosters and Regenerative Medicine

"Regenerative Medicine, it's where the buzz is in the medical world right now. This new generation of therapies helps the body heal itself, using Exosomes stem cell therapy combined with medical needling or radiotherapy to deliver rejuvenated skin like you've never seen before."

Dr Preema Vig, @drpreema

**"Regenerative
Medicine, it's where the
buzz is in the medical
world right now."**

Dr Preema Vig, London



Biohacking

"The latest science-led treatments can halt the ageing process and help your mind and body function better. A Cryotherapy Chamber where the ice cold temperature activates the immune system, can help psoriasis, anxiety and muscle soreness."

Dr Nima, Remedi London @remedilondon

Meditation

"After 20 years working with celebrities and top businessmen, I can assure you - meditation is the key to, not only maintain the level of success you have achieved in your life, but also the glow in the mirror. Don't be fooled by the fake times we live in. Real success is having no gap between who you are when you are alone and who you have to be most of the day. Is having a body with a good response, time for your family and an hour a day of cleanse from the noise outside. That kind of success has beauty as a result. You can achieve it through a meditation/yoga routine that will bring clarity to your thoughts, emotions, behaviour and finally decision making. And let's face it: an individual empowered with a sovereign mind, calm and collected in any situation, is beautiful."

Sara Garcia, DeRose Method, Cascais - Meditation Club CEO
@derose.method.cascais

**"The trend towards
"natural" results
will overtake
"obvious" surgeries"**

Dr Laura Tarouca, CUF Tejo

Integrative Medicine

With more and more people taking a holistic, integrative approach to wellness and beauty, prioritising oral health as part of preventive care has become paramount. Embracing dental visits, orthodontic care and aesthetic treatments like teeth whitening all align with this approach. By nurturing our smiles, we proactively enhance overall wellness and therefore our beauty and self-esteem.

Dr Cesar Pimentel, Alinea Premium Oral Care, Almancil,
@alineaoralcare

Natural Looks

"The evolution of society has manifested itself in the growing demand for surgical and non-surgical aesthetic procedures, with a clear tendency for them to be carried out at an ever earlier age. But, I think that the trend towards "natural" results will overtake "obvious" surgeries, which will only be required by minorities.

In facial aesthetics, Botox and Hyaluronic Acid will continue to be at the forefront, as will short-term surgeries such as blepharoplasties or brow lifts. Technological and pharmacological developments have greatly benefited pain control, making these surgeries very comfortable in that sense. In body aesthetics, liposculpture and breast augmentation will continue to benefit from new technologies and improved devices, and will continue to grow significantly. More elaborate surgeries such as cervical facelifts, breast reduction or the correction of deformities following bariatric surgery (weight reduction) will continue to have their place."

Dr Laura Tarouca, Specialist in Plastic , Reconstructive and Aesthetic surgery at CUF Tejo @cuf.pt



HYPOXI®

"The unique HYPOXI® Method combines mild vacuum & pressure therapy to accelerate the metabolism in chosen areas of the body. This increases the fat burning activity there, and promises to reduce centimetres by targeting undesired fat deposits. Also it can be used to tone the skin and strengthen the connective tissues. Vacuum and compression is applied to improve blood flow whilst gently exercising the skin to make it firmer and more elastic.

To be honest, the HYPOXI area at Vila Vita Parc resembles an astronaut training room! Our minimalist studio has all the four existing machines: the Dermology HDC on a relaxation bed ; an exercise bicycle in a horizontal or vertical version, the Trainer L250 and the S120; and also, the gentle workout on a treadmill, the Vacunaut. But, the good news is that it doesn't hurt! We have more and more customers asking for this to achieve their body goals and we are the only spa in the region to offer this ground breaking method."

Judith Gerls, Spa Manager, Vila Vita Parc by Sisley Paris, Portugal.

Keeping it Real

An impossible dream with today's social media-led beauty standards?

Bestselling Author, Performer and Digital Content Creator and mum of girls, Tova Leigh shares her take on modern day beauty.



Tova Leigh runs Female Empowerment Retreats in the Algarve focusing on Permission, Needs, Boundaries, Sexuality and Body Image. Her next retreat is scheduled for April 2024 tovaleigh.com/retreat

Apparently 12 year olds are getting gel nails. There's been a 'glow up' over the summer and some kids are showing up at school with a full face of makeup.

To be fair, I don't blame them.

If I were a tween or a teen living in 2024, and I spent as much time as some of these kids are spending on social media, chances are I'd be feeling pretty lousy about my appearance and I'd want a glow up, too.

Heck, social media can make even this grown ass woman who truly doesn't care what anyone else thinks about the fact she wears sandals with socks sometimes feel a little insecure about her C section shelf and endless cellulite from time to time, so I can't imagine what it must be like for young people, and particularly young girls.

“Filters and AI tools are taking the term “unrealistic” to another level.”

The illusions in the virtual world make even our frumpiest moments look chic and it's very easy to fall into the beauty trap, especially if you are young and your body is changing and all you want is to not stand out and be accepted by your peers.

On top, our nature as humans is to compare ourselves to others, and while I was growing up back in the 80's we compared ourselves to Barbie with her tiny waist, squeezed lemon on our hair in an attempt to have perfect blonde locks like she did and dreamt about what it must be like to be as thin as a

supermodel, kids today are fantasising about the day they can have plastic surgery that will make them look like a Snapchat filter.

The truth is, unrealistic beauty standards for women in particular are nothing new. They go back as far as the ancient Greek and ancient Egyptian times, and they have evolved throughout the centuries. There were times in which women were expected to be busty, times it was all about the hair, or lips, or hips and of course I don't think my eyebrows have fully recovered from the 90's thin eyebrow look that sent us all plucking!

Point is, we've all been to the 'trying to achieve something unachievable' rodeo, unaware of the fact we were never meant to reach a point where we'd be happy with our looks, because that would send multi-billion industries out of business, and so instead the standards keep changing and the chase continues.

Of course, looking back, it's easy to see this vicious and pointless cycle and as I approach my 50's I am delighted to report I feel liberated and free to be happy in my body at whatever size, with how many ever wrinkles and if my hairy armpits offend anyone - it's really not my problem.

But, it's been a long journey to get here, paved with tears, tweezers and a lot of cake.

You could argue there is no difference between looking at a cover of Cosmo back in 1984 and thinking "I wish I had Cindy Crawford's hair" to scrolling on Instagram or Tik Tok in 2024 and thinking "I wish my private

area was small enough to fit into the same micro thong Kim Kardashian is wearing”.

But personally, I think that while in some ways nothing has changed (kids are still feeling the pressure to look a certain way), I believe a lot of change has happened, some for the better and some for the worse.

On the one hand, Gen Z are more into individuality and self expression, and as an environmentally conscious generation, more and more of them are rejecting big brands and opting for small, local, sustainable alternatives, including DIY cosmetics and fashion, like making their own shampoos, doing their own nails, etc. The fashion industry has also adapted and has become more inclusive over the years, and these days there is more representation in terms of body types, ethnicities, etc, which all contribute towards building better self-esteem and confidence.

On the other hand, social media and technology are playing a massive role in shaping young people's minds in how they see themselves. The filters and AI tools are taking the term “unrealistic” to another level, and while back in the day only few people were able to have bodies like Elle Macpherson (aka ‘The Body’), no one can keep up with the level of perfection AI influencers and models are bringing to the table nowadays.

My hope is that kids will reject these ideas and see beyond the catfish filters, but at the same time I also know they are up against a giant beast that's using sophisticated algorithms to, not only target them and sell them crap they don't need (no one needs a fridge for their makeup I'm sorry), but also get them hooked and make sure they never leave.

As a parent I worry a lot about what content my children are consuming on their devices. It's something I know many parents think about.

I realise and accept that some experiences are part of growing up and can't be avoided, but I also know it's my job to keep reminding them about how fake social media is and encourage them to interact with friends and people in the real world outside of their bedrooms and away from their screens.

When you look around you on the street, in the mall, cinema or at the beach, that's when you see real people living their real lives in their real bodies without filters, great lighting, professional photographers or clever angles. It's important to remember that.

“The truth is, unrealistic beauty standards for women in particular are nothing new.”

This young generation was born into a world where technology and social media are a big part of it and unlike us, the generation of playing on the streets for hours and not being “connected” all the time (let's be honest, our parents had no idea where we were or what we were up to), it must be very hard telling the difference between what's real and what is not.

It is important to pause and bring awareness to how different people in the real world look to those on the screens in the palm of their hand and how our uniqueness, and even our so-called flaws, are a cause of celebration.

To be honest, it's a good reminder for all of us.

Follow Tova [@tova_leigh](#)



LIFE LESSONS FROM BOBBI BROWN

Beauty visionary and make-up brand founder Bobbi has perfected the look of every A-lister from Claudia Schiffer and Natalie Portman to Sarah Jessica Parker, for the Oscars, New York Fashion Week, and even the pages of Vogue. She shares a few life lessons with WHEREVER's Sarah Drew Jones.

Beauty isn't skin deep

We're bombarded with images of perfection. We can buy into these images or we can make the conscious decision not to. True beauty isn't about looking like a supermodel or a twenty-something Barbie doll. It's about accepting and feeling good about who you are.

women have come to my make-up counter so fixated on the size and shape of one feature that they overlook everything else.

Live in the present

We spend a lot of energy wanting to recapture what we used to look like, instead of appreciating where we currently are. I

hated my arms when I was a teenager and often wore long-sleeved shirts. Now I look back on pictures from those days and I think that my arms looked fine. As I get older, I have learned to be more comfortable in my own skin and to appreciate my 'flaws' as being my own beauty identity.

Be who you are

This means everything from learning to love your lines to appreciating your unique features. There's something incredibly beautiful

about a woman with lines in her face and I think we should start using the phrase 'living' instead of 'ageing'. My definition of

MY FAVOURITE PRODUCT IS THE UNDER-EYE CONCEALER – I BELIEVE IT'S THE SECRET OF THE BEAUTY UNIVERSE. IT CAN HELP YOU LOOK LIKE YOU'VE HAD EIGHT HOURS OF SLEEP EVEN IF YOU'VE ONLY HAD FIVE.

One of the biggest things I've learned is that beauty is a way of living that encompasses healthy eating, regular exercise, fashion style, and a make-up routine that's quick and easy.

Focus on the positive

My advice is to stop obsessing about your looks. Instead of obsessing over your 'flaws' and the things you don't like about yourself, look at what's right. I can't tell you how many times



© Shutterstock.com: Everett Collection



beauty is that it is unique and completely individual. Make the most of your features and remember that confidence is beautiful.

Celebrities are only human

Working with celebrities is fun but challenging. Just like every woman, they want to find a look that's right for them while looking beautiful. Whether it's a TV appearance or the Oscars, you have to adapt the look to suit the clothes, lighting and the occasion. You have to go slowly, ask a lot of questions and hand her the mirror frequently to avoid getting big surprises at the end of the application!

It's all about working together

I love the creativity and chaos of Fashion Week. Working as a make-up artist at a fashion show is similar in many ways to doing the make-up for a theatrical production. The final look you see on the runway is a collaboration between the designer, the make-up artist, the hairstylist and the model. As fashion shows have increasingly become a media circus, with TV cameras and photographers recording every aspect of the event both on the runway and backstage, the make-up artist's role has become even more important. It's not enough to make a model look beautiful: a make-up artist must be able to speak about the designer's vision and the current style trends.

Miracle or Fad?

Sara Louise Pollock devles into the world of collagen sachets and supplements.

We've all see them - the gleaming adverts, featuring radiant celebrities and influencers, touting the latest miracle sachet of collagen powder - urging us to give it a try, with the promise that, by incorporating this powder into our daily routines, we'll reap the enviable benefits of smoother, brighter, youthful skin with a burst of energy not experienced since those days of our early twenties.

Found naturally in our bodies, and making up over a third of all of the body's protein content, collagen is essentially akin to a building block for repairing skin, joints and muscles. There are five main types of collagen - although type 1 is the most abundant, and pivotal to optimum skin and bone health.

As we age, our bodies will gradually produce less collagen. "Collagen levels start to fall by approximately 1% per year after our mid-twenties", explains consultant dermatologist, Dr Anjali Mahto, Selfi London.

The main cause of this, says Dr Mahto, is exposure to UV light, which activates enzymes resulting in the breaking down of collagen - which damages the support structure of our skin, resulting in 'sagging' and deepening wrinkles. These enzymes also have the ability to prevent new collagen production. Other factors such as tobacco and a poor diet can also contribute to this.

This would also explain why an influx of appealing quick fix products on the market have created a great deal of buzz in the wellness industry. The theory behind them is that they can help



Ole Henriksen – Double Rewind Pro-Grade 0.3% Retinol Serum
€69.99



Avant – Multi-Defense Ceramides Protecting Veil Broad-Spectrum SPF 50 €86.40

replenish your skin's own collagen stores. It's easy to see the appeal. After all, there's not much effort required in tearing open a sachet or sprinkling some goodness into our morning coffee or smoothie bowl. Usually coming in the form of liquid-filled sachets or powder (which is commonly blended with other key nutrients, such as vitamin C to maximize its benefits) manufacturers recommend that these are taken on on a daily basis, and enthusiastically display customer testimonials alongside independent trial results.

However, Dr Mahto is not convinced. "I would advise caution" she says,, and tells us that robust evidence is scarce outside of a lab setting, and even then, it is crucial to be aware that most of these studies have been carried out by those marketing the products - an obvious conflict of interest. "At present, there is no concrete evidence showing that it will survive digestion, travel into your bloodstream and make it to your skin", she explains.

If collagen supplements and drinks aren't quite the gold standard fountain of youth that we've been led to believe by the seductive advertising campaigns, how else can we help minimise the loss of collagen? "Introducing a retinoid into your [skincare] routine is a good place to start as they help to increase the production of collagen and elastin" says Dr Mahto. She also emphasises daily use of a broad spectrum sunscreen - which should importantly be used when incorporating retinol

“Appealing quick fix products on the market have created a great deal of buzz in the wellness industry.”



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Talk to us. You can contact all our clinics by whatsapp using our mobile numbers.

Coffee Infused Skincare: What's the story?

Black Americano, Cold brew, Caramel latte. We're partial to them all. There's nothing better to jumpstart the day than a freshly brewed cup of the finest stimulating elixir.

Caffeine often gets a bad rap. You don't need to be a healthcare professional to be aware of the multitude of negative effects it can bring; such as dehydration, anxiety and insomnia. However, the good news is that caffeine also offers a multitude of benefits for your skin.

"Caffeine actually has a high ability to penetrate the skin to cause vasoconstriction that can help reduce the appearance of under-eye puffiness," says Dr Monica Li, Dermatologist and clinical instructor at the University of British Columbia. In essence, it constricts blood vessels, helping circulation and

general puffiness. Whilst the effect is only temporary and is unlikely to have any long-term benefits, it's certainly worth a shot! (no pun intended). It is also a potent antioxidant with anti-inflammatory properties. There is even some evidence, according to the Dermatology Times, to suggest that it decreases damage caused by UV rays (although we wouldn't encourage swapping your SPF any time soon).

The bottom line is, it's definitely worthy of a spot in your routine.

We're rounded up a handful of our favourites below.



Current State Of Skin - Pepide & Caffeine Firming Eye Cream

Combining peptides, coconut water and vitamin C with caffeine, this nutrient rich eye cream is a secret weapon for puffiness. Also suitable for use on the lids, as well as the under eye area. The addition of acetyl hexapeptide has also been said to help minimise the appearance of lines and wrinkles.

cultbeauty.co.uk



Frank Body Lip Scrub

Frank's coffee grain and macadamia oil based Lip Scrub feels like a decadent

treat on the lips and leaves them feeling extremely soft and slightly plumped - with an undeniably great taste - even if slightly counter-intuitive.

frankbody.com

Upcircle Organic Face Serum with Coffee Oil

A cocktail of goodness containing coffee oil, sea buckthorn oil, vitamin C and rosehip oil. Not only does this formula help to promote collagen and brighten weary complexions, but it is also formulated with repurposed grounds, 100% vegan and the packaging is fully recyclable. And smells delicious.

upcirclebeauty.com



Decree by Dr A J Sturnham SOS Revitalising Eye Masks

Uniquely designed to be worn to provide treatment to the brow, lids and upper eye area, this fully biodegradable treatment mask (made from 100% coconut fibres) is formulated with soothing ceramides, squalene, niacinamide alongside boosting caffeine.

thedecree.com



Origins Ginzing Into The Glow Brightening Serum

The iconic Ginzing range by Origins has been around for years and is a renowned favourite across skincare enthusiasts. The Into The Glow serum is infused with Green Coffee Seed helping to renew lacklustre dull skin and reduce the look of pores over time.

origins.co.uk



Revox B77 - Just Caffeine 5%

Paired up with green tea extract, this 5% caffeine eye contour serum is suitable for all skin types. Designed to be used in the AM to combat morning puffiness and dark circles, this quick-absorbing serum can also be kept in the fridge to maximise its refreshing benefits.

thefragranceshop.co.uk

Hybrid Beauty Picks

Beauty expert Sara Louise Pollock says the lines between skincare and makeup are increasingly blurry.

Trinny - Miracle Blur

Media maven Trinny Woodall's eponymous line features a range of multitasking products with skin boosting credentials, but it's the velvety skin primer, Miracle Blur (which previously had a 1300 strong waitlist) the most popular for its lightweight, yet long wearing line and wrinkle filling effects. The translucent formula also works its magic above the lip area - smoothing down fine lines. With ingredients such as collagen, elastin and vitamins C & E, this little powerful pot of wonder not only offers temporary benefits, but also keeps skin hydrated and plump.

trinnylondon.com



There's no disputing that we'd all love to simplify our beauty routine time. It seems as though there's an endless array of products that we're encouraged to incorporate into our daily routines.

It can be overwhelming at times, to keep up with all of the latest must-have ingredients and new formulations within the beauty realm. As such, the benefits of having a more streamlined, curated beauty routine are definitely appealing to many. However, in recent years, the concept has been upgraded with the introduction of 'hybrid' products, - essentially, innovative makeup with enriching skincare ingredients. These give the same coverage and pigment as traditional cosmetics, but add in protective and nourishing elements, thus addressing various skincare concerns. Think of these below products as a quick boost to your skincare routine, with minimal effort required.

Ciate - Dewy Skin Vitamin C Glass Glow Primer

For a quick fix to the viral K-Beauty 'glass' skin trend, look no further than Ciate's Vitamin C Glass Glow Primer. This cushiony primer will help transform dull skin days to radiant, lustrous ones. With an impressive ingredient lineup, which includes vitamins C and E, dragonfruit, which helps to boost blood flow to the skin's surface, and yuzu, a powerful antioxidant. This hardworking makeup base will maximise your glow, providing some serious skincare benefits.

ciatelondon.com/products



"Time saving and space saving - it's easy to see why double usage products have had a surge in popularity."

RMS - Legendary Serum Lipstick

Finding the right lipstick is not an easy feat, but RMS Legendary Serum Lipstick is a great contender to the challenge. Fusing the benefits of a long lasting, non drying stain alongside eight hour hydration, this one swipe wonder certainly delivers all of our pout needs. Alongside the eight gorgeous shades in the range, true to the RMS philosophy, this organic lipstick is formulated with naturally derived ingredients, which include bitter cherry fruit water - known for its revitalising cooling properties, and a blend of jojoba, mimosa and sunflower waxes, to provide optimum comfort and long lasting hydration - saving you multiple top ups throughout the day.

naturisimo.com/products



Lixir Skin - Super Dew Drops

Best described as a radiance boosting cocktail, Lixir Skin's Super Dew Drops combine a subtle but buildable iridescent sheen within some impressive skincare additions, such as depuffing algae-derived minerals, moisture boosting hyaluronans. Lixir recommends that this is used after moisturiser, but it's also handy to carry in a travel makeup kit, to fight telltale signs of tiredness and skin fatigue.

lixirskin.co.uk

Katherine Daniels - Pure Pigment Foundation Drops

Designed to be customised with your SPF, Katherine Daniels Foundation Drops give you the option to dial up - or down your coverage, depending on preference. As it's designed to be mixed, only a small amount is needed per application. Also popularly used as an under eye corrector, the drops are formulated with vitamin E, macadamia and almond oil - which are rich in fatty acids, adding nourishment to dry and ageing skin.

katherinedanielscosmetics.com



TIME TO MAN UP YOUR SKIN CARE

Dr Lionel Choukroun, co-founder of La Clinique du Grand Paris, says anti-aging is no longer the exclusive preserve of women.

We see that more and more men are recognizing the importance of taking care of their skin to delay the signs of ageing. Over time, men's skin also suffers the effects of ageing, such as wrinkles, loss of elasticity and reduced collagen production. It's vital to understand the specific needs of male skin, which often has a thicker texture than women's and is prone to increased sebum production. However, this doesn't mean it's immune to the ravages of time. The signs of ageing may manifest themselves in different ways, but their impact is no less perceptible.

How does men's skin age?

Men's skin is thicker and denser than that of women. Nevertheless, as soon as the signs of ageing become visible, deep wrinkles appear, skin dries out and loses elasticity.

The 20's: Skin is rich in collagen, supple thanks to its elastin content, and glows with youthful radiance; it rapidly renews its cells.

The 30's: The production of collagen and hyaluronic acid, naturally present in the dermis, begins to decline.

Numerous external factors (sun, pollution, stress, fatigue...) can cause skin eruptions or dryness, ultimately leading to the premature development of fine lines and wrinkles.

The 40's and over: Skin gradually begins to lose its firmness and elasticity. It becomes visibly drier, leading to the formation of visible expression lines such as crow's feet and frown lines, as well as a loss of volume (subcutaneous adipose tissue).

Most men want more defined features. A masculine face gives the impression of greater virility and self-assurance. This is why it's essential to take appropriate aesthetic measures. At La Clinique du Grand Paris, we offer innovative and effective solutions to help men delay the signs of ageing.

Our most popular treatments for men include Hyaluronic Acid and Botox.

Hyaluronic Acid - one of the components of the skin's structure, ensuring hydration, suppleness and tone.

As we age, natural hyaluronic acid production declines, leading to a loss of

hydration and the formation of fine lines and wrinkles.

Hyaluronic Acid injections can help reduce wrinkles and folds, particularly around the face, such as nasolabial folds, forehead wrinkles and marionette lines. Hyaluronic acid can also be used to plump and redefine certain areas of the face, giving a fresher, more youthful appearance. A very natural effect - it offers subtle results without altering male facial expression.

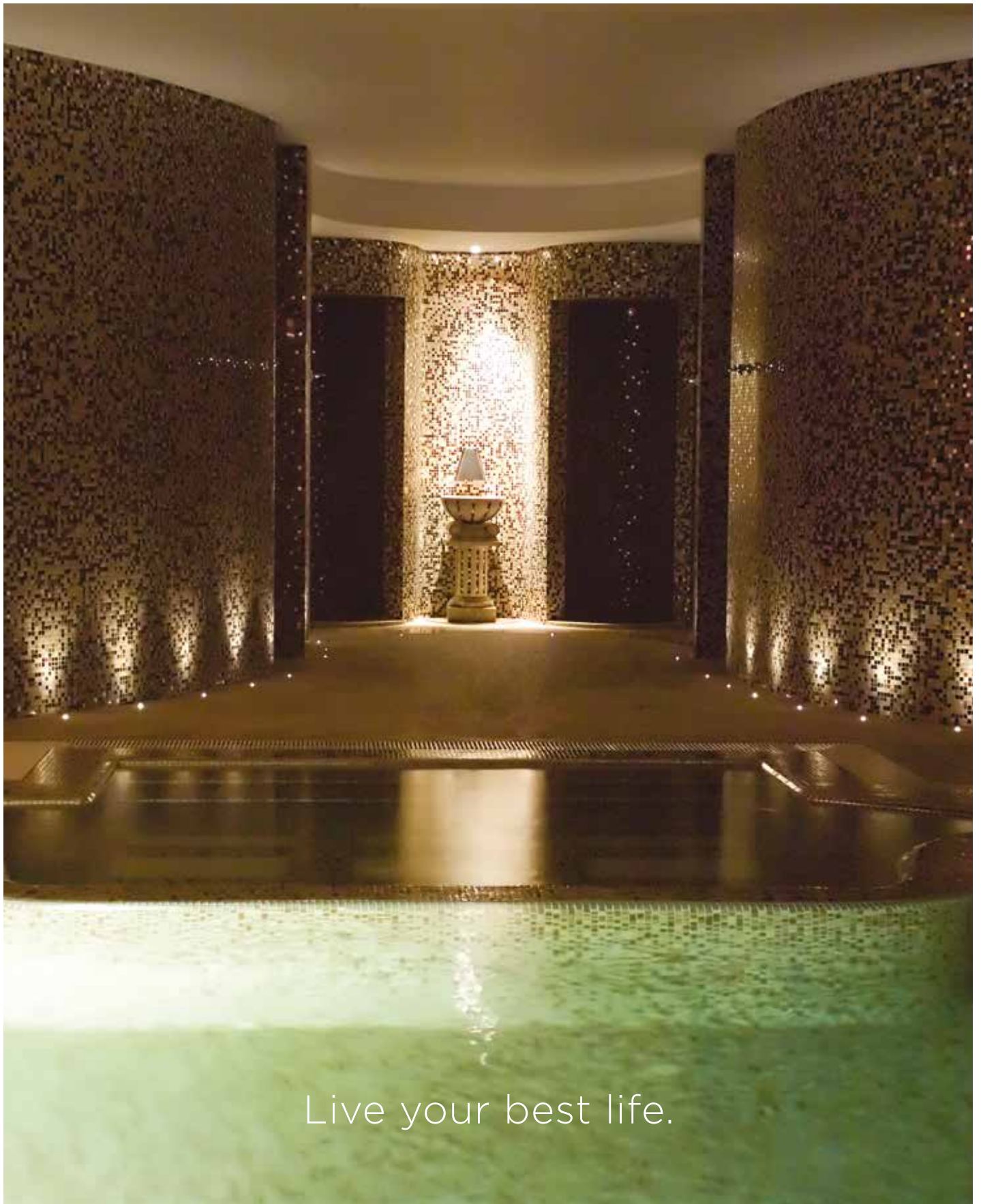
Botox (Botulinum Toxin) - We are increasingly giving Botox injections to men concerned about their appearance. This cosmetic procedure has evolved into a popular solution for reducing the signs of ageing with subtle, natural results.

Botox works by temporarily blocking the nerve signals responsible for muscle contractions. By specifically targeting the muscles responsible for expression lines, Botox effectively smoothes wrinkles and fine lines without altering natural facial expression.

Men often opt for Botox to reduce forehead wrinkles, crow's feet around the eyes and frown lines between the eyebrows. These areas are particularly prone to the repetitive movements that contribute to the formation of wrinkles over time. The advantage of Botox for men lies in its rapid efficacy and practicality. Results appear progressively over the days following treatment, offering subtle, natural rejuvenation. Botox helps preserve facial masculinity while softening the marks of time.



*Dr Lionel Choukroun, Chirurgien Esthétique/
Aesthetic Surgeon & Co Founder of
La Clinique du Grand Paris.
37A Avenue d'Iéna, 75116 Paris.
lacliniquedugrandparis.com*



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€32 wall-art.de



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€18 helenround.com



**Eichholtz Bamboo
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€417 sweetpeaandwillow.com

**Chappie Hammam
Towel – Yellow**

€33 ebbflo Cornwall.co.uk



Mono Stripe Fringed Basket Bag
€68 thebasketroom.com



Bamboo Round Mirror
€140 coterellandco.com



Ceramide24 Ceramide Complex Serum 30ml

With a highly compatible ceramide lipid complex, this serum restores elasticity, tone and radiance to mature skin. Great results for healthier, younger looking complexion!

Skinsense.co.uk

The Rejuvenate Patch

Made with nature's finest ingredients, these patch deliver a consistent supply of rejuvenating goodness to your skin. Including GHK-CU renowned for its remarkable anti-aging properties, Pomegranate Extract, bursting with antioxidants, Ginseng which is a natural energiser, Green Tea Extract and Blackberry Extract. Revitalizing goodness in a patch!

themellowpatchcompany



Ultrasun FaceFluid AntiPigment SPF50+

This lightweight formula protects the skin throughout the day from harmful UVA, UVB, HEVL and Infrared-A rays, whilst also protecting from urban pollution and environmental aggressors. Fast-absorbing, extremely light and non-greasy!

ultrasun.co.uk

Amino Lift Peptide Complex

Amn award winning anti-ageing serum using clinically effective peptides and amino acids. It helps improve skin firmness, reduce expression lines and wrinkles and help combat the signs of ageing. It achieves a Botox™ like effect that inhibits the contraction of the facial muscles responsible for the formation of lines and wrinkles!

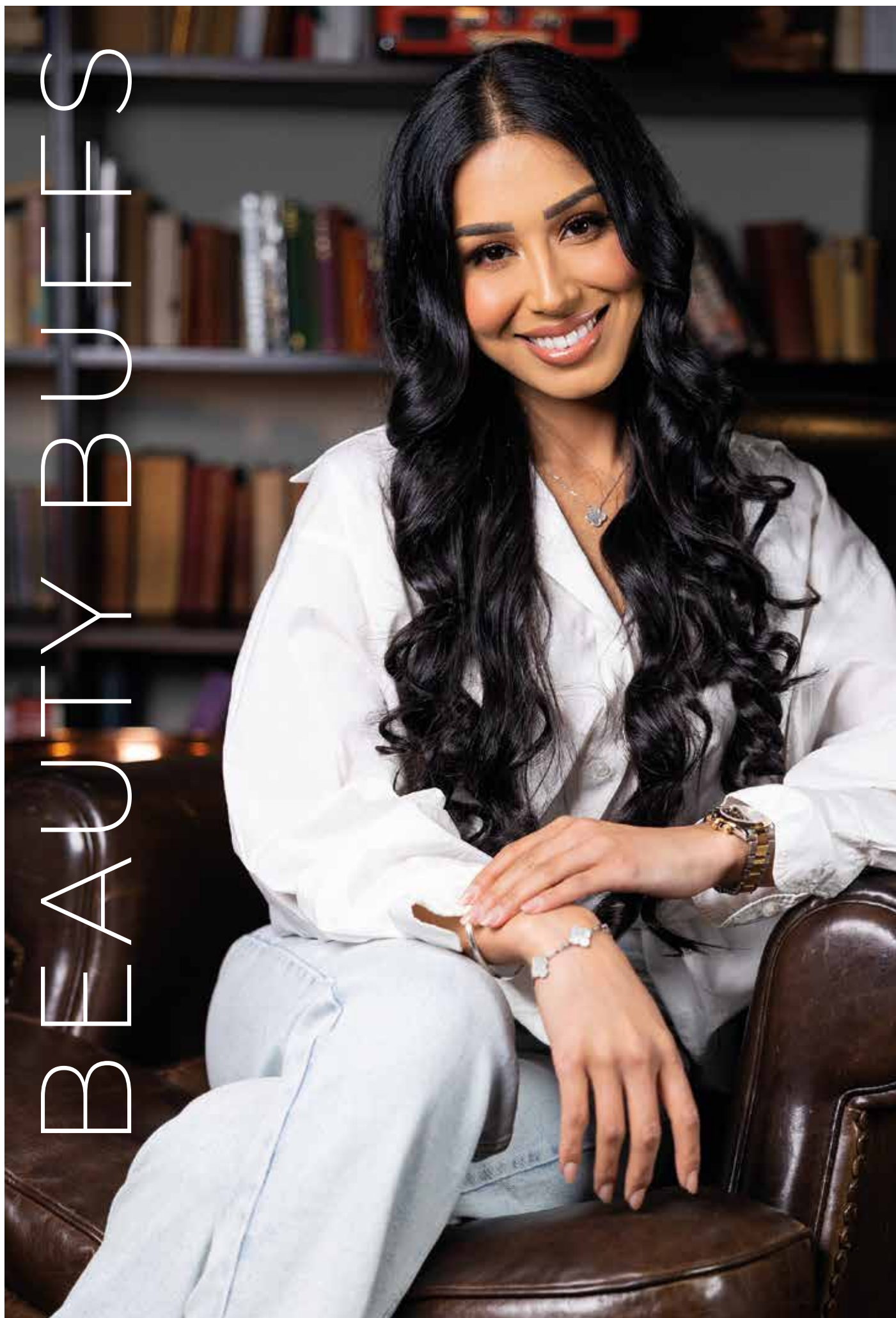
cacibeauty.com



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BEAUTY BUFFS



Erim Kaur

The Beauty Influencer

Erim is a British Sikh influencer based in Dubai with over half a million loyal followers and creator of ByErim haircare brand.

How would you describe the concept of 'Beauty' today? Has it changed?

I would say because of the effects of social media opening us to a world of global beauty standards, which were originally different depending upon where you are from. I've seen a slight modernization when it comes to beauty. However, I've noticed in pockets and communities on various platforms, particularly TikTok, where there is a great celebration of our culturally authentic features, which I think is beautiful.

Has social media changed everything?

Yes, and I think it's a change that cannot be undone. A lot of people say social media will eventually die but I don't see that happening as there has been a fundamental change in the way we've evolved with social media and I don't see how this can be reversed.

Is Beauty still in the 'Eye of the Beholder'?

100% - I think the greatest respect needs to be given to people who see beauty in a way that's different from the kind of community and society standards.

What's your take on social media and digital beauty?

At the end of the day, social media is created by a group of people who have their own natural biases and perspectives of the world and this inevitably gets built into these programs and then gets seeded out to the rest of the world. It's important to remember this when we see how certain filters enhance certain features and disenchant the others.

What are your most popular products?

The award-winning hair oil! It's 100% natural

and made with eight unique ingredients, including Almond, Argan and Castor oil.

Any other products you can't live without?

Hair perfume! Applying regular perfume to your hair is incredibly damaging and it can contain alcohol and does not sit well with the face and cause breakouts.

What's the ultimate beautiful face to you?

I've always looked up to Princess Diana and she had always been so natural.

How's life as an expat in Dubai - what took you there?

Life in Dubai is amazing. I love the energy, culture and the vibrancy of the city. It's safe and I feel more comfortable as a woman in Dubai than I have in most cities. We saw a great opportunity for ByErim as a result of the Dubai conditions when it comes to the hard water, the sun, sweat and humidity.

Any favourite anecdotes?

When I won the 2023 Beauty influencer of the year award at the BeautyWorld Middle East! Funnily enough they didn't pronounce my name correctly and I didn't realise it was me until all the other influencers on the table spun their cameras towards me and I realised I had to get up. I thought it was quite funny.

Life Motto if you have one?

Everything happens for a reason, and if the reason isn't clear it's because it's not meant to be. Just yet.

In another life I would have been...

A perfumer!



"We all seem to be striving for one particular look"



Shane Carnell-Xu and Jake Xu

The Men's Beauty Industry Entrepreneurs

Unable to find products that suited their needs, twin brothers Shane Carnell-Xu and Jake Xu, born in Beijing and now based in the UK, took matters into their own hands, founding vegan and cruelty free brand Shakeup.



Founded in 2019, it has quickly become a leading skincare and makeup option for men around the globe. The brand recently made its way to France and is exclusively available at department store Printemps in Paris.

How would you describe the concept of 'Beauty' today? And how has it changed?

Beauty has evolved so much, for the better! It has become more and more inclusive and it's now more about self-expression than simply looking good. This is also why we love this industry, it's because of the huge impact on one's self being and confidence beauty products can have. When it comes to beauty for men however, there is still a big gap and a long way to go.

people's insecurities about their appearance and also create unrealistic expectations about the concept of 'beauty'. This is a big issue that we think all brands and stakeholders in this space should put more effort into and focus on improving.

Any clear trends for 2024?

We don't really follow trends as in the past we have seen trends come and go, and fads are short lived. These 'fast beauty' and 'fast fashion' models encourage wasteful consumption and create negative impacts on the environment and go against our brand ethos. Instead, we focus on what the customers need and are asking for. We identify the real gaps in skin solutions to tackle some of the biggest skin issues and concerns that our customers face.

"We are all beautiful and we should love ourselves the way we are."

What's your take on social media / beauty via digital? Filters, etc?

Social media certainly helps democratise beauty to a much wider audience and age bracket, however, it has come with a negative side too, which is to highlight

What are your most popular products?

This depends on the market globally. In the Western market, our Instant Lifting Eye Cream: AGE DEF-EYE and our Tinted Moisturiser: LET'S FACE IT are our top two best sellers.

Any other products you can't live without?

Jake: I absolutely love our FACE 4WARD Pro-Youth Serum, which I mainly use as a night treatment before bed every night. It's



so nourishing, I wake up with soft, supple and bouncy skin every morning.

What's the ultimate beautiful face to you? Or who?

Every face is beautiful in their own unique way. We are all beautiful and we should love ourselves the way we are. Beauty products should be seen as an enhancer for people if they feel insecure about their skin issues, imperfections or blemishes. We are here to help. However, we would much rather promote self-love and self-care. And skincare is a form of self-care.

How's life as an expat?

We love the UK and it's a great environment for entrepreneurs. The business community is very welcoming to everyone, whether you are a UK citizen or not. The weather could use some improvement though.

"Social Media can create unrealistic expectations about the concept of 'Beauty.'"

Any pinch me moments you can share?

As we are proudly Chinese British, it was particularly a proud full circle moment when we launched our brand, which is 100% created and produced in the UK, in our birth country: China. Not only did we launch it there, we became the NO.1 men's cosmetic brand on TMALL, China's largest E-commerce platform. This is definitely one of our career highlights to date.

Life Motto?

"Live life as if everything is rigged in your favour"- Rumi

Follow [@shakeup.cosmetics](https://www.instagram.com/shakeup.cosmetics)

Kira Nasrat

The Makeup Star

Kira Nasrat is a makeup artist to the stars, blogger and social media phenomenon in the USA. With a mixed heritage from Afghanistan and Uzbekistan she was born in New Delhi, India.

How did you come to live in LA?

I did my cousin's makeup for a red carpet event. Her publicist at the time liked my work. Very shortly after, about a week later, I was put in touch with The Wall Group. I moved from Northern CA to LA for a change of scenery, but it was always meant to be temporary. After 11 years, it was time for another change of scenery, and currently, Dallas, Texas, is home. Both places have similarities, yet they are so different.

How did you get into the beauty world?

I entered the beauty space almost accidentally. It was always a hobby. I would do makeup for friends or family just for fun, always being the go-to person for advice on the most current and best beauty products, as I was constantly buying and testing them—purely out of passion and enjoyment. Very early on, without realising it at the time, I was curating beauty products and sharing my findings. Today, I'm a makeup artist. I had no idea that this would end up being my career.

How would you describe the concept of 'Beauty' today? Has it changed?

I have always looked at beauty the way I look at art. It's subjective. For me, beauty is a feeling. That feeling for me is to be comfortable in your own skin. Whether that be with makeup on or makeup-free—whatever makes you feel empowered makes you feel most beautiful. I'm finding that the

“Whatever makes you feel empowered makes you feel most beautiful.”

older I get, the less-is-more approach looks better on me. I think there is a lot of pressure to look a specific way due to social media, I'm guessing because there is an expectation to look unrealistic. That can't be healthy, and yet we all, at some point, have been guilty of it.

Any favourite products you can't live without?

Sometimes when I'm having a not so good day and I'm stressed out I like to make time and just pamper myself at home. I get out all



the beauty gadgets, lotions and potions and pamper myself. Good skin makes me happy. I can't live without my Celluma Light Therapy. I've had it for so long, and it really has helped my skin. It has a white, red and blue light. Great for Anti-ageing! Worth every penny. My current beauty essentials are the following: Avene Hydrance Moisturizer, Koh Gen Do Cleansing Water Cloths and La Roche-Posay Lip Repair Balm. I also love Chanel, VB Beauty and Charlotte Tilbury for colour cosmetics. For skincare — anything French Pharmacy!

Any memories that stand out over the years?

A standout memory for me is when I crafted a makeup look using only four colour beauty products. It wasn't a deliberate choice; it simply unfolded that way as I created the makeup look. At that moment, I came to the realisation that one doesn't necessarily need an abundance of products to bring their artistic vision to life.

How would you describe your style?

I believe my style consistently revolves around emphasising one feature while allowing the rest to remain understated. For instance, if I'm going for a bold lip, I prefer to keep the eyes soft, unless the occasion demands a touch of drama – in which case, I'm all in for it. Comfort is my top priority. Products must not only provide a satisfying colour payoff but also feel good on the skin and offer additional benefits beyond mere aesthetics. It's essential for them to be beneficial for your skin.

Life Motto if you have one?

My life's motto is pretty simple: do what makes you happy and do it with love.

Any advice to those wanting to follow in your footsteps?

If you're aspiring to become a makeup artist, my advice is to be pleasant to work with and consistently bring positive energy. This is crucial for career growth as it increases the likelihood of being hired again. Continue learning and educating yourself about beauty products. Practise your skills on as many faces as you can. Always be professional, be organised, neat and always punctual.



“I’m obsessed with French, Japanese & Korean skincare. They are so ahead of the times.”

In another life I would have been...

In another lifetime I think I would still be an artist. Maybe not a makeup artist, but a creator, maybe an inventor of something. It's in my spirit to create!

Favourite /most used emoji?

My favourite emoji is the spaceship! I love it so much. But, my most used emoji is the red heart — not the basic one, but the bold red heart. It's beautiful.

Maayan & Gal

As good as our mindset

A positive approach to expat life.



 @smoozitive

Maayan and Gal, life abroad experts, sisters, founders of Smoozitive and creators of SYLA app are expat experts currently living in France. With Maayan's mindfulness expertise and Gal's positive psychology coaching, they guide people to have a simpler, smooth and positive life abroad.

Gratitude, the Path to Finding Beauty in Your Expat Life

As morning light filters through the grey sky outside my new apartment, I drag myself to the bathroom, passing by the few remaining unpacked boxes that have lingered for six months, only to meet my tired reflection and messy hair in the mirror.

Mirror, Mirror on the wall, who's the fairest of them all? I gaze at myself, and what do I see? A few new grey hairs, mirror stains, and bags under my eyes. No beauty in sight, not even the sleeping one. Why does expat life feel so challenging, overwhelming and lonely? Where is the fun, beautiful stuff I see on social media?

To quote Tony Robbins, who has helped a lot during the low moments of our journey abroad, "Where focus goes, energy flows". Life abroad presents numerous challenges and hard moments that naturally draw our focus. It's not just you, or us; it's the natural

would respond: 'You Are!' or until I found something positive to focus on.

It's surprising, and quite annoying how simple it is to shift your attention. I'll share my trick: Gratitude. All I had to do was think of something I'm grateful for. And another. Initially, it can be shallow, like the taste of bread, but with each thought, gratitude grows deeper. When our attention is on these moments of gratitude, it's not fixated on challenges and stress. As I looked again in the mirror, I began to see different things. A smile, funny curl in my hair, the colour of my eyes. I also started to feel the softness of the bathroom rug, the warmth of the water and the beautiful table beside the unpacked boxes.

Beauty manifests itself in different shapes and forms and we each see it differently. Yet, the common thread is in the decision. When you decide you want to see beauty — you will. It's a mindset shift that elevates the ordinary to the extraordinary. Whether it's finding joy in the taste of bread or embracing the quirks of our appearance, gratitude acts as a magic wand, transforming our experience. It's not just about what we see in the mirror; it's about embracing the diverse beauty that surrounds us—every unpacked box, every funny curl and every captivating sky.

In the expat journey, let's choose to focus on the good stuff, the hidden beauty awaiting our attention. Because life abroad isn't just about surviving; it's about thriving and celebrating. And when in doubt, ask that mirror again. You might just find it winking back at you, saying "You are indeed, the fairest of them all".

"Beauty manifests itself in different shapes and forms and we each see it differently."

tendency of our brain to look for danger and negativity, so it can keep us safe. The problem is that this mechanism prevents us from seeing the beauty and the positive around us. We can choose to accept it, or not. We have the power to shift our focus to what actually serves us. And it's easier than you think.

Back to my reflection, instead of running away, I decided to stay until the mirror

Randi Levinson

Love and Intimacy in Relationships

The Expat Love Coach


 @randilevinson

Randi is an Individual and Couples Therapist and Certified Clinical Sexologist from LA.

“Intense conflict can act as a litmus test for the resilience of a relationship.”

Beauty Amidst Difference

In long term relationships and marriage, having a conflict or a fight often carries a negative connotation. I propose a different perspective—one that recognises the inherent beauty within a healthy conflict or fight. Far from being a destructive force, these opportunities can be a powerful tool that enables couples to dive deeper into the intricacies of their relationship, fostering understanding, personal development, and ultimately, feeling closer.

Navigating differences is an inevitable part of any intimate relationship. Rather than viewing it solely as a source of tension, I encourage couples to see it as an opportunity for exploration. Growth opportunities, when approached constructively, serve as a mirror reflecting the unique dynamics between partners. They uncover unspoken expectations, differing values and individual needs, laying the foundation for authentic communication and practising differentiation. Differentiation is the concept of standing on our own two feet and in our centre while staying emotionally connected to another person.

One aspect where beauty emerges from conflict or fighting is in the revealing of unmet needs and desires. Through disagreements, couples often express what truly matters to them. These moments of discord become gateways to understanding the emotional landscapes of each partner. By delving into the root causes of growth opportunities, couples can uncover deeper layers of their own and their partner's vulnerabilities.

In the crucible of conflict, couples have the chance to hone their communication skills. Expressing oneself effectively during disagreements requires patience, active

listening, and a willingness to understand perspectives that may differ from one's own. The beauty lies in the transformation of growth opportunities from a battleground into a platform for the development of enhanced communication strategies. Conflicts provide a chance for personal development, as well. In navigating differences, individuals often encounter aspects of themselves that may need attention and development. The challenges presented by disagreements can be viewed as catalysts for self-discovery and improvement. By addressing these personal development areas, couples contribute to the overall strength and resilience of their relationship.

A couple's ability to navigate disagreements with mutual respect and a commitment to understanding each other can deepen the connection. It is in these moments of tension that the strength and endurance of the bond between partners are truly tested and, if handled constructively, reinforced.

My role is not to end all arguments but to guide couples in transforming them into a constructive force. By reframing conflict and discord as a chance for understanding, personal development, and enhanced communication, couples can embrace the beauty within their disagreements. It is through navigating the complexities of their arguments that couples uncover the richness of their relationship and build a foundation for a more profound, authentic connection. I look at conflict and fighting as an alarm system within our relationships that is alerting us to something that we need to pay attention to and grow from. When we can approach these challenges as opportunities for growth and deeper connection, our relationships thrive.

Adrian Mackinder

Mackinder in DK

The struggles of becoming a bilingual family in Copenhagen.



 @adrian_mackinder

Adrian is a part time actor, author, comic book fan and father of two.

Mackindergarten

I recently read a Facebook article shared by Snoop Dogg (yes, you read that right) about how Danish kids cry the least in the world. Aimed at an American audience, the article wheeled out the cliché that Danes are the happiest people on Earth, a view I happen to contest; I've encountered a lot of furious Danes during my eight years living in Copenhagen, mainly on bicycles, and always when I have the audacity to use a pedestrian crossing.

The article suggested that America should adopt the Danish approach of extended paid maternity leave and that parents should embrace more 'free play' with their offspring. Presumably, if little Timmy spent more time in the sandbox with his folks, he wouldn't grow up so disenfranchised as to actually consider re-electing a volatile narcissistic satsuma into the Oval Office.

already overburdened shoulders. We now live in a post COVID world. Even in a Country such as Denmark that handled the pandemic incredibly well, there has still been a global seismic shift in how, where and when we work. In many instances this has afforded parents greater flexibility to be more physically present for their kids. In other instances, evermore work seems to have piled on. And the lines between work and home life are more blurred than ever.

Third, of course extended maternity/paternity leave is a great benefit from living in Denmark - it IS incredibly generous. But how many parents — particularly new parents — can honestly say they used this time precisely as they wanted? I know I didn't. You're chronically tired, fumbling all over the place. Most of the time you have no idea what you're doing. You're winging it, clinging on for dear life in the eye of a hurricane. Again, the extra worry you're not giving your child precisely what they need, exactly when they need it further adds pressure to an already strained situation.

“At its essence, parenting boils down to one thing: keeping your kid alive.”

This kind of typically-vague clickbait article crops up all too often. I find it unhelpful. First off, how the hell did 'they' gauge the 'cry rate' of children? Were all the kids in the world rounded up in a massive warehouse then prodded with sticks to see how easily they wept? The logistics do not bear thinking about. And it's highly unethical.

Second, it's all very well calling for all parents to spend more time with their kids but it's not always that easy. Parents have to work, sometimes long hours, just to get food on the table. To just get stuff done. They don't need this extra guilt placed on

During those first few years, you are permanently on call, constantly firefighting, swerving one potential catastrophe after the next.

All I know is we just have to make do with what we've got. Close our eyes, take a deep breath and do the best we can. And if our kids do cry, as long as we go find out why and do something about it as soon as we can, we're halfway there. Livin', as the man once said, on a prayer.

Jerramy Fine

Expat Mum Musings

An American author and royal watcher living in London.



 @missjfine

Jerramy Fine is an American author and mother who has lived in London for 25 years. Her latest book, *Royal Resistance*, is out this summer.

I didn't belong anywhere, or did I?

When I was a child, I used to beg my hippy parents to send me to British boarding school (not surprisingly, they refused). Growing up in small town Colorado, it was always my dream to live abroad - ideally a sophisticated city somewhere in Europe. And despite my family's protests, I made it happen. I moved to London the minute I graduated from university and have been here ever since.

When I was in my twenties, the lure of life abroad was about more excitement and escape. But ten years in, the reality of expat life began to hit me. I tried my best (I even studied Debrett's!) but I knew my American accent and my American ways would never truly be accepted by the Brits. They were kind to me, but I knew they would never see me as one of their own. No matter what I said or how I said it, Brits would always look at me with a slight, barely perceptible confusion.

I brought it up with an older friend of mine, a stylish Frenchwoman in her late 40s, who'd been in London almost as long as me.

"I just don't feel of anywhere," I told her, "It makes me sad."

She smiled wisely and replied, "Don't be sad. It just means you can be of everywhere."

I never forgot that.

And it changed my entire outlook: being an expat is a superpower. It means you are multifaceted and adaptable and that borders don't define you. It also means you are braver than most to seek out a life beyond your comfort zone.

I'm now in my late 40s myself (hopefully also stylish and wise) and have managed to navigate raising a child with two cultures and two passports and two accents that switch back and forth depending on her mood. ("I'm half and half," she likes to say - pronouncing the same word two different ways.)

I'm here to tell you that not only does the expat identity crisis get easier, it gets better. It becomes richer than you ever imagined, especially when parenting children who don't know it any other way. For them - two (or more) cultures is normal; they simply can't fathom knowing only one country as their own.

Following my daughter's example has helped me on my own journey. Humans aren't just one thing or of one place - and the only place we truly belong is to each other. I'm so grateful that being an expat allows me to see that clearly.

"Being an expat is a superpower. It means you are multifaceted and adaptable and that borders don't define you."

Yet, whenever I returned to the US, the country of my birth seemed like a completely foreign land. (Did America have anything to offer besides guns and Target?) I didn't fit in there either. Suddenly, I was blindsided by a single thought that completely untethered me: I didn't belong anywhere.

This bizarre feeling was never part of my carefully calculated plan to live a glamorous life abroad! It had never occurred to me so I didn't see it coming.



Ryan Lahiff, courtesy of Douglas Elliman. [TopTenRealEstateDeals.com](https://www.top10realestate.com)

Brad's Pad in the Big Easy

WHEREVER goes behind the scenes at Pitt's place in New Orleans.

In 2006, Brad purchased a historic home in New Orleans' French Quarter with Angelina Jolie to serve as a base for their Make it Right Foundation, devoted to the environmentally friendly rebuilding of homes damaged by Hurricane Katrina.

Built in 1828, the 7,703-square-foot mansion has a rich history, including serving as the studio for Cosimo Matassa, who recorded Fats Domino, Little Richard and Ray Charles among many other rock and R&B greats. It was also owned by Microsoft co-founder Paul Allen. Carefully restored in 2017, the home retains its nineteenth-century Parisian charm but has been brought up to the latest modern standards.



© DFree / Shutterstock.com

Occupying over 36 feet of French Quarter sidewalk, the mansion is equipped with a gated, carriage-style driveway lit by gas lamps. French doors open onto a stylish foyer with harlequin tile floors. A marble fireplace anchors the stunning formal living room, connected to the formal dining room >





with Venetian plaster walls and the front balcony with a set of double French doors.

The gourmet chef's kitchen features a Viking stove, two ovens, a wine cooler, a Sub-Zero refrigerator, a butcher's block island, marble counters and a pantry with windowed drawers. A gorgeous white marble fireplace completes the owner's suite, featuring crystal chandeliers, antique sconces, a spacious marble bathroom and its own balcony.

The house also has an additional four bedrooms, plus a stand-alone three-story guest house with a beautiful spiral staircase, a full kitchen and a gym. Multiple balconies overlook the French Quarter skyline and the peaceful inner courtyard, which offers a fountain, a pool and meticulous landscaping. No wonder Brad fell in love with it!

New Orleans' vibrant French Quarter is the city's oldest neighbourhood and its historic heart. Known for brightly-coloured buildings and cast iron railings, the district

as a whole has been designated as a National Historic Landmark. Brangelina's former home is only steps away from the vibrant French Market with its world-class restaurants, and a stone's throw from the lively bars and Cajun eateries of Bourbon Street. Other celebrities with homes in New Orleans include Nicolas Cage, John Goodman and Sandra Bullock.



“CAREFULLY RESTORED IN 2017, THE HOME RETAINS ITS NINETEENTH-CENTURY PARISIAN CHARM.”





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2024 Interior Trends

Claire Wood-Woolley, designer at Wood-Woolley and Black, shares her 2024 Trend forecasts with WHEREVER and tells us how to incorporate them into your home.

2024 is well under way and so are some exciting new ways to style your home.

With any trend, be it fashion or interiors, it's always worth taking the "nod" approach, allowing you to subtly move on before anyone can say "2012 feature wall".

Browns are very popular and with this one, it's super achievable and has staying power. Not least because it crosses all spectrums from deepest chocolate to pale taupe, and anywhere in between. So where grey has run its course, an instant rich replacement injects a refresh into any home, and will always have a place.



© Amber Interiors

Interiors and fashion are very closely related, so it stands to reason that what you see on the runway will filter through to the home.



© Studio McGee

IT'S ALL ABOUT PERSONALITY NOW, SHOWING DEPTH IN OUR HOMES AFTER THE LONGEST TREND FOR AN ALL-ENCOMPASSING IVORY BOUCLE ERA.

Arches are back with a vengeance, and lucky for those who already have them in existence. Their value not least adds interest to otherwise square space but with huge vacuous open plan spaces falling out of favour in 2024, creates a cosy divide without sectioning off.



© Maria José Cabré

And of course incorporating glass aluminium doors adds a fabulous design dimension while still offering a view and light.

© Lindye Galloway



© William T Baker

LET'S TALK ABOUT CEILINGS. THOSE WOOD CEILINGS ARE GOING NOWHERE. WHETHER IT'S FULL CLAD, BEAMED OR PARQUET DESIGN, IT'S TIME TO LOOK UP.



© Jenna Sue Design



COLOUR IS UPON US. THERE ARE SOME BEAUTIFUL COLOURS FILTERING THROUGH AND JUST LIKE ON THE FASHION PAGES, THINK EARTH TONES WITH DEPTH.

If you want to invest, think velvet and linen as the perfect place to max out your inner fashionista, or for the less committed - a fabulously placed cushion, chair or rug can get the look without the season ticket to the show.



© Emilie Bonaventure.



© Escho Home.

© Ashley Montgomery Design.



There is a large focus on texture and natural stone. Going back to the rustic style we are seeing, emphasis is put on marble and internal stone walls. Perfect if tying in with elevated coasts. Think raw stone walls and perfectly polished marble islands and coffee tables.



But all in all, it's lovely watching trends filter through and seeing them come to life in your home.

With any trend though, always remember to make sure it's in line with your own identity and how you live. Your home is your sanctuary.

© Studio McCree.



© Hunterhouse Design



HOLMES PLACE

From Monaco With Love

Rebecca Whitlocke, founder of Antibes Yachting, says the French Riviera is a top choice for superyacht charters so why not kill two birds with one stone discovering the coast while at the Grand Prix?



© Antibes Yachting

Monaco has always been linked with prestige, serving up a combination of superyachts, five-star hotels, the legendary Casino de Monte-Carlo, the Prince's Palace and high-profile events. This year, the Principality hosts the Historic Grand Prix from May 10-12 and the Formula 1 Monaco Grand Prix from May 23-26.

Motor racing enthusiasts have plenty to see and do: They can experience a private visit to Prince Rainier III vintage automobile museum, dress in their finest evening wear for a night at the Casino de Monte-Carlo or marvel at the sheer logistics of how a country turns its streets into one of the world's iconic race circuits.

After the thrilling action from qualifying and the main Grand Prix race, Monaco throws first-class parties that draw in Grand Prix fans, A-list guests, and even the pilots themselves.

With a prime location right by the circuit, head to La Rascasse for a chance to mingle and spot the racing elite. Sass Café, serving Mediterranean-style food, is another hotspot for VIPs; once dinner is over, the venue morphs into a nightclub. Don't miss Lilly's Club at the Fairmont Monte Carlo or Sunset at Le Méridien Beach Plaza for electrifying Monaco Grand Prix after parties!

Post-Grand Prix, the superyacht crowd leaves Port Hercules - often in search of less high-octane activities such as relaxing afternoons at anchor, or swimming in the crystal-clear Mediterranean. Many yachts take the short cruise towards the Cap Ferrat peninsula and head to Paloma Beach for lunch (reservations necessary) with a beautiful view across the bay to the limestone cliffs overlooking Cap d'Ail. In business since 1948, Paloma Beach is a famous landmark on the French Riviera and known as the 'beach of the stars'. Other hotspots include Anjuna Beach, with its Balinese-inspired decor and beach club ambience, or venture to the perched village of Éze, with spectacular panoramic views from the hilltop cactus garden — don't miss making a reservation at Mas Provençal, where dinner tables are nestled under a floral canopy bedecked with orchids, ivy, crystals and vintage birdcages.

The pleasant seaside town of Saint-Jean-Cap-Ferrat makes a nice stopover, where you can visit the historic Villa Ephrussi de Rothschild nearby. This Belle Époque Villa is a focal point for destination weddings, and has seen its fair share of exclusive galas and cocktail parties set amidst its nine themed gardens. Go there for the wonderful views of Villefranche-sur-Mer and, to the east, you spot Monaco's buildings rising tall in the distance. Inside the Villa, you'll see rare





porcelain collections, furniture dating from the Louis XVI era, and Marie-Antoinette's writing desk in the boudoir.

Further west, Saint-Tropez is emblematic of the southern French charm. Previously a fishing village, notwithstanding the luxury yachts, it carries off a relaxed charm that attracts celebrities and locals alike. "Superyacht owners and guests go there for shopping or to visit the beach clubs at



“Whether you’re drawn to the glitz and glamour or crave a laid-back yet chic getaway, the French Riviera caters to all tastes.”

Pampelonne. However, there's more to discover, says Dee Momi, Founder and Client Manager at Seven Access. "Saint-Tropez is a wonderful destination that combines style, gastronomy and cultural experiences. Helicopter excursions are very popular, but be advised that demand for sightseeing tours and transfers during May is high so you must pre-book. Treat your friends and family to a helicopter flight over the stunning Porquerolles before enjoying a private tour of contemporary art work at Fondation Carmignac and an exploration of the vineyards. Alternatively, take a helicopter to Château La Coste and experience an art and architecture walk, followed by a tasting workshop with lunch or dinner at Chef Hélène Darroze's restaurant Villa La Coste, 1 Michelin star."

If you're looking for the best-of-the-best, exploring the French Riviera and Monaco by yacht is the perfect way to wrap up your Grand Prix adventure with a taste of the finest in luxury, glitz and glamour.



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covered, with a sound system that rivals
even the most prestigious concert halls.



“The Mercedes CLE 220D Coupe is a brand new model that’s as refined as it is powerful, as sophisticated as it is exhilarating.”



And let's not forget about performance – it's a huge part of the thrill. With its powerful engine and super reactive acceleration, this car glides along the tarmac effortlessly, leaving others biting the proverbial dust.

As for grip, handling and control, with advanced driver-assistance systems, from adaptive cruise control to lane-keeping assist, to keep you safe and sound no matter what the road throws at you, it's got it all in spades. Navigating those tight twists and turns that criss-cross the countryside is exhilarating. This is what driving was meant to be – a symphony of power and precision, a dance between driver and machine.

And, as the sun sets on another day of adventure, you can't help but grin. Because, when you're behind the wheel of this latest Mercedes, the CLE 220D Coupe, every journey becomes epic. It's definitely a feel-good car, and for those who like a little attention, it's safe to say heads turn in your wake...



“This car glides along the tarmac effortlessly, leaving others biting the proverbial dust.”





TASIS Portugal

- 3-15 years
- 793 Students
- Core Knowledge PK-8, IGCSE 9-10 (in the future), IB 11-12
- Opened 2020

Estrada Nacional No 9, Quinta da Beloura II, 2710-697 Sintra
T+351 219 241 004 **W** tasisportugal.org

TASIS Portugal is the newest campus in the TASIS family of schools founded in Switzerland in 1956 by fearless educator and entrepreneur M. Crist Fleming, and financially supported by the nonprofit TASIS Foundation.

TASIS (Switzerland) was the first American boarding school in Europe, and all TASIS schools maintain the tenets on which it was founded: culture, wisdom, truth, and knowledge, represented by the tower, the lamp, the sun, and the book.



St. Dominic's International School, Portugal

- 3 to 18 years
- 700 students. Max 20 per class
- International Baccalaureate IBO (PYP, MYP and DP)
- Opened 1975

Rua Maria Brown, Outeiro de Polima, 2785-816 S. Domingos de Rana
T+351 214440434 **W** dominics-int.org

A 47-year-old IB Continuum school in the Cascais region originally founded by Irish Dominican Sisters. The school adopted the International Baccalaureate system in 1994 and all classes are taught in English, but all students also have Portuguese classes as second language. With students from over 40 different nationalities, SDIS is truly an international school. Since January 2010, SDIS is owned and managed by Veritas Educatio SA and over the last few years, the campus has seen several improvements as well as new buildings such as an Arts Centre and a building for the IB Diploma.



Lycée Français Charles Lepierre

- 3-18 years old
- 2000 students
- French national education program
- Opened 1952

R. Antero de Quental 7, 2730-013, Barcarena
T+351 211 935 330 **E** info@ois.pt **W** ois.pt

The Lycée Français Charles Lepierre (LFCL) is a school that applies the teaching system of the French National Education. Classes are taught in French, but the establishment guarantees teaching in Portuguese and English of a very high standard. It belongs to the AEFÉ (Agency for French Education Abroad) network, which includes 543 schools from 138 countries. The LFCL has been renowned for its ability to train students with an excellent general culture and a great capacity for analysis, a deep civic commitment and above all an openness to others.



Deutsche Schule Lissabon

- 3-18 years
- 1100 students
- Abitur (German curriculum)
- Opened 1848

Address Lisbon: Largo Willy Brandt, Telheiras, 1600-891 Lisbon // Estoril: Rua Dr. António Martins 26, 2765-194 Estoril **T**+351 21 751 02 60
E admissions@dslissabon.com **W** dslissabon.com

Students from over 30 countries follow the German curriculum to its final diploma, the Abitur, accepted by universities from all over the world. Founded in 1848, the school is the second-oldest of a network of German schools all over the world. It has twice been recognized as an "outstanding German international school", as well as a digital, STEM-friendly school. German is the main teaching language. Non-German speaking students can join either at 3 years old, or at 10 years old.



The British School of Lisbon

- 3-12 years
- 160 students
- British Curriculum
- Opened 2019

Rua de S. Paulo, 89, Lisbon, 1200-427.
Phone +351 211 511 942 **E** info@britishschool.pt **W** britishschool.pt

In the heart of the city, The British School of Lisbon represents academic excellence on par with top independent schools in the UK.

The school prides itself on creating a happy and stimulating environment exposing every child to rich educational experiences daily in areas such as the arts, coding and robotics, public speaking and many additional extra curricular activities.



St Julian's School

- 3 to 18 years
- 1,200 students
- English National Curriculum or Bilingual Programme culminating in the International International Baccalaureate Diploma (IBDP) in the last two years.
- Opened 1932

St. Julian's School, Quinta Nova, 2775-588, Carcavelos
T+351 21 458 5300 **E** admissions@stjulians.com **W** stjulians.com

Established in 1932, St Julian's is the largest and leading British International School in Portugal, with a strong record of academic achievements and a full programme of extra-curricular activities including the arts and sport. St. Julian's is a non-selective school that serves a community of around 45 different nationalities. The school is accredited by the Council of International Schools (CIS), the Council of British International Schools (COBIS), New England Schools and Colleges (NEASC) and the International Baccalaureate (IB).

WHEREVER

The magazine for expats everywhere

International Schools Guide 2024

Finding the right school for your children is as difficult as it is essential.

WHEREVER is here to help.

The international schools landscape in Portugal continues to grow and evolve. Investment by global school groups has maintained its upward trend in the past year, not only in the Lisbon region but also in Porto. The Lisbon region still offers the largest number of English medium international schools in the Country by far, followed by the Algarve in the South and Porto up North. The Silver Coast is drawing more families every year and as such the offer is expanding, albeit more slowly.

both inside and outside the classroom and support them in their personal development so that they can flourish into compassionate global citizens, driven to make the world a better place.

Finding the best school for your family requires research, perseverance, patience, and most importantly, access to the right information. I recommend that you:

1. Start your search as early as possible as the popular schools fill up quickly.

“ With so many options, how do you choose the right school for your family? ”

English medium international schools in the Lisbon region offer American, British or IB curriculums in their entirety or parts thereof. In fact, most international schools mix and match curriculums, making it trickier for parents to truly understand what type of education the school will offer. By contrast, all of the English medium international schools in the Algarve are full-through British schools, culminating in A-levels.

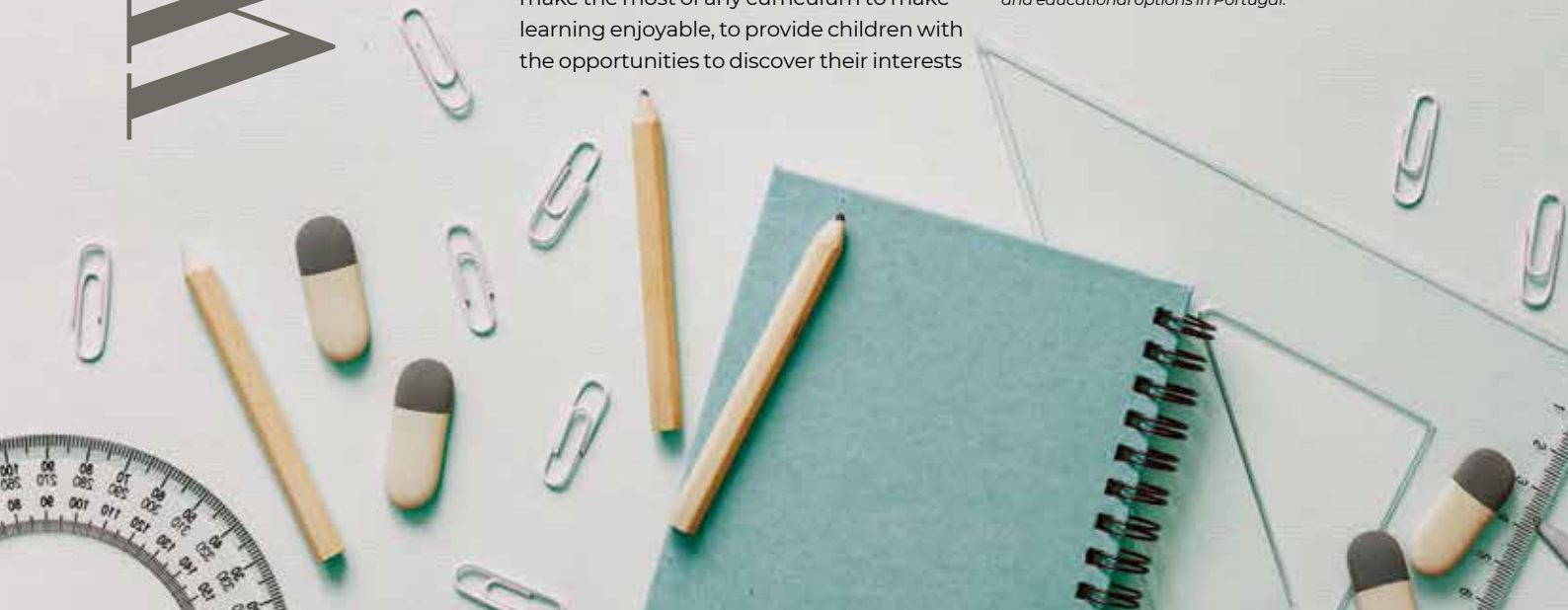
Despite its importance, curriculum is not the only factor one should consider when evaluating a school. A great school will make the most of any curriculum to make learning enjoyable, to provide children with the opportunities to discover their interests

2. Visit all of the schools you are interested in and ask detailed questions.
3. Don't blindly follow others. What works for your friends, may not be right for your family.

Best of luck with your search!

Nathalie Willis-Davis,
Founder & Managing Director, Tendoria
tendoria.com

Our guide is in no way an exhaustive list of all the options, merely an indication of what is currently available to parents seeking international schools and educational options in Portugal.





Oeiras International School



6-18 years



460 students



IB – International Baccalaureate (PYP, MYP and DP)



Opened 2010

R. Antero de Quental 7, 2730-013, Barcarena T+351 211 935 330 E office@ois.pt W ois.pt

OIS opened in 2010 and offers an international education within the Lisbon area. In the intervening decade the school established itself as the leader in student skills development and has quickly become the institution of choice for technologically minded, creative and socially aware families that prioritise finding the right balance between academic excellence and the interaction with nature. OIS students are taught to be in control of their own learning. They develop the essential skills of time management, project leadership, collaboration and debate.



Redbridge School



3 to 14 years



Approx 430



Early Years (3 - 5 years old) - French national curriculum
Primary Years - two bilingual pathways
The French/English pathway following the French national curriculum (accredited by the French Ministry of Education).
The Portuguese/English pathway (1º ciclo and 2º ciclo), following the Portuguese national curriculum (accredited by the Portuguese Ministry of Education).
In Middle School - two bilingual pathways.
From 2024 - Cambridge International Programme taught exclusively in English.



Opened 2017

R. Francisco Metrass 97, 1350-164 Lisboa, Portugal
T+351 210 522 550 E info@redbridgeschool.com W redbridgeschool.com

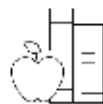
Redbridge is a stimulating Early Years, Primary, and Middle School, which aims to inspire creativity, a love of learning, and international mindedness within a joyful and collaborative learning environment. Redbridge School has a balanced approach to learning and aims to develop key attitudes and transverse skills supporting students to achieve academic mastery and become fulfilled lifelong learners who contribute to society in a positive way.



“The right school can make all the difference. We will help you find it.”



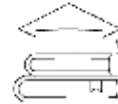
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Avenida Marechal Gomes da Costa, No 9, 1800-255 Lisbon
 T +351 21 116 1110 E admissions@unitedlisbon.school W unitedlisbon.school



Early Childhood (3yo) to Grade 12 (17-18 yo)



600 students



Early Years' Curriculum, International Primary Curriculum, International Middle Year curriculum. US common core standards (NEASC), English and mathematics and leading to the International Baccalaureate (IB) Diploma (the first cohort of students will graduate in 2024).



Opened 2020



United Lisbon is a world-class international English-language school, part of the Dukes Education Group, and one of the select few prestigious Microsoft Showcase schools in Portugal. Located right next to the Park of Nations, United Lisbon delivers acknowledged academic programs from Early Childhood (starting at three years old) to grade 12, with a challenging curriculum based on US standards (NEASC), culminating in the International Baccalaureate Diploma Programme. It offers education that matters tomorrow, providing inspiration fit for the 21st century; seamlessly integrating technology into the learning environment. The School's Mission United Lisbon's philosophy is to nurture the individual learner by providing a rich environment of opportunities to grow academically as well as personally. With the vision "to empower and inspire the younger generation for a sustainable world," United Lisbon provides rigorous academic programs, a strong focus on the skills and values children will need to be successful in tomorrow's world. The

school's modern pedagogy creates a student-centred learning ecosystem that instils relevant skills through guided inquiry, collaborative learning and seamless integration of technology, to strengthen and further personalise the learning experience of each individual student. With light-filled classrooms and corridors, state-of-the-art Science Laboratories, Art Rooms, a technology Maker Space, and a modern library, United Lisbon's STEAM program and facilities are second to none. United Lisbon is connected to a variety of outside institutions such as Sporting CP, Lisboa Racket Centre, STAT Martial Art and Jazzy Dance Studios to ensure enriching experiences for after-school activities, providing opportunities for students to explore their interests beyond the classroom. The school boasts 65,000sqft (6,500sqm) of outdoor play and sport areas to ensure that children get the best out of the PE programs. Connecting children to the ecosystem of education through shadowing projects, internships and entrepreneurship experiences is central at United Lisbon. Curriculum United Lisbon has created a

“ A school providing education inspired by and fit for the 21st century. ”



dynamic learning culture where learners become experts with deep conceptual understandings, high-level competencies, and a strong positive moral character. Uniting the school's core pillars are values, technology, entrepreneurship, music, and arts. The school is an IB World School teaching the International Baccalaureate (IB) Diploma Programme for Grades 11 and 12. IB World Schools share a common philosophy - a commitment to high quality, challenging, international education - that we believe is crucial for our students. The IB programme prepares students for a successful academic life and is acknowledged by the best universities worldwide, including the top Portuguese universities.



Aspire International School

- 3 – 18 years
- Approx 260
- Bilingual Primary, Pearson Edexcel GCSE & A-level
- Opened 2020

R. Manuel Teixeira Gomes, 8135-106 Almancil, Portugal
T+351 289 392 238 **E**office@aspireinternational.school
Waspireinternational.school



Our focus at AIS is on educating the 'whole child'. We aim to create a positive learning environment where every child can shine. We do this by limiting class sizes to 12 per class from Year 1 all the way to Year 13 and by providing a balanced curriculum that includes academics, sports and the arts.

Founded by experienced teachers, AIS is built on the belief that small class sizes, coupled with highly qualified and dedicated teachers, are the most fundamental factors in the ultimate success of a child. Our approach to education is individualised, with each child, no matter their ability, encouraged to achieve to the very fullest of their potential.

"We encourage our students to adopt a growth mindset and a 'can do' attitude" says Kathryn Germain | Co-director. We provide academic, social and emotional education and a friendly school community, offering students a real sense of belonging and equipping them with the tools they need for success.



Greene's College Oxford

- 14 – 18 years
- 150 students (1-3:1)
- A levels, A level retakes, International A levels, GCSEs, IGCSEs
- Opened 1967 in Oxford

R. D. Afonso Henriques, nº 1614, 2765-576 Estoril, Portugal
T+351 211 165 450 **E**enquiries@greenes.pt **W**pt.greensoxford.com

At Greene's College Oxford, we instil in our students the capacity for independent thinking and a life-long passion for learning throughout their sixth form studies, before they go to university. But rather than a radical re-imagining of education, Greene's has relied on a time-tested pedagogy, rooted in the Socratic method, that we have been successfully applying for over 55 years.

Our method of learning is defined by individual, paired or small group tuition, with an emphasis on independent study. It allows us to work with you as an individual and support you in cultivating your confidence, critical thinking, ability to work with others, effective oral and written communication and independent learning skills. These skills will prepare you for the transition from A levels to university life and beyond.

Greene's has a long history of academic excellence. Students who have taken tuition at Greene's in the last academic year (2022-23) have gone on to achieve above the British national average in A* and A grades – 45% of grades at Greene's are A* or A grades. In 2023, a full-time online student achieved the highest mark in the U.K. for the AQA AS level Geography examination series – learning at Greene's sticks!



Brave Generation Academy

- 12-18 years
- 1000+ students
- International British Curriculum
- Opened September 2021

Av. 25 de Abril 901, 2750-642 Cascais
Econtact@bravegenerationacademy.com **T**+351 913 578 362
Wbravegenerationacademy.com @bravegenerationacademy

BGA is a revolutionary concept transforming the educational landscape and providing Learners with an international, hybrid experience tailored to their unique preferences.

BGA offers a unique education concept, blending digital curriculum with presential co-learning. Learners can choose between the British International Curriculum and the American Core Curriculum, tailoring their educational path to their preferences. Recognising the irreplaceable value of peer-to-peer interaction, BGA has established worldwide physical Hubs where Learners collaborate, enhancing social and academic skills. This environment fosters engagement, teamwork, and problem-solving, with Learners spending five flexible hours daily. This way, Learners can balance their passions with their academics.

In this collaborative learning environment, Learning Coaches and Course Managers play pivotal roles. Course Managers oversee academics online, conducting weekly meetings, handling grading, and providing constant support. On the other hand, Learning Coaches are presential, inspiring and supporting the self-directed learning process, guiding Learners to explore their interests and step outside their comfort zones.

BGA's mission is to nurture not just informed Learners, but better human beings. Discover a new era of education with Brave Generation Academy – where learning knows no boundaries.



News from Nobel

Lagoa Campus: Barros Brancos, EN 125, 8401-901 Lagoa **E** admissions@nobelalgarve.com
 Almancil Campus: Caminho das Pereiras, 8135-022 Almancil **E** admissions.almancil@nobelalgarve.com
T +351 282 342 547 **W** www.nobelalgarve.com



3 to 18 years



Around 1,400 across
both Lagoa and
Almancil Campus



National Curriculum for
England (EYFS to A-Levels),
Portuguese Curriculum,
A-Levels



Opened 1972
(Lagoa Campus) and
2020 (Almancil Campus)

Founded in 1972 in Lagoa, central Algarve, Nobel Algarve British International School has long been regarded as Southern Portugal's premier international school. The school joined Globeducate in 2019 - one of the world's leading K12 education groups with 60+ premium bilingual and international schools, and online programmes, in 12 countries, educating more than 40,000 students. The Globeducate vision is to prepare each student to become a global citizen who can shape the world.

Currently comprising two campuses in the Algarve: the flagship school in Lagoa, and the new state-of-the-art campus in Almancil. Together the campuses educate more than 1,400 students from more than 40 nationalities, aged three to 18. Students in the international section follow either a contextualised version of the National Curriculum for England, sitting IGCSEs and A-levels. Lagoa also offers the Portuguese Ministry of Education programme, with the vast majority of students going on to enrol in some of the world's leading higher-education institutions.

Both schools use globally-recognised assessment practices, and students achieve qualifications aligned with global standards of excellence. Demand is high across all curricula, and we maintain the standards of a Globeducate British International School (GBIS) education, regardless of which curriculum students choose. We are proud to provide an education that transcends traditional academics and encourages a deeper understanding of the world.

A GBIS School

Being a member of Globeducate's British International Schools cluster affords opportunities for students and teachers to collaborate with others on projects such as LEGO® Education and through partnerships with WWF (World Wildlife Fund) and Eco-Schools, and a recent partnership with Arts International, a performing arts project. Students also take part in regular global events and competitions with other schools in the international group.

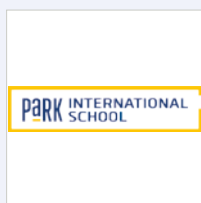
21st-century learning for a better future

Both campuses – Lagoa and Almancil – have recently unveiled ambitious expansion plans, an impressive project branded 'Nobel Algarve - Shaping the Future' to be developed in three different phases. Nobel Algarve Lagoa and Almancil will be equipped with new buildings and new classrooms with state-of-the-art features such as a next-generation Science Lab, ICT suites and multimedia centre in Almancil, and a new multi-purpose gymnasium/performance space, a bespoke pre-school and a brand-new canteen in Lagoa.

At Nobel Algarve British International School learning goes beyond the classroom – we offer a rich activities programme and an outdoor learning programme called the Journey, which promotes environmental awareness and equips pupils to face challenges confidently, building character so they manage failure with tenacity and resilience.

“ Nobel Algarve British International School has long been regarded as Southern Portugal's premier international school. ”





PaRK International School

- 1 to 18 years
- 1,400
- Bilingual, International: Cambridge; IB Diploma
- Opened 2003

Estrada de Alfragide, 94 2610-015 Amadora, Portugal
T+351 21 5807000 **E**all@park-is.com | admissions@park-is.com **W**park-is.com/

An international school with Portuguese roots, PaRK IS welcomes students from 1 Year Old to Grade 12. Our mission is to educate and inspire students to have the skills to be happy and successful in their individually chosen path. We teach children the skills and give them the tools to become bilingual, curious, collaborative, caring, autonomous and agile learners, to reach their full potential. PaRK IS offers a demanding, dynamic, innovative and bespoke curriculum for each age group.



King's College School, Cascais

- 1-18 (2023: 1-14)
- Approx 1200 (at full capacity) 2023-24: 650
- Bilingual, Cambridge International
- Opened 2022

Rua Cesário Verde, 395 Pampilheira, Cascais, 2750-657 Portugal
T+351 21 4831211 **E**admissions@kingscollegeschool.pt **W**cascais.kingscollegeschool.pt/

King's College School, one of the most prestigious educational institutions in the world, opened in Cascais, Portugal, in September 2022. The school comes with a 50-year heritage of academic excellence from King's College Schools' Group, coupled with the global experience and expertise of Inspired - the leading global education group with over 70 premium schools, across five continents. Offering state of the art academic and sports facilities plus a boarding house, with hand-picked teachers, our premium education provides students with an exclusive curriculum.



St Peter's

- four months – 18 years
- 1,530
- Bilingual, National Portuguese; Cambridge; IB Diploma
- Opened 1993

Quinta dos Barreiros CCI 3952, Volta da Pedra, 2950-201 Palmela, Setúbal, Portugal
T+351 21 233 6990 **E**geral@stpeters.pt | admissions@stpeters.pt **W**st-peters-school.com

A private school with 30 years of experience, St Peter's International School provides a competitive, high-quality education ensuring students have access to the best opportunities and support to achieve their full academic and personal potential. Its unique education model with a humanistic approach is adapted to each age group. We offer a personalised bilingual curriculum, and the option of the national Portuguese or the International curriculum (Cambridge Lower Secondary, IGCSE and IB Diploma Programme) from Grade 7 onwards.



Carlucci American International School of Lisbon

- Three to 18 years old (early childhood through Grade 12)
- 735 students
- American curriculum which offers college preparation and leads to an American High School Diploma with the option to also pursue the International Baccalaureate Diploma (IBDP) in the last two years of High School.
- Opened 1956

Rua António dos Reis, 95, Linho, 2710-301 Sintra, Portugal
T+351 219 239 800 **E**info@caislisbon.org **W**caislisbon.org

CIV's educational focus is based on developing logical-mathematical reasoning and language skills via a student's native language, as well as with additional foreign languages. Portuguese, English and Mandarin are part of the students' curriculum in Kindergarten and First Cycle, with French, English and Portuguese in the Second Cycle and there is also a possibility for students to study Russian, Mandarin and German extracurricularly as well as many sporting or artistic activities.



Pedro in pole position: Greene's student races to success

R. D. Afonso Henriques, nº 1614, 2765-576 Estoril, Portugal
T +351 211 165 450 E enquiries@greenes.pt W pt.greenesoxford.com



14-18 years



150 students (1-3:1)



A levels, A level retakes,
International A levels,
GCSEs, IGCSEs



Opened 1967 in Oxford

Mrs Megg Macedo, Deputy Principal at Greene's College Oxford in Portugal, tells how transferring schools is helping one student to better balance his studies with his worldwide professional motorsport commitments.

Pedro, an 18-year-old student who studies at Greene's campus in Lisbon, has made history by becoming the youngest driver to compete in the European Le Mans Series (ELMS) this season, considered one of the gateways to the legendary 24-hour of Le Mans.

He studies A level Business Studies and Economics online, full-time at Greene's. In addition to his subject tutorials, he works with a Personal Tutor to help him stay on track with his academic goals.

Pedro commented: "Greene's helps me to drive better; it enables me to do things at my

own pace. I am able to focus and divide my time between studying and racing – having the option to do online lessons really helps me emotionally and academically."

Pedro is also the youngest Portuguese driver to compete in a season; he drove the DKR's Duqueine M30 D08 prototype car alongside two experienced drivers, British James Winslow and Russian Alexander Bukhantsov.

Mrs Macedo adds: "Where a student finds that they cannot reach their full potential, changing school can be the answer. We specialise in designing personalised online academic programmes that do not follow a one-size-fits-all approach."

"We blend small group and individual online tutorials (with immediate feedback) with one-to-one weekly Personal Tutoring sessions. Our wider curriculum includes regular leadership sessions to prepare students for their careers alongside several enriching student-led societies".

Pedro discovered Greene's through a fellow racing driver, who appreciated his flexible schedule, which made it possible to accommodate his racing commitments.

An Independent Schools Inspectorate report, published in October 2023, found: "The quality of the curriculum, teaching and learners' achievements is excellent" and "students are well educated in a highly supportive environment and in accordance with their aims."

Mrs Macedo continues: "Greene's students can study online from anywhere or at one of our campuses in Lisbon and Estoril, Portugal, or Oxford, U.K. They can therefore align tutorial arrangements with other priorities such as family, sports, work, or travel commitments."

“ Greene's students can study online from anywhere or at one of our campuses in Lisbon and Estoril, Portugal, or Oxford, U.K. ”





IPS Cascais British International School

Rua da Lagoa, 171, Bicesse, 2645-344 Alcabideche, Portugal
 T +351 214 570 149 E admissions@ipsschool.org W ipsschool.org



3-14 years



Around 350 Students



National Curriculum of England



Opened 1982

IPS Cascais prides itself on the warmth of its welcome to children and parents from around the world. It is a relatively small school of around 350 children, but almost 40 different nationalities make up the close-knit community.

This international, vibrant community helps to create a learning environment that fosters a global understanding; appreciating cultures, as well as each other. The school is proud of the high academic standards achieved by the children and encourages them to achieve their best in all aspects of the curriculum.

IPS Cascais has been teaching the National Curriculum of England for 40 years, starting all the way back in 1982. In 2010, IPS Cascais moved into its sustainable, purpose-built facilities that are ideal for Primary Education. The construction of a new purpose-built Secondary School is underway and it is

planned for its doors to open in 2025. Over the coming years, IPS will offer year groups FS1 to Year 13.

Situated 25km to the west of Lisbon, IPS attracts families living in Cascais and the surrounding localities, from Oeiras to Sintra.

A GBIS School

IPS Cascais is a member of Globeducate, one of the leading K-12 education groups in the world with more than 60 premium bilingual and international schools, and online programmes, in 12 countries, educating 40,000 students. Being a member of Globeducate's British International Schools (GBIS) brings many benefits such as global events, partnerships, and learning communities for areas such as Artificial Intelligence, Outdoor Learning, STEAM and Reading and Writing. Students and teachers collaborate with others on projects such as LEGO® Education and through partnerships with WWF (World Wildlife Fund) and Eco-Schools, and a recent partnership with Arts International, a performing arts project. Students also take part in regular global events and competitions with other schools in the international group. The group's vision is to prepare each student to become a global citizen who can shape the world.

“ The school is proud of the high academic standards achieved by the children. ”



A Weekend in Geneva

The perfect city pitstop, Geneva offers a look at Swiss perfection, from its famous efficiency to its picturesque lakeside setting.



Where to Stay

Check into the Geneva Marriott Hotel, a skip away from the airport and with easy access into town thanks to the tram. Contemporary and spacious rooms that blend comfort with modern amenities with all the nice perks you'd expect, from plush bedding, to large windows with city, or lake views, oversized flat-screen TVs, and the all essential espresso machine! Sophisticated shades of browns and blues make it a soothing cocoon of a room. The bathroom is all dark gray slate, modern and sleek. Nice touches include the free refillable water bottle, a nod to their eco friendly side. In the lobby, the very long bar, and its comfy mocha bar stools give NYC vibes; but the best thing has to be the breakfast buffet with a plethora of goodies. The omelette to order is a must.

marriott.com



Where to Shop

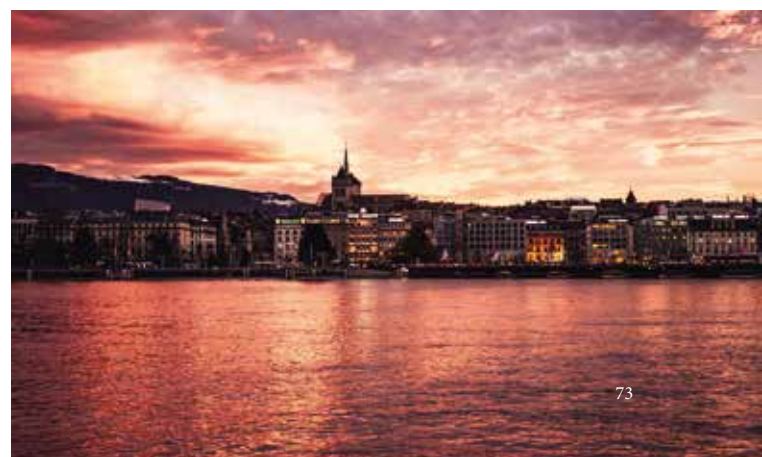
Pop down to Rue du Rhône and Rue de la Confédération for some retail therapy. These adjoining streets in the city centre are the place to go for high-end shopping. Rue du Rhône is home to brands like Rolex, Chanel, and Louis Vuitton while Rue de la Confédération offers a mix of luxury and more accessible shops. You'll notice the abundance of Swiss watch boutiques, for the perfect souvenir.

Where to Eat

If you fancy some raclette or cheese based fare, Les Armures, Geneva's oldest café situated in the Old Town, is a much loved historic restaurant where chalet style meets medieval armoury. Heavy beams and red-checked tablecloth make it all the cosier. Other more contemporary options include the Café de Paris, a local institution famous for its entrecôte grilled steak served with a special butter sauce.

What to See

Hop on the efficient tram, an adventure in itself, and stop at the central station. It's a quick walk down to the lakeside, where you can amble along and admire the views. Don't miss the iconic Jet d'Eau. It is a must-see attraction, which shoots water 140 metres into the air, creating a mesmerising spectacle against the backdrop of the Alps. Originally a functional hydraulic device, it's now symbolic of Geneva's grandeur! The lakeside is especially scenic and illuminated at night.





epic

BE MORE

A group of people are riding camels through a vast desert landscape. The camels are moving away from the viewer into the distance, following a path through the sand dunes. The sky is a clear, pale blue. The overall mood is one of adventure and exploration.

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MIAMI AND MORE...

WHEREVER heads to sunny Florida to explore the Magic city... and makes it to the Magic Kingdom, too!



WHERE TO STAY... IN MIAMI BEACH

The Acqualina Resort and Spa

Someone described The Acqualina Resort as a mix between a Tuscan villa in Minecraft and I could've put it better. The arrival is exceedingly impressive, a huge building with all the luxurious details of a villa, from doorman to huge flower displays. Like a super swanky condo and then some. The suite is super spacious, ideal for families, and there's even a jacuzzi style bathtub in the opulent marble bathroom. The kitchen comes with a full size fridge, coffee machine, and an amazing view onto the ocean beyond.

Downstairs the pool area is magnificent. With three separate pools, one for adults only and two welcoming families. The kids love the one with fountains and games and the poolside food is surprisingly excellent. Possibly the best Margarita pizza ever! For dinner indulge at Ke-Uh, the Japanese tapas style restaurant where we follow the local advice and indulge in deliciously crunchy, tangy tuna tacos. The eel roll, tuna tartar and chicken teriyaki are all excellent, an exciting blend of flavours and all super fresh. Outdoors, beyond the terrace, the lawn is dotted with sofas and loungers for reclining by the beach, not to mention the signature red parasols that are one of the Acqualina's trademarks. On site there's also a handy beauty salon, ideal for the essential manicure fix as well as two more restaurants. It's no wonder this resort collects accolades like #1 Best Hotel in the U.S. and #1 Best Hotel in Florida, #1 Best Hotel in Miami Beach, #1 Best Resort in Florida and #1 Best Resort in Miami Beach.

acqualinaresort.com

WHERE TO STAY... IN SOUTH BEACH

The Lennox

A trendy, modern boutique hotel overlooking the colourful streets of Miami Beach where Art Deco meets glam chic. It's ideally located, just a few steps away from the action, but the real reason we chose this hotel is because it literally had my son's name on it. And, we were very agreeably surprised. Rooms are tastefully decorated with handcrafted wood furnishings and cool bathrooms, the pool area has a zen meets Palm Springs vibe and the entrance comes with its own champagne dispenser machine. What else? There's a private beach club with full service provided, including chairs and towels for those who want to get a tan, and it's just a few minutes' walk to the buzzing Lincoln Avenue. But, if you're feeling too lazy to walk in the heat, the hotel even provides guests with complimentary golf buggy rides into town. A very practical and much appreciated perk! Don't miss dinner at the very swanky and beautiful Amalia restaurant. Mediterranean cuisine with Latin inspiration with fresh, seasonal foods of South Florida. Grab a table on the terrace, enjoy the sultry warm evening and indulge in delicious Italian burrata served with pickled aubergine and homemade Focaccia, creamy Fettuccine Alfredo or classic Angus steak and fries. The combination of the weather, food and glorious decor with its pink velvet seats and plantwall make for the perfect cosy evening.

lennoxmiamibeach.com



© lennoxhotel.



WHAT TO DO...

Take a Thriller SpeedBoat Tour

Embark on a high-speed boat ride aboard a powerful and specially designed speedboat to get your adrenaline pumping! Heading off through Biscayne Bay and to the Atlantic Ocean, the speedboat takes you on a thrilling ride, where you'll be hanging on by your fingertips! The kids loved it, the parents wondered about health and safety measures but it was definitely a lot of fun. It's also a great way to see the landmarks, the skyline and the celebrity houses from Star Island to Fisher Island, and catch a refreshing wave or two! The fun-loving captain and guide will give you some local history, gossip and fun anecdotes to go alongside the high-energy experience.

thrillermiami.com



Get Arty

Miami is well known for its artsy side, and there are several ways you can soak up some culture without it getting dull. First, take a drive through Wynwood and check out the impressive graffiti and street art which is visible on all the buildings that will connect with parents and kids alike.

thewynwoodwalls.com

Secondly, take a trip to Artechouse Miami where you can tour the exhibits. At the crossroads of art, science and technology, the immersive experiences were cool and unusual and captivating, putting you right at the centre of it all.

artechouse.com

Another one for the younger guests? The Museum of Illusions, fun for some 'trompe l'oeil' photography, but mind you visit on a quiet day or you'll spend a lot of time waiting for the family in front to do its thing.

miaillusions.com



Explore South Beach

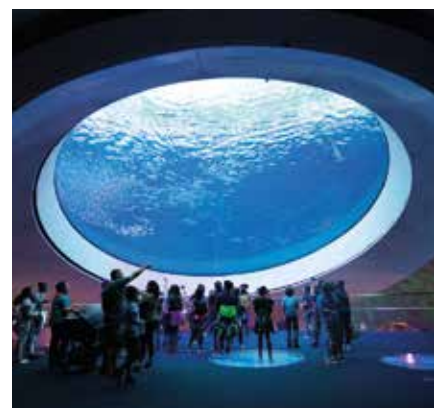
There's the iconic Ocean Drive, renowned for its beautiful art deco architecture and its pristine sandy beaches. Take a walk down lively Collins Avenue for a spot of shopping or simply sit down, enjoy some food at the News Cafe and people watch. This hotspot has been around since the 80's and is a real local institution. Opt for the Gianni Burger, named after legendary designer Gianni Versace, who used to be a regular, or try the very tasty grilled Mahi Mahi, a locally caught fish, served with melt-in-your-mouth creamy lemon risotto. Don't miss the house special dessert, the Tiramisu, which is actually made at the table. A feast of espresso, freshly whipped mascarpone and belgian dark chocolate, it's quite the experience! The chocolate layer cake with its smooth chocolate mousse, chocolate fudge buttercream frosting and chocolate sauce, as well as whipped cream and vanilla ice cream is also worth making the trip for!

newscafesouthbeach.com

Hit the Science Museum

The Phillip and Patricia Frost Museum of Science is a brilliant place to spend a few hours learning about weather, technology, the planets, conservation and more. Discover the planetarium, the aquarium and enjoy the hands-on 'experiments' available – from building paper planes the scientific way to petting friendly rays.

frostscience.org



Head out to the Everglades Alligator Farm

Definitely worth the drive out of town! The Everglades Alligator Farm is the perfect place to see the unique ecosystem of South Florida. Take an airboat tour (wear flipflops and be ready to get soaked!) and meet some gators. As well as the educational shows, you can get up close and personal to baby gators and feed the larger ones.

everglades.com

For more information [@VisitMiami](https://MiamiAndMiamiBeach.com)

6 MORE GOOD REASONS TO GO TO MIAMI

- **Miami Beach Polo World Cup**
April 19-21, 2024
- **Formula 1 Crypto.com Miami Grand Prix**
May 3-5, 2024
- **Copa America 2024 games**
June 23 & 29, 2024 and FINAL on July 14
- **Miami International Auto Show**
Aug 30-Sept 8, 2024
- **Miami Carnival** October 11-13, 2024
- **Taylor Swift Eras Tour**
October 18-20, 2024

WHAT ELSE? DISNEY OF COURSE!



WHERE TO STAY IN ORLANDO?

The Four Seasons, Orlando

If you should find yourself roped into doing the whole Disney thing, the only way to do it in style is to stay at the Four Seasons, Orlando. An antidote to the hectic crowds in the parks, it's a must.

Outside, the entire family will love the Lazy River where you can lay back on the inflatables and float down effortlessly. The second pool comes with a sloping palm tree fringed beach, where you can order tasty snacks ranging from BLTs to hotdogs and cheeseburgers served alongside cold jugs of ice water and cute candy box treats. There's also volleyball, water basketball, a full blown basketball court, tennis courts, and a gym to keep you busy. For a more relaxed approach, the super plush spa is just the spot to indulge in the Zen atmosphere and let yourself be massaged by Dana's magic hands. After daily Disney hikes, a massage is very welcome!

For dinner, head up to the Michelin starred restaurant, Capa on the 17th floor. Don't miss the New York Strip accompanied by Black Garlic Purée and an Argentinian Malbec. The Spanish gourmet Steakhouse is also a great spot to catch the nightly fireworks.

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avis.com



DOING DISNEY... 6 TOP TIPS

- **Genie Passes and Lightning Line passes.** Booked on the day of each park visit, first thing. Line passes cut waiting times down to five to 10 minutes making it totally worth it.
- **The App.** Log into the App as soon as you have your park tickets and schedule all your days, specifically booking restaurants, if you plan to sit down and take a break (which you will do).
- **Early Rides.** You can't book a ride until you've been on the one you've booked already, so book the first one early, and check availability as you go.
- **Food and Shopping.** A 15 to 20 minute drive away is the Vineland complex, which includes outlet mall shopping with brands like Gucci, Ralph Lauren, Nike and several other strip malls for discount shopping and restaurants like the Cheesecake Factory and the Outback Steakhouse. Our recommendation? The Kura Revolving Sushi Bar, where the service robot was much appreciated.
Kurasushi.com
- **Character Breakfasts.** To avoid more waiting in line to 'meet the stars', book the Goofy and Pals Character Breakfast at the Four Seasons. Not only is the food fantastic with a buffet, including everything from eggs to pancakes, muffins, and more, but the VIP characters Mickey, Minnie, and Goofy come to your table for a photo op and a little magic moment.
- **Comfortable shoes, plenty of water and sunscreen.** It's an easy 10-12km walk daily.
- **Crumble Cookies.** A life-changing experience with the best giant, gooey, warm chocolate chip cookies ever.



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FINE DINING

Restaurante Brilhante

A hidden treasure in the eclectic Cais do Sodré neighbourhood, Restaurante Brilhante is an invitation to elegance with its distinctive atmosphere of a French brasserie.

With impeccable and attentive service, Brilhante stands out thanks to the irreprehensible leadership of chef Luís Gaspar in the kitchen. The menu treads a refined path of classic French dishes and international cuisine. The beautiful mirrored bar unveils an innovative whiskey-based menu as well as a superior selection of wines. The interior of Brilhante is crimson and deep red, romantic and elegant. The imposing stone counter is the focus of the space, enveloping the central open kitchen and offering seats to watch as food is prepared. With its old world charm and delicious food, Brilhante is an experience for all the senses.

@restaurantebrilhante.pt



HEALTHY DINING

Black Trumpet

A fascinating look into the world of mushrooms, Black Trumpet is a vibrant new hub in the heart of Santos offering down-to-earth delicious gastronomy where the mushroom takes centre stage in all parts of the food, cocktail and coffee menu. The restaurant champions genuine meals crafted from authentic, locally sourced ingredients and pairs mushrooms with seasonal vegetables, meat and fish. Black Trumpet is a community hub which hosts workshops, mushroom tastings, foraging expeditions, and screenings. It also serves as a ground for experimentation for talented musicians and artists from all over the world. The intricate musical curation contributes to the bohemian and sensual atmosphere that is found in this beautiful and unique venue.

@blacktrumpetlisboa

What's Hot in Lisbon

By Taryn King, local expat and
WHEREVER columnist.



BRUNCH AND DESSERT

Quest

A seasoned pastry chef teams up with two expert baristas to open Quest, the latest hot spot on the Lisbon brunch scene. Located near the bustling Rua de São Paulo, Quest is a space dedicated to the concept of brunch all day. The menu features classic breakfast dishes done with Quest style as well as a wide selection of signature drinks and speciality coffee prepared by experienced baristas. However, the best part about Quest is, without a doubt, the desserts. Their specialist dessert menu, featuring dishes like malva pudding and chocolate fondant cake with matcha ganache filling, has been created by pastry chef, Hendrik Pretorius and all desserts are made fresh daily.

@quest_lx



FITNESS BOUTIQUE

Amplify

Amplify is more than a gym, it is a boutique fitness studio centred around an inclusive community who believe in practice, not perfection. After the huge success of the first Amplify in Marquês de Pombal, the second space was launched in Santos. The new location boasts three rooms with an immersive sound system, a Boost Bar and a community space for workshops and events. There are four modalities offered at Amplify - cycling, bootcamp, yoga and barre. Classes offer a combination of strength, cardio and stretching. The design of the studios and changing rooms is elegant, modern and welcoming. Amplify have succeeded in making fitness accessible and fun for everyone, building a strong community who share the same philosophy.

@amplifylisbon



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be is where you
belong...*

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 wherevermags.com

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Surf

My favourite beach to surf is Amoreira beach on the Costa Vicentina. There is nothing like an early morning surf to start the day and feel blown away by the beauty of the Ocean and rugged coastline. This area is known as “the little California of Europe”. Amoreira beach also offers a beautiful river where I love to swim all year round. Spotting dolphins while surfing is the most amazing experience...



Hikes

The Costa Vicentina is blessed with amazing hiking trails alongside majestic cliffs and pristine beaches. I have a few secret spots where I like to go to be alone in nature. The hike between the beach of Carrapateira and Arrifana beach is a spectacular one. All year round, hikers from all over come here to enjoy the trail. Best avoid the summer months though, because of the heat.



My Aljezur

Stephanie Huchet is a part consultant, part artist, part entrepreneur based in Western Algarve.

@surfshanti_

A keen surfer and sailor, I live in Aljezur with my Australian partner. I travelled extensively to explore remote areas of SE Asia, Indonesia, Australia, France and beyond. This curiosity has taken me on a journey of reaching many different paths over the years. Today, I work in luxury hospitality management and more recently as an interior designer. I'm passionate about the Ocean and anything that is chic, sophisticated and vintage.

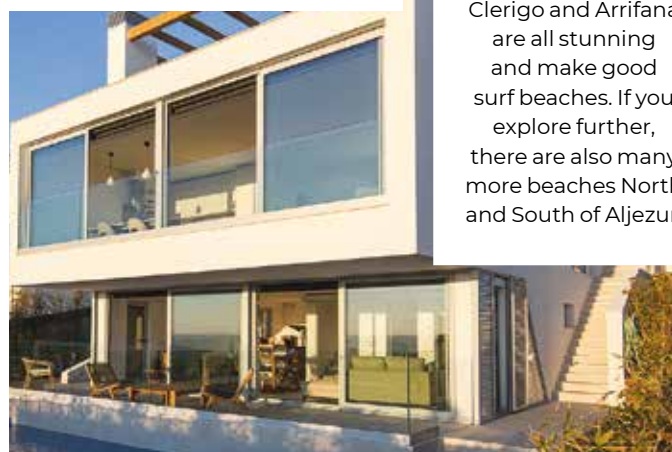


Beaches

We are blessed with many gorgeous beaches around here. Odeceixe, Amoreira, Monte Clerigo and Arrifana are all stunning and make good surf beaches. If you explore further, there are also many more beaches North and South of Aljezur.

Eat

I love Portuguese food, especially fish and to eat at the local restaurants at Monte Clerigo beach. O Sargo is a favourite one and so is Zé. For breakfast, A Rede is a good option. The West Algarve is famous for the seafood and especially the “percebes”. A great option for seafood lovers is O Paolo at Arrifana beach.



Stay

My partner and I have created two bespoke accommodations in the area. Surf Shanti bespoke lodgings, inspired by quintessential coastal style. A luxury contemporary villa with Ocean views at Monte Clerigo beach and a beautiful cottage in the historical town of Aljezur. All year round, we welcome discerning guests from all over the world. We are also open to home swaps in surfing locations. The West Coast Algarve is now popular with North Americans with new direct flights from New York and Toronto to Faro!

Business Listings

Whether you're looking for a cosy coffee shop, a great meal out or a pet hotel – find all your expat friendly businesses here!

Restaurants & Cafes



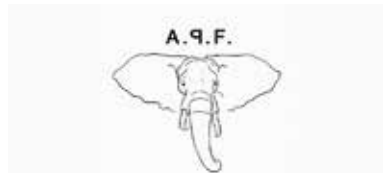
The Albatroz Restaurant offers signature dishes presented by Chef Frédéric Breitenbucher, created with a fusion of Portuguese and French cuisine. In the Restaurant, you will find two privileged dining spaces with a panoramic view over the Bay of Cascais.

T +351 21484 73 80
E info@thealbatrozcollection.com
W thealbatrozcollection.com



A beautiful cafe space situated in the heart of Cascais's most famous park. Proceeds support the AJU Foundation- a non-profit serving the most marginalised in the community.

Parque Marechal Carmona, Cascais
T +351 214 821 442
E ajusera@gmail.com
W www.ajusera.com



A.P.F. is a neighbourhood focused, casual cafe restaurant. Our menu is coastal-international focus on fresh, local all day cuisine paired with great coffee or natural wine. We take pride in our seasonal menu-vegan, vegetarian, gluten-free option.

Rua das Trinas 67 A, Lisboa
T +351 917 736 754
E apfl.contact@gmail.com
FB @apflisbon
I @apflisbon



Gastronomic restaurant in the historic centre of Cascais. Organic sustainable cuisine that serves beautiful dishes for fish, vegetarian, vegan and meat lovers.

Tv. do Poço Novo 16A, 2750-469 Cascais
T +351 21 901 6254
W bubbles-and-bites.business.site
I @bubblesandbites.pt



A tropical haven with a great terrace in the heart of Príncipe Real, where you can taste the best natural Portuguese wines, curated cocktails, organic beers and healthy fusion food. "Your home away from home" or "your office away from the office"!

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Lisboa 1250-096
T +351 912 051 978
E info@casa-cabana.com
W casa-cabana.com
I @casacabanalisboa

COPENHAGEN COFFEE LAB

Copenhagen Coffee Lab has 35 coffee shops located in Lisbon, Côte d'Azur, Hamburg & Ruhr. Their Danish coffee roastery and local bakeries supply their shops with baked goods and coffee.

Praça das Flores - R. Nova da Piedade, 10
Cais do Sodré - R. São Paulo, 62
Baixa - Rua de Santa Justa, 14
Estrela - Av. Álvares Cabral, 13
Alcântara - R. Prior do Crato, 1
Alfama - Escolas Gerais, 34
Feira da Ladra - Campo de Santa Clara, 136



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