

WHEREVER

the magazine for expats everywhere

Algarve Edition
Spring 2025

THE WELLBEING ISSUE

Softly Stiles

Jason Vale on Juicing

Supermodel Secrets

Wellbeing **Trends**

Meet the **Pros**

10

Feel Good
Escapes

At Bob Dylan's

Bangkok City Break

My **Bali**

INTERNATIONAL
SCHOOLS GUIDE

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Hello Algarve!

When Spring is in the air, WHEREVER has wellbeing on the mind. Whether it's physical fitness, mental health or general wellbeing this feels like the right moment to think about it.

We're all too busy to make the time, until our wellbeing takes a hit. With kids, a busy business and an attempt at a social life, I'm guilty of ignoring my own needs too. So, it's time to shine a light on wellbeing in general. It's a vast topic with so many angles, and fascinating facets. For me, it's been mineral baths, meditation, and a spa visit in an effort to do better.

For this issue, we've connected with some global trailblazers, including Yoga legend Tara Stiles and supermodel Jason Morgan, not to mention our very own local Wellbeing pros. We've explored Matcha, decoded Ozempic, and uncovered this year's hottest trends. We've also caught up with Jason Vale who's bringing his Juicy Oasis to the Algarve soon.

Education is also in focus with our annual Schools Guide, featuring news from top international schools like Nobel, United Lisbon, The Lisboan, Greene's, and San Antonio.

For travel inspiration, we're yachting along the Amalfi Coast, exploring Bangkok, and hearing from expats in Valencia and Bali. Plus, our Top Escapes section is packed with getaway ideas...

Our beloved columnists return, alongside the Social SEEN and a new At Home With... by Jim Van Hek.

Here's to a vibrant, happy and healthy Spring and beyond!

Be well,



Rowena Carr-Allinson
Editor in Chief
WHEREVER Magazines



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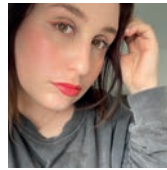

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Contributors



Known as the Juice Master, **Jason Vale** has sold over 6 million books, made a movie, built a health retreat or two and been on a mission to Juice The World for over 20 years! He asks to Juice or not to Juice? For this wellbeing issue.

 @jasonvale



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



Adam Edwards is an award-winning journalist and regular Telegraph contributor. He started his career interviewing South African politicians for The Big Issue in Cape Town, and has interviewed everyone from Pamela Anderson to Samuel L Jackson for The Sunday Times Travel Magazine. He talked to Armani underwear model Jason Morgan about his health and fitness secrets, and why he never eats before 6pm.



Born in New Zealand, **Rebecca Whitlocke** is based on the French Riviera. She specialises in marketing for superyacht and luxury companies, and her articles published in 15 countries bring destinations and brands to life with a luxury twist.

 @antibesyachting



Fashion planner **Taryn King**, turned freelance writer for various lifestyle and travel brands. Wife and mom of three from South Africa living a European adventure as an expat in Lisbon.

Taryn is passionate about books, travel, good coffee and sharing stories about family life as a foreigner in a new country.

 @tarynleeking



Maayan & Gal are all about supporting and coaching for women abroad.

Helping expats with daily challenges, the sisters guide their clients emotionally and mentally to become their better selves with positive psychology and mentoring.

 @smoozitive



Raoul Ruiz Martinez is the Founder of RZ Financial Planning, responsible for the performance of holistic Private Office services, working closely with RZFP premium clients. Raoul has 20 years of experience bringing bespoke solutions to individuals and families relocating from across the globe.

 @raoulruizmartinez



Alison Emerick is an American photographer, writer, and accidental expat navigating life abroad with two small children. She shares insights on family travel, expat life and parenting abroad through her Instagram and Youtube channel. This year she's moving her family from Bali to Portugal to embark on a new European Adventure.

 @semicuratedlife



American expat in London for 25 years, **Jerramy Fine** was raised by hippies in Colorado. 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. Her new novel, *Royal Resistance*, is out this summer.

 @missjfine

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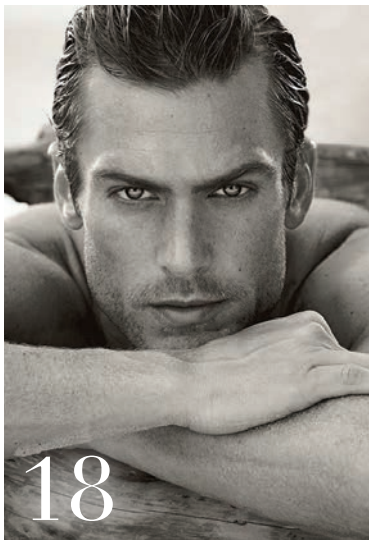
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Taycan models (WLTP). Electricity consumption combined: 22.0 – 16.7 kWh/100km. Combined CO2 emissions: 0 g/km.

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10 Hot Wellness Escapes

Looking for the perfect place to unwind? Here's some inspiration for luxurious escapes where you can enjoy 'me' time, your way – whether it's pure relaxation, an energizing fitness retreat, or a complete mind, body, and spirit reset.

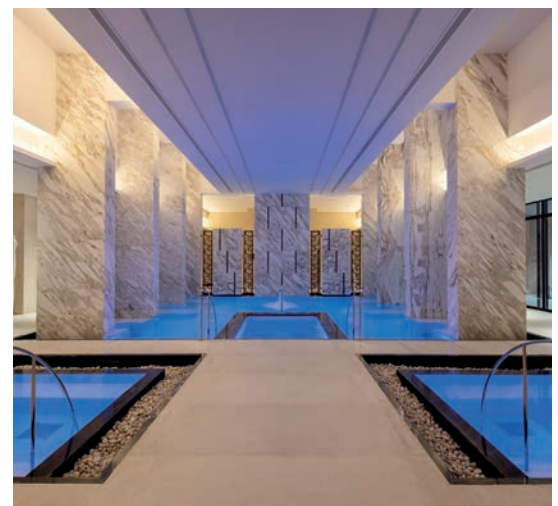


Zulal Wellness Resort by Chiva-Som, Qatar

Zulal Wellness Resort by Chiva-Som, the Middle East's first full-immersion wellbeing destination, has launched the Therapeutic Cleanse Retreat for those looking to fine-tune their diet or embrace a transformation. Rooted in Traditional Arabic and Islamic Medicine (TAIM), this tailored retreat at adults-only Zulal Serenity helps guests restore digestive and metabolic balance through a holistic approach.

Following TAIM principles, health is seen as harmony between the four humours – phlegm, blood, yellow and black bile – and six key lifestyle factors, including diet, movement, sleep, and mental clarity. Guests experience a fully personalised programme and cleansing diet, designed to rebalance the body and sustain long-term health. Available in three- to 14-night stays, the retreat offers a guided journey toward nourishing foods and overall well-being.

www.chivasom.com/en/zulal

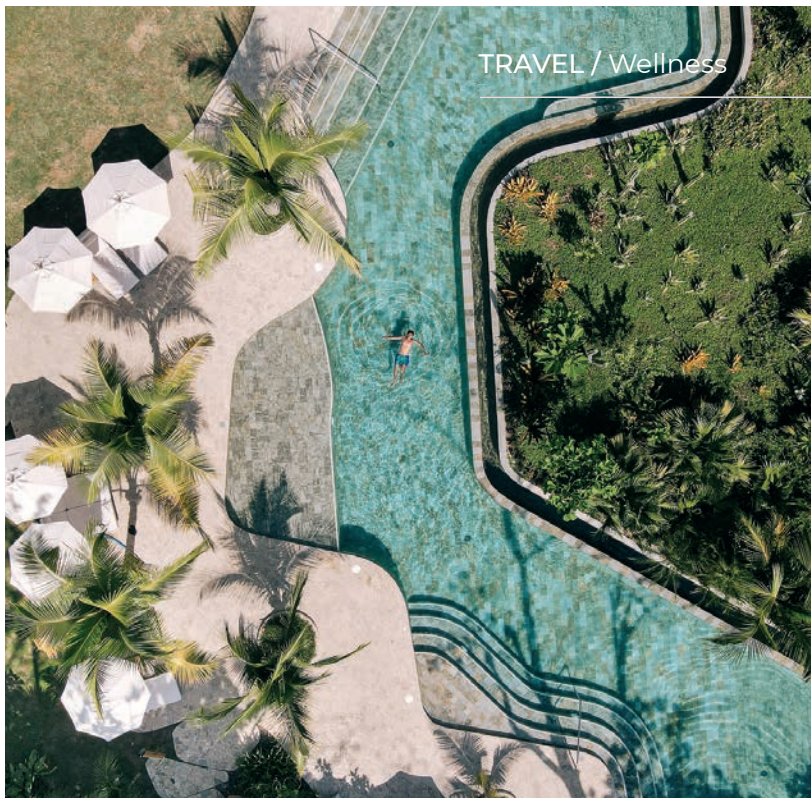


Hotel Nantipa, Costa Rica

Nantipa is located in one of the world's five blue zones and is the ultimate be-and-not-be-seen destination known for its relaxed luxury surf and yoga vibe.

Its acclaimed restaurant Manzu – where diners enjoy local delicacies with their toes in the sand – is also known as one of the best locations in Santa to soak in the legendary sunsets. During the day guests can while away their time swinging in the hammock by their private plunge pool or enjoying one of a variety of yoga classes in their new community yoga Shala. Local activities include boat trips to fish or simply explore the surrounding coastline, beach horse riding, waterfall swims, a visit to a traditional Tico farm and, of course, surfing with waves suitable for any level from beginner to pro.

www.nantipa.com



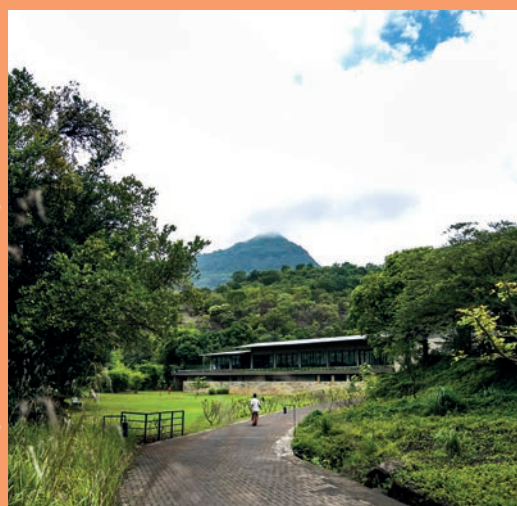
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Dharana at Shillim, India

Specialising in conflict resolution and reconnection with nature, Dharana combines ancient Ayurvedic wisdom and practice with cutting-edge science to put together personalised programmes according to each guest's needs. It is one of the most special, magical places offering experiences with awesome wildlife, nature, people and healing. With the current state of the world, there has never been a more important time to focus on conflict resolution and sustainable life management.

As well as a range of wellness programmes that range from weight loss to longevity, there are 17 treatment rooms, a meditation cave (the location for which has been chosen due to the geothermal energy in that exact spot), daily yoga and delicious Ayurvedic cuisine.

www.dharanaretreat.com



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Curtain Bluff, Antigua

One of the Caribbean's most iconic luxury resorts, this five-star sanctuary offers guests the highest level of service and a true taste of life in Antigua. One of the only Relais & Chateaux properties in the Caribbean, the boutique, family-owned property has 72 luxurious rooms – all with oceanfront views – and endless amenities, including two locally-inspired restaurants, tennis courts with access to on-site pros and a luxury spa.

The newly expanded wellness area has further elevated its health and wellness offerings (state-of-the-art tennis, pickleball and watersports facilities) and an area exclusively available for adults. The Spa features four treatment rooms, a luxurious cliffside soaking tub and freshly brewed teas made from herbs picked from the garden.

www.curtainbluff.com



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Ananda, Himalayas, India

A premier holistic wellness retreat, it is perched above the spiritual town of Rishikesh. Known for its Ayurvedic and therapeutic offerings, Ananda's Sleep Enhancement Program helps improve sleep quality through lifestyle adjustments, dietary corrections, Ayurveda therapies, and Traditional Chinese Medicine. The program restores emotional and metabolic balance, calms the nerves, and revitalises energy levels under the guidance of expert physicians, yogis, and healers.

Housed on the 100-acre Maharaja of Tehri-Garhwal estate, Ananda combines regal charm with modern wellness. Its 25,000 sq. ft. centre includes therapy rooms, open-air yoga and meditation pavilions, an outdoor pool, and a physiotherapy centre. Signature programs address stress, longevity, menopause, and more, promoting holistic health and self-discovery.

www.anandaspa.com



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LUX* Grand Baie, Mauritius

Home to the Indian Ocean's first-ever outdoor rooftop wellness experience, including the Muscle Up on the Roof with its two 30-metre Olympic-standard running tracks and a MyBeast Functional Fitness Frame. The space is also home to a Hiyama Yoga studio and Technogym Group Cycle Studio. LUX* Me Fitness offers a unique balance of indoor and outdoor wellness experiences.

Pairing cutting-edge technology with ancient techniques, LUX* Me Spa offers mindful wellness programmes, which combine healing signature treatments with an array of immersive thermal concepts from hydrotherapy to Turkish Hammam. The Grounding with Nature, Embracing Change Becoming Flow and Effortless Balance programmes aim to match guests' energy to air, fire, and earth, to nourish the needs of the body and mind.

www.luxresorts.com

Avani+ Khao Lak Resort, Thailand

Nestled amidst the lush beauty of Khao Lak, Phang Nga, this idyllic is the perfect escape. With a focus on wellness and rejuvenation, the resort offers a relaxing getaway. Guests can spend their time lounging by the pool, a tropical oasis with views of the sparkling Andaman Sea. Avani+ Khao Lak Resort boasts a world-class spa with an extensive menu of over 60 pampering treatments.

The resort's signature restaurant, The Beach House, offers sophisticated local cuisine, complemented by a mocktail menu inspired by the tropical landscape.

www.avanihotels.com



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Nirjhara, Bali

Sustainable hideaway, Nirjhara, is located in Kedungu on Bali's southwest coast and has been artfully designed around the spectacular cascading waterfall, after which it is named. Blending seamlessly into nature, the property offers guests a secluded and environmentally conscious haven, just a stone's throw from the island's volcanic sand beaches and must-see Tanah Lot Temple.

Visitors to Nirjhara can expect a host of spiritual wellness activities, including all-day off-property blessing ceremonies and an extensive list of mindful offerings, such as sunrise surfing, sunset horse riding and rice-paddy trekking.

www.nirjhara.com



© NIRJHARA

Sha Wellness, Mexico

Rising above the Mayan jungle and overlooking the turquoise Caribbean Sea, SHA Mexico invites guests on a transformative journey of self-discovery and optimal health. Offering four personalised health programmes, the retreat blends cutting-edge wellness with ancient traditions.

The wellness clinic, set off the coast near the largest coral reef in the Americas, provides a unique opportunity to immerse in nature's healing benefits. The spa features an array of holistic therapies, including the Temazcal ritual, an ancestral steam bath used by pre-Hispanic cultures to purify the body and mind. Guests can also indulge in hydrotherapy circuits, therapeutic massages, and energy-balancing treatments, all designed to restore inner harmony while surrounded by breathtaking natural beauty.

www.shawellness.com



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Soneva Secret, The Maldives

Soneva unveils Soneva Secret, a 30-year vision set in the Maldives' remote Haa Dhaalu atoll, offering ultimate privacy and bespoke wellness. With just 14 exclusive villas, including lagoon Crusoe Villas accessible only by boat and the Maldives' first floating villa, The Castaway (opening 2025), guests experience unparalleled seclusion.

Each villa comes with a Barefoot Guardian, Barefoot Assistant, and private chef, curating tailored wellness journeys. From holistic spa therapies and guided meditation to ocean-inspired healing rituals, guests can restore balance amid nature. Soneva Secret also offers nutritionally focused gourmet dining, sunrise yoga, deep-sea snorkelling with manta rays, and wellness-focused experiences like sound healing and Ayurvedic treatments. A Secret Day itinerary ensures a truly personalised rejuvenation retreat.

www.soneva.com



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YOGA STAR

NYC based Tara Stiles is the founder of Strala Yoga, practiced all around the world. She is also an author and was dubbed “the coolest yoga instructor ever” by Vanity Fair. WHEREVER meets the legend.



grew up in a small town in Illinois and spent a lot of my time dancing and hanging around in the woods. I like to call my folks “straight edge” hippies, so we were doing the yoga lifestyle things, but they were very common sense about it.

We didn’t buy a lot of new things, grew a lot of veggies, recycled and reused, that kind of thing. They taught me by example that everyone is important, so I grew up with a bit of a fight to stand up for those treated unfairly. I didn’t realise all this yoga lifestyle until later, of course. As a teen, my ballet teacher introduced our group to yoga, and that was the first time I had experienced a yoga class. The teacher was just sitting there in front of the room, happy for no reason. I wanted the quality he had and quickly wondered why yoga, since it’s so great, isn’t everywhere. That second feeling is the one that brought me to my passion to learn and share yoga, and move the practice away from rigidity and dogma to something that feels natural and comfortable for people. That little injustice spark is always there in me.

Strala Yoga is a community of thousands of guides around the world leading yoga and wellbeing practices in this way of softness and ease. Turns out I’m not the only one with the injustice spark. I’ve written a bunch of books about wellbeing, the next one coming is Living Softly. We offer in-person and online classes, workshops, training, and retreats. I spend each day practising with everyone on the Strala Yoga app and travel often for in-person events.

Any key turning points in your life?

When I met Deepak Chopra and he asked me to be his personal yoga teacher for him and his wife Rita. He was so generous to me and introduced me to so many people for more opportunities. He opened doors for me and was a great example of how to be generous to others you believe in.

Lessons learned?

When you have an idea, don’t waste any time, start doing it.

Change is good, natural and healthy. Things shouldn’t stay the same forever. As you

“LIVING SOFTLY – BE MOVEABLE SO YOU CAN BE MOVED”



progress, notice how you feel about what you are doing and make changes along the way.

Any “wellbeing” tips or hacks for today’s stressed-out life?

Slow down. Everyone is busy, and everything needs to get done but rushing in your mind only leads to panic. When things are easy, take a moment to soften and watch your breath move you so when things are hard, you have the ability to see your way through.

Any advice for anyone wanting to follow in your footsteps?

Make your goal to improve at what you aim to share. If you want to help people, there are people to help everywhere. Don’t wait for some ideal situation to ask you. Start sharing with the people in your community.

What’s the next ‘big thing’ in the wellbeing world?

Softness.

What’s next?

I’m headed to London in March for some workshops, then leading a writing and yoga retreat upstate NY in May, then an Iceland retreat in June, 200+Hour training upstate NY in September, Berlin intensive in November, and online classes with the Strala Yoga app every day. Oh, and my new book, Living Softly, is coming in 2026.

In another life, I would have been...

I wanted to be a nun in kindergarten. Maybe that would have been interesting?

Favourite /most used emoji?

The original red heart.”

Follow [@tarastiles](#)



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STAY AT THE NEW ALTIS PORTO HOTEL FOR HISTORIC COSMOPOLITAN EXPERIENCE.

Nestled in the heart of Oporto, overlooking the Douro River, the new Altis Porto Hotel is a delightful combination of the historic charm of the past and the current cosmopolitan life. On the top, you will find the heated outdoor swimming pool, "hanging" over the treetops.

Inside, 95 rooms are divided into several categories with wonderful details, such as the amenities from the Portuguese brand Benamôr, or the prestigious Clarins. Each room has a beautiful view over the courtyard, garden, or river. Of the 95 rooms, 7 are suites, and two feature Hästens's beds and a jacuzzi.

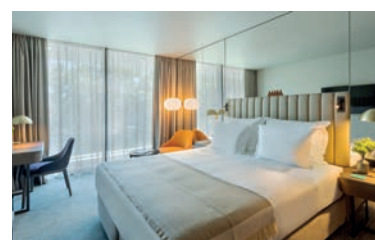
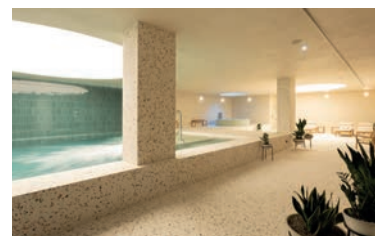
For a perfect moment, you can slip into the bathrobe and find your way to the relaxing Mandalay spa. Gastronomy is a must. Led by Chef Rafaela Ferreira, the Exuberante Restaurant focuses on local, organic, and seasonal ingredients, putting vegetables in the spotlight with enormous creativity.

When entering the restaurant you will find Slowly Bar, with a funky cocktail menu inspired by iconic Oporto locations.

All this comes together in Nutrition and Detox programmes, developed in collaboration with a nutritionist. It is a challenge to make you stop and help your body and mind find better ways to have a healthier routine.

What is the name of the hotel's restaurant?

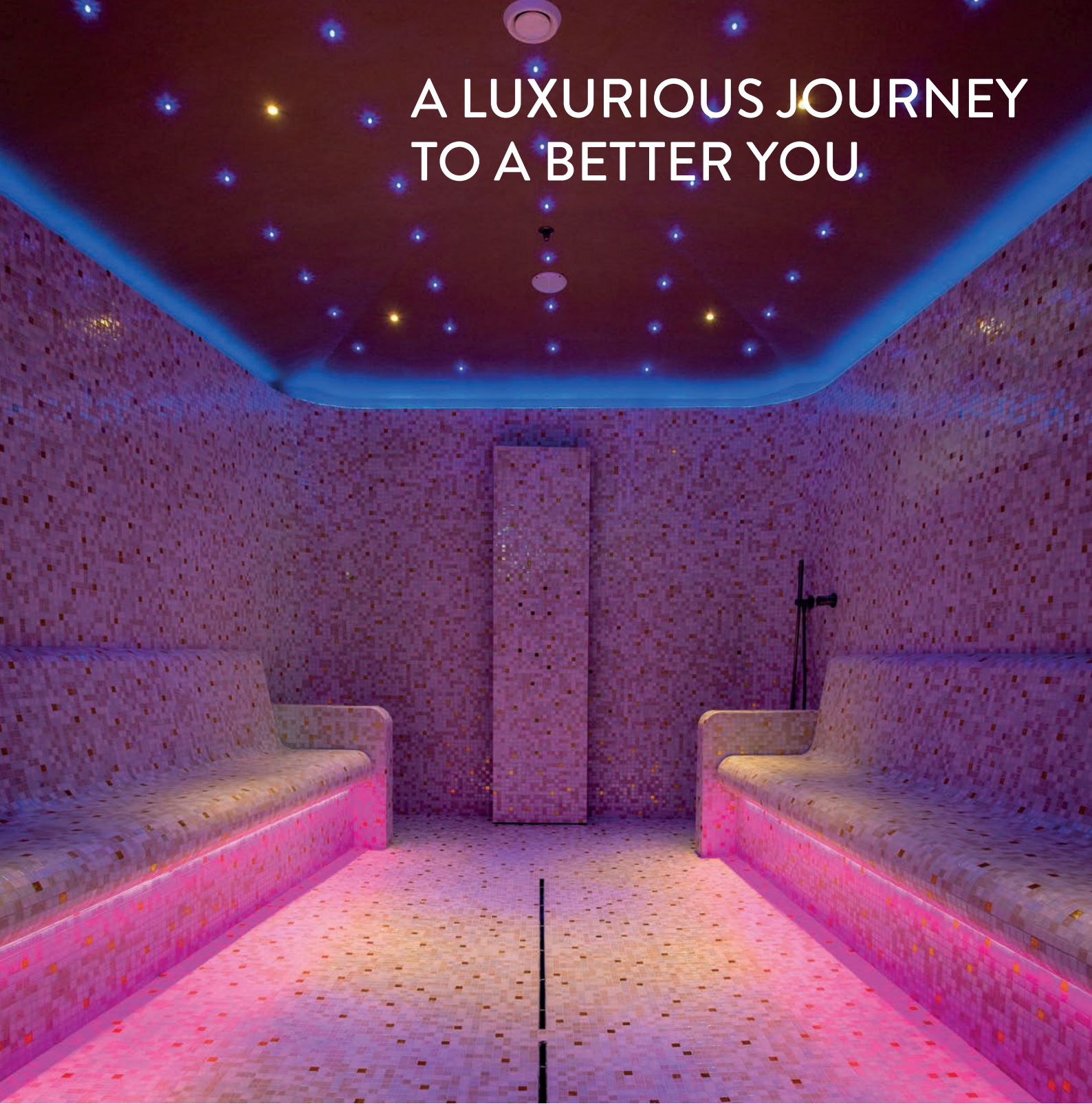
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Supermodel Secrets

US supermodel Jason Morgan has appeared on every major magazine's front cover from GQ to Men's Health. Now 45, the former Armani underwear star and face of its Acqua di Gio fragrance speaks to Adam Edwards for WHEREVER about what it takes to stay shoot-ready at any age.

Diet becomes super important as you get older. Your metabolism slows down, and, for me, that was my biggest thing. That really started in my early 20s. I have an athletic background – I played hockey in college – and you don't worry about your appearance as much as you do getting faster and stronger. So I was eating a lot of calories and not worrying about it.

When I started modelling, I was still eating like I was playing hockey, and I was told I needed to lose weight. Basically, they told me I was fat. The first time you hear that, it is shocking. So, I really focused on burning fat, upping cardio, and calorie restriction. I used to eat eight meals a day. You have to kind of re-wire your brain because everyone loves to eat. So, I started fasting before it was really even a thing. I still do it now. I don't eat until 5pm or 6pm most days. Fasting worked for me. It was easier to just have the mindset that I'm not eating until 5pm or 6pm, so I'm not tempted to eat, and eventually, my body got used to it. I eat 80% protein – eggs, beef, fish, beans, peas – and I'll have some vegetables once in a while, but I basically eat the same things over and over. I

simplified my diet to just a handful of whole foods. Cutting carbs and sugar is really hard at first. Last night, I had chilli with beef and beans. I'm so used to it, I don't miss junk food anymore.

It takes about a month or two to get used to eating the same things all the time, but after that, it's very easy. When you go off and eat something different, like a pizza, you really do feel like sh-t the next day. And I do that quite a bit! As much as you enjoy it, the next day, you feel sluggish, have brain fog and inflammation, and your body aches. So, it's really easy for me to get back on track with healthy eating.

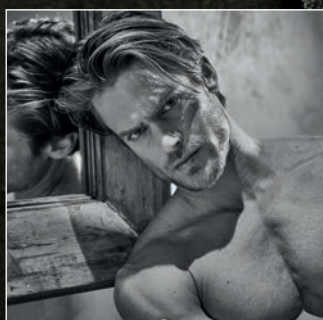
I was lifting heavy when I was younger and benching 225 pounds (100kg). I was really strong. But since modelling, I switched my workouts to higher reps and lower weights. I started upping cardio more, and I started to run. Upping the reps and dropping the amount of weight you bench or squat gives you a longer, leaner look.

I was already stretching a lot as I was a goalie, as goalies have to be pretty flexible. I then started doing more intense stretching and that really changed my body. I'm always trying

different workouts, like HIIT training. P90X was really good for me, too. It was an old workout that emphasised muscle confusion and doing a bit of everything (cardio, strength training, yoga, plyometrics). You've got to be creative with your workouts. I also do a lot of bodyweight exercises. The great thing about bodyweight exercise is you can do push-ups anywhere, especially while travelling. I do a ton of core workouts. Instead of lifting, I will do half an hour of bridges, Pilates-style movements, and Russian twists. Anything you can think of for an abs workout. Then, maybe 40 minutes of strength training and an hour of cardio will be needed. I really like the mental clarity you get from cardio. You go into an almost meditative state when you're running. And it really helps with mental health, too. I'm constantly listening to music and podcasts to help me focus.

If I'm training for an underwear shoot, I do three hours of core work, cardio, and saunas daily. You also have to really tighten up the diet when you get that call. You've got to dedicate a good two and a half hours a day to be in that shape, or the shape I'm in now, which may not be realistic for people with jobs and families.

“People say they want abs like a cover model, or Cristiano Ronaldo, but they don’t realise that he’s probably doing four hours of exercise a day.”



I don’t know too many guys in their 40s who have a really low body fat percentage and a lot of muscle. Some people are just skinny naturally, but they’re not going to have muscle. It takes a lot of hard work. I don’t do push-ups before shoots. I know most male models do, but there’s been a lot of times I’ve been told I’m “too muscular” or “too big”. I’m just who I am.

Professional lighting is a huge part of it, but when you see someone who’s really ripped, you can see their abs. It’s not just lighting.

Guys don’t stretch enough. Especially guys who lift. Their posture is bad, and they’re working the “mirror muscles” without working the little muscles that hold your shoulders back. Everything is



out of whack, so you end up looking like a Neanderthal with hunched shoulders. Aesthetically, it’s horrible. So I would say lifting too much weight, not paying attention to your form and not stretching are the worst things you can do in the gym.

Living in Miami has proven really important for my health. Some people are just made to live in warmer places, and I’m one of them. People used to say to me, “You’re gonna get wrinkles”, and I just didn’t care. I’d say, “I’ll worry about that when I get older”. You may as well look tanned and sexy while you’re young! Now, there are all these health gurus saying how important it is to get sun exposure. I don’t know what to think. All I know is I feel better, and I look better when I spend a bit of time in the sun.”



To Juice or Not to Juice?

Jason Vale, also known as The Juice Master, is an English author, motivational speaker, and lifestyle coach who has been devising juice and blend plans for over two decades. He tells WHEREVER why it's the key to a healthy lifestyle.

Over the years, I have received tens of thousands of testimonials from people all over the world, for whom juicing has had a dramatic, positive effect on their weight and health conditions. People who are not only extremely pleasantly surprised by the sheer amount of weight they've dropped on a plan but how it then catapulted them into making healthy changes for life.

I have seen people go on to lose over 150lbs (68 kilos) after an initial seven-day plan. I have also seen people cut down on certain medications, and, in many cases, stop taking them altogether. I have witnessed first-hand – thousands of times – how people sleep better, have more mental clarity, more energy and just more fire in their belly.

If you're in a bad eating and drinking rut and don't seem to be able to climb out, it doesn't matter if you're a juice virgin or a juice veteran; my Juice & Blend 7-Day Reset will help to get you out. I realise that's a bold statement, but I haven't just arrived at the juice diet gates. I have been doing them and devising them longer than anyone I know, and they work for the vast, vast majority of people. Well, they work if you actually complete them, that is!

My mission is not only to lay the plan out for you, but to get you mentally and physically prepared, so you complete it.

The book is accompanied by an app for the plan, and the most common feedback I get, aside from significant weight loss and how good people feel at the end, is about how easy the plan is to follow. Not only because you don't ever feel uncomfortably hungry, but also because you don't have to clean your juicer as much. This, if you've never done a juice plan, is a big deal.

The new Juice & Blend 7-Day Reset is made up of 50% juices and 50% blends which is why – in my humble juicy opinion – it's the perfect balance of macronutrient blends and micronutrient-rich juices.

“I have yet to find anything as effective for safe, rapid weight loss and overall good health in general.”

The blends, for every morning and evening, are rich in plant proteins, fats and carbohydrates (macronutrients). Fats and proteins help to regulate appetite, so they will keep you nicely satisfied and fuller for longer. They will also help to keep energy levels up throughout the plan.

The juices consumed during the day are micronutrient-rich (vitamins, minerals and plant compounds). Both the blends and juices contain macro and micronutrients. However, blends are richer in macronutrients, and the juices are richer in the micronutrient side of nutritional life.”



His latest book **Juice & Blend** turns his twenty years of experience into a revolutionary 7-day plan.

In addition to his plans, Jason also runs Juicy retreats at the Juicy Oasis in Castelo Branco, Portugal as well as in Muğla, Turkey and soon opening near the Spanish border in the Algarve!

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



Wellbeing Professionals

WHEREVER brings you the faces of the Algarve's wellness industry.



Maja Tworska, Founder of The Fit Life Pilates Studio, Classical Pilates Teacher, Clinical Personal Trainer, Val de Lobo

Maja has been living in the Algarve for 6 years and specialises in classical mat & apparatus Pilates, contemporary and clinical Pilates, clinical training (injuries, health conditions), myofascial training, pre and post natal training, functional training, dance, youth fitness, clinical and sport nutrition. She loves teaching clients how important the mind & body connection is and how much they can achieve by learning to move correctly, listening to their bodies and slowly pushing the boundaries. With 10 years of professional experience, but involved in sports since childhood, she is also a long distance and mountain amateur runner. She loves a challenge, from Hyrox to mountain climbing and off-road cycling. She also loves travelling and cooking. [@tfl_pilates](#) www.thefitlifealgarve.com

Randi Levinson, Psychotherapist, MFT, CCS, Loulé

Randi Levinson is a seasoned therapist, addiction recovery coach, and visiting professor specializing in couples therapy. With a background in Marriage and Family Therapy and certification in addiction counseling, Randi has dedicated her career to fostering emotional well-being and healthy relationships. She is the creator of Respect to Connect Therapy, a transformative model for couples, and serves as a strategic advisor for an addiction startup in Los Angeles. As the founder of Algarve Recovery, a boutique addiction recovery center opening in Portugal in 2026, Randi combines expertise with compassion to guide individuals and families toward healing. Her holistic approach emphasizes resilience, connection, and lasting personal growth. [@randilevinson](#) www.randilevinson.com

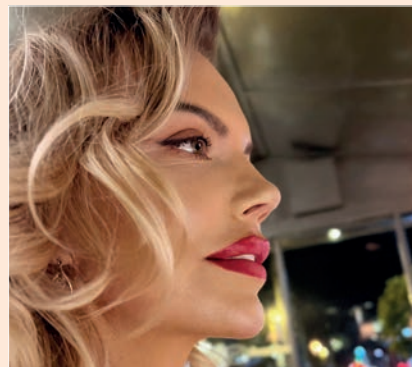


Jim Van Hek, Hairdresser, Almancil

With a passion for precision and extraordinary creative flair, Jim offers one-on-one hair experiences tailored exclusively for you in his studio in the heart of Almancil. His talent for blending artistry with technical skill has earned him a loyal following of both local residents and international visitors. Many plan their visits to the Algarve around an appointment with Jim, ensuring their hair is styled to perfection. Also available for on-location work, Jim brings his signature touch to portfolio photoshoots and personal styling sessions-perfect for updating your business profile or social media. Ready for your next hair transformation? www.jims.pt

Dr. Anna-Amelia Szewczyk, Founder of Amillion Group, Vilamoura

Born in Poland in 1980, Dr. Anna-Amelia Szewczyk is a Trailblazer in Aesthetic Medicine and has built an inspiring career in aesthetic medicine and wellness. A former weightlifting champion, her resilience and dedication have defined her journey. As the founder and CEO of Amillion Group, encompassing Amillion Clinic, Amillion Pharma, and Dr. Amelia Academy, she integrates cutting-edge technology with patient-centered care. Her clinics in Portugal and Ireland are renowned for excellence, while her Academy trains global professionals with innovative techniques, including AI applications. Known for her transformative Aesthetic Mastery Retreats, Dr. Szewczyk empowers clients and practitioners alike, embodying a passion for innovation and beauty. [@dr.ameliaszewczyk](#) www.amillionclinic.com





Karelle Laurent, Functional Nutrition Therapist, Loulé

Karelle is a registered Functional Nutrition Therapist based in Portugal, helping people improve their health and find balance with personalised nutrition and wellness support. She works online with clients worldwide and sees clients in her clinic. Specialising in gut health, women's wellness, and fuelling active lifestyles. Karelle combines her personal journey and clinical experience to help clients get lasting results and feel like themselves again. She also co-hosts Cycling, Nutrition & Wellness Retreats in Portugal, giving guests the chance to recharge, focus on their health, and make positive changes in a relaxed and supportive environment. Whether in the Algarve or beyond, Karelle is ready to support your journey to wellness. [@karellelaurentnutrition](https://www.karellelaurentnutrition.com) www.karellelaurentnutrition.com

Erika Harding, Skincare, Massage & Holistic Therapist. Founder of Comfort Zone Concepts & SPArty Algarve.

Erika is an award-winning therapist with 22 Years of experience. Her four-year ADSOMA qualification gave her the expertise to work in several different countries in the spa industry. Erika offers over 27 different treatments, including hydrating and lifting facials, microneedling, skin peels, deep tissue massage and reflexology, from two treatment rooms in Almancil and Loule, as well as offering mobile treatments throughout the Algarve. Erika works with a team of therapists catering to retreats, corporate events and special occasions, making sure self-care is affordable and accessible at exceptionally high standards. Her business Comfort Zone Concepts was the first mobile therapy business in Central Algarve and SPArty Algarve was the first bespoke wellness events business. [@comfortzoneconcepts](https://www.algarveselfcare.com) www.algarveselfcare.com



Rebecca Hayes Tieken, Doula, Pregnancy & Birth Consultant, and Prenatal Yoga Teacher, Quarteira

Experience a confident and empowered birth journey with Rebecca, a UK-trained former midwife with over a decade of experience. Blending clinical expertise with a holistic approach, Rebecca empowers women to connect with their bodies and embrace their innate birthing power. Her unique prenatal yoga classes foster inner strength and wisdom. Whilst specialising in home and water births, Rebecca supports all birth choices, including hospital births. She provides personalised support at home throughout your entire pregnancy and in early labour (if planning a hospital birth). She provides up-to-date research-based information to ensure you can make informed choices and have a positive birth experience. Schedule your free consultation and begin your journey!

[@theyogamidwife](https://www.theyogamidwife.co) www.theyogamidwife.co

Anna Szlagor, Facial Therapist, Almancil

Anna specialises in natural anti-ageing treatments and a holistic approach to skincare. Her studio is located in Almancil, where she offers a range of treatments that combine relaxation, well-being, and advanced techniques to help achieve beautiful, healthy skin. Every facial is tailored to your skin's unique needs, using professional skincare and her passion for helping you feel and look your best. Signature treatments include Japanese KOBIDO face lifting massage, INDIBA skin rejuvenation, and OXYGEN facial, designed to enhance your natural beauty and deliver visible results, all in a calm and relaxing atmosphere.

[@anna.skinandbeauty](https://www.annaskinandbeauty.com) www.annaskinandbeauty.com





Nikki Unsworth, Luz Aura Yoga Studio founder, Vilamoura

Nikki's journey into yoga and wellness began after a diagnosis of lupus and other autoimmune diseases. In the search for a healthier, happier life, yoga became a lifeline in countless ways. Now, that dream has become a reality with Luz Aura Yoga Studio in Vilamoura. More than just a studio, Luz Aura serves as a community hub, offering Yoga, Pilates, Barre, Fitness, Kids' Classes, Baby Groups, Retreats, Workshops, and Charity Events. The beautiful space features a cosy, welcoming atmosphere, complete with a tea station, café, and a lush outdoor area for sunny days. With a dedicated team and a warm, supportive community, Luz Aura Yoga Studio is a place where wellness and connection thrive.

[@luzaurayoga](https://www.luzaurayoga.com) www.luzaurayoga.com

Dr. César Pimentel, Clinical Director and CEO, Alinea Premium Oral Care, Almancil

Dr. César leads five dental clinics in Portugal. He graduated in Dental Medicine from the University of Pernambuco, Brazil, in 1999, and specialized in Orthodontics at Université Pierre et Marie Curie (Paris VI), France, in 2005. He is an Official Speaker for Align (Invisalign) in Portugal and holds the prestigious Diamond Apex certification. As the head of clinical quality, he oversees the work of dental professionals and ensures the highest standards. Passionate about aesthetics and Beauty Care, he sees a smile as a pillar of self-confidence. Fluent in five languages, he combines technical expertise, artistry, and communication to deliver excellence to his patients.

[@alineaoralcare](https://www.alinea.com.pt) www.alinea.com.pt



Janette Collingwood - Co-Owner and Senior Therapist Aesthetician, Almancil

Janette co-founded The Beauty Lounge in Almancil with her partner David. With 28 years of experience in the beauty industry, she trained across leading skincare houses and is passionate about delivering result-driven treatments and tackling skin concerns. The salon offers a luxurious and tranquil space with a variety of services provided by highly reputable professionals. Janette specializes in the CACI non-surgical facelift, a renowned celebrity facial, alongside SQT bio microneedling, bespoke facials, and Tri-Wave Dermalux light therapy. As a Dermalogica stockist, she provides customised skincare solutions with top service as a priority. She moved to the Algarve in 2002, where her children were born, and enjoys yoga, dog walks, and family time.

[@thebeautyloungept](https://www.thebeautylounge.pt) www.thebeautylounge.pt

Julia Gurchenkova, Art Therapist and Art Teacher, Quarteira

Julia is a professional painter, designer, and founder of the Algarve Art Academy. Through her clothing line and art, she empowers others to find flow, self-discovery, and healing. After losing her parents at a young age, Julia turned to art as a refuge, discovering its power to restore balance and joy. At her academy, she blends flow-state practices, mindfulness art, and neurographic drawing to help people reconnect with their inner artist. Through workshops, programs, and art therapy, Julia brings global creative well-being practices to the Algarve, inspiring healing and growth. Her mission is to show that art is for everyone—a tool for self-expression, meditation, and transformation.

[@algarveartsacademy](https://www.algarveartsacademy) www.algarveartsacademy





Dr. Austėja Petersen, CEO at Timeless Beauty Aesthetic Medicine Clinic, Vilamoura

Dr. Petersen specialises in enhancing natural beauty using advanced, safe, and effective techniques. With expertise in treatments such as microneedling, fillers, Botox, plasma lifting, and more, she is committed to providing exceptional care tailored to each patient's needs. Her clinic only uses premium products like Neauvia, and Galderma, alongside state-of-the-art equipment such as the Elite IQ Pro and Picosure Pro lasers. A certified Cardiologist with a Master's degree in General Medicine, Dr. Austėja brings a strong medical foundation to her work. Fluent in English, Portuguese, Russian, and Lithuanian, she ensures clear communication with her diverse patient base. Book your consultation now and take the first step towards timeless beauty. [@timelessbeautyalgarve](https://www.timelessbeautyalgarve.com) www.timelessbeautyalgarve.com

Molly Chan-Heyes, Psychotherapist, Central Algarve

Molly is an integrative psychotherapist and counsellor for English-speaking youth, adults and couples. An integrative approach means that she is trained in a variety of different methods and selects the ones best suited to each client's needs. She also considers factors such as lifestyle choices, diet, exercise, environment and family dynamics. She welcomes all ages and walks of life and can help with a wide range of struggles such as alcohol and substance abuse, anxiety, divorce and family separation, domestic abuse, grief and loss, low self-esteem and trauma. Molly practices in Vilamoura, Lagoa, Silves and Lagos - pick a location most convenient for you. [@expansetoday](https://www.expansetoday.com) [www.expansetoday](https://www.expansetoday.com)



Johanna Hessling, Wellness Practitioner, Lagos to Faro

Johanna is a Yoga and meditation teacher, Reiki Master and Mobilization Therapist from New York City with over 18 years of experience in holistic therapy. She offers a wide range of wellness practices, blending them into transformative experiences. Drawing from her own trauma and healing, she created AMOR, her 1:1 signature program combining Ayurveda, meditation, self-offerings, and Reiki to help her clients foster self-love and inner strength. Her work sees clients improve flexibility and mobility, reduce stress, anxiety and PTSD symptoms, sleep better, and have a deeper mind-body connection. Based in the Algarve, she provides in-person services from Lagos to Faro and online worldwide.

[@johanna.hessling](https://www.johannahessling.com) www.johannahessling.com

Kelly Miranda, founder of KM GROUP, Lagos

Kelly is a visionary professional dedicated to beauty, health, and wellness in Lagos, Portugal. With a talented team of estheticians, hairdressers, and trainers, she offers exceptional services and training opportunities. Kelly's mission is to provide an inviting environment where education and knowledge sharing thrive, ensuring professional standards and unparalleled client satisfaction. Located in Odiáxere-Lagos, KM GROUP delivers remarkable treatments that embody the essence of luxury, making it a premier destination for those seeking high-quality experiences. Her commitment to excellence and personalized service has established KM GROUP as a leading name in the industry, attracting clients who appreciate meticulous care and return regularly for their wellness journeys.

[@kmgrouplagos](https://kmgrouplagos.wixsite.com/km-group) <https://kmgrouplagos.wixsite.com/km-group>



Soy Wax Candles hand poured in the Algarve.
Natural Products. Vegan Friendly.
Paraffin & Phthalate Free.

ALGARVE

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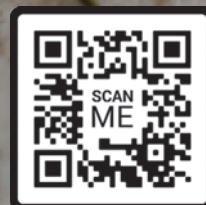


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Matcha – Made in Heaven?

Sara Louise Pollock gives WHEREVER the lowdown on the omnipresent green ‘health’ drink.

The aesthetically pleasing, frothy green drink has been popping up everywhere lately.

Matcha, a high-grade powdered green tea, has seen a surge in popularity worldwide over recent years – with over 16 million search results on Google and nearly a million mentions on Instagram.

Not just a beverage, the bright green powder is also featured in cakes, doughnuts, and even KitKat bars in Southeast Asia. It's safe to say the universally adored green tea extract shows no signs of disappearing.

The rich, emerald-hued extract is beloved not only for its taste but also for its numerous health benefits, including being packed with antioxidants, vitamins, and protective polyphenols – a compound believed to boost brain health and digestion. In short, it's a wonder powder.

However, you may not be aware of some of the great topical benefits matcha also has to offer. “Matcha has gained popularity in Korean skincare, known for its emphasis on natural ingredients and innovative formulations. In K-beauty, matcha is valued for its rich antioxidant content and soothing properties, aligning with the holistic approach to skincare that aims to nourish, protect, and enhance the skin's natural beauty,” says London-based dermatologist Dr. Jianh Yoo of Dr. Jiah Woo Dermatology.

With such a long list of benefits, the ingredient is great for all skin types, from acne-prone to sun-damaged and mature. The high antioxidant content can also help improve hydration and stimulate collagen production. “Regular use of matcha-based products can improve skin elasticity, making the skin appear firmer and more youthful,” says Yoo.

With this in mind, we've rounded up some of the best matcha-infused beauty products on the market.

Teaology – Matcha Tea Ultra-Firming Eye Cream

This cooling yet creamy formula is an all-rounder for hydrated, rejuvenated under eyes. The subtle green tint doubles as an under-eye color corrector while applying makeup. The combination of organic matcha with caffeine, vitamin C, and hyaluronic acid makes this refreshing infusion truly your ‘cup of tea.’ €32.29

www.teaologyskincare.com



Kure Bazaar – Lip and Nail Baume Au Matcha

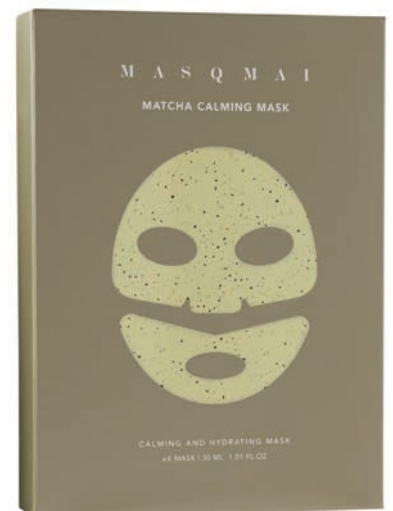
A multi-purpose product perfect for on-the-go, this luxury balm blends organic matcha with shea and cocoa butter, and sweet almond oil. For an intense boost of moisture, slick a thick layer on before bed. €28.33

www.kurebazaar.com

Masqmai – Matcha Calming Mask

Combining matcha extract with other powerhouse ingredients (such as niacinamide, panthenol, tiger grass, and hyaluronic acid), these 94%-natural sheet masks are an ideal skincare savior. The gel mask applies in two sections, making it fuss-free and comfortable to wear while zoning out for some much-needed self-care. €24.90 (pack of 4)

www.masqmai.eu



What's Trending?

The beauty, aesthetics, fitness and wellness industries are evolving rapidly driven by a deeper understanding of how our health, longevity and appearance are interconnected. WHEREVER asks the pros about emerging treatments, high-tech innovations and trends.

1. Wellness Tourism

More and more, people who are travelling are looking to maintain their healthy lifestyle and try out different workouts and studios in their travel destinations. Travellers are increasingly seeking health-oriented vacations, and the demand for medical tourism is increasing, especially in places that offer transformative experiences, such as a unique workout, stem cell therapies, and other wellness and biohacking services.

Kenza Charania, Founder Core Collective
[@corecollective.lisbon](#)

2. Addressing Inflamm-Ageing

Inflamm-ageing refers to the age-related increase in pro-inflammatory markers within the blood and tissues. Addressing chronic inflammation - the root cause of many health issues - emerges as a key focus for those seeking to enhance their health and longevity. "We will see a surge in therapies designed to reduce inflammation in the body, like NAD IV therapy to improve cellular function and Ozone Therapy, which is already popular in health retreats across Europe and the USA. This powerful intravenous therapy uses medical-grade ozone to increase oxygen levels in the body to help promote cellular regeneration and tackle inflammation at its core."

Dr Pamela Benito [@drpam.aesthetics](#)

3. Mindful Movement

It's about tuning into our body's unique needs, prioritizing movements that feel good rather than following strict routines or app-based guidance. Conscious movement, encouraging us to listen to our bodies, fosters a more personalised and fulfilling wellness experience centred on self-awareness and genuine well-being. Pilates targets the mind, body and soul that addresses bad posture and improves balance, flexibility and mood.

Vanessa Motte, Founder Prescription Pilates
[@prescription.pilates](#)



4. Outdoor Training

There has been a huge spike in people favouring to train outside, shunning traditional gym environments that can feel intimidating and busy. The sunny Portuguese climate lends itself well to this booming trend. Outdoor training has added benefits for fitness enthusiasts, including lowered blood pressure from being in nature and a boost of serotonin and Vitamin D from the sunshine.

Bex Pawsey, The Lisbon Trainer
@thelisbontrainer

5. Cell Care Strategies

We know that damaged or poorly functioning cells contribute to visible signs of ageing, and an overall decline in health. People are moving away from quick fixes that only mask the symptoms and are instead looking for solutions that tackle the root cause of ageing. Innovations in supplements and therapies are tapping into this demand, offering ways to support the body's natural repair processes and boost mitochondrial function. These advances aim to slow cellular damage, offering a more effective path to improved longevity and long-term health."

Dr Nichola Conlon @drnicholaconlon

"With a growing awareness that ageing begins at the cellular level, treatments and supplements focused on optimising cell health are set to dominate the wellness landscape."

Dr Nichola Conlon

6. Movement for Mental Health

In 2025, wellness focuses on using physical movement to ease nervous systems and gain mental clarity while conquering constant busy societal pressures. Wellness is redefining movement as therapy: yoga and pilates at the strategic forefront, combining relaxation and strength. This is an active era for better moods, releasing tension and reducing anxiety, using movement to guide us out of our minds and into our emotional bodies.

Yve, The Kynd Space @thekyndspace

7. Exosomes

These powerful biostimulators play an important role in skin rejuvenation and anti-ageing by improving cellular communication and promoting tissue repair and regeneration. Derived from plants, their origin connects perfectly with the growing consumer demand for advanced, natural skincare solutions. "We were already injecting exosomes, but in 2025 we're going to see a rise in topically applied exosomes. Not only do exosomes offer remarkable benefits for skin rejuvenation, but they're also fantastic for speeding up healing after laser procedures. Their versatility is exciting too - look out for exosome infused serums and treatments to stimulate hair growth, and edible exosomes too."

Dr Preema Víg [@drpreema](#)

8. AI in Aesthetics

As AI continues to transform many industries, it's no surprise that it's making its way into the health and beauty world. As Gen Alphas (born from 2010 onwards) reach adulthood, their comfort and familiarity with tools utilising AI-powered capabilities, such as enhanced diagnostics and algorithm-driven treatment plans, will continue to reshape the beauty industry. "We will be seeing more AI tools to help improve in-clinic consultations and skin diagnostics. These allow us to take skin care analysis and treatment recommendations to the next level. We will also see more AI-powered devices that can help us analyse individual needs with more precision to deliver better results. We can monitor progress in real-time and adjust settings for optimal outcomes."

Dr Amiee Vyas [@doctoramie](#)

9. Climbing

Climbing blends strength training with functional movement, offering a full-body workout and an exhilarating experience. Climbing is a skill and as a workout it builds power, flexibility, and mental resilience. As wellness moves more toward social and engaging activities, climbing's inclusive and adventurous nature is perfect for those seeking fitness with purpose.

Patrick Mills, CEO Escala 25 [@escala25_lisboa](#)

Ozempic – Explained

Ozempic is making headlines – but is it all that?

London based Dr Harpal Bains, Longevity doctor and Medical Director at Harpal Clinic spills the beans on Ozempic and all things GLP-1.

I can't remember being this excited about a drug since I discovered how body and bio-identical hormones could transform preventative healthcare. With more than 15 years of solid safety data behind them, and the latest generation of GLP-1 agonists showing even greater tolerance and effectiveness, this feels like a game-changer.

In today's world of constant food abundance, willpower alone just doesn't cut it - and it's not a sustainable strategy. These drugs could revolutionise healthcare, tackling chronic diseases of ageing head-on and slashing the skyrocketing costs of healthcare and insurance. Right now, the known downsides are minimal, and the benefits massively outweigh them, as long as they're prescribed carefully and supported with a well thought out medical maintenance plan and the right diet to support muscle mass and any potential nutritional deficiencies.

How does it work?

GLP-1 receptor agonists like Ozempic and Wegovy, and particularly the newer combination of GLP-1 plus GIP, Mounjaro, offer potential benefits beyond weight loss and diabetes management, particularly in athletic performance, addiction control, and metabolic health. Its application in athletic performance makes it relevant in healthy ageing and longevity medicine as it may aid in muscle preservation during caloric restriction, enhance muscle protein synthesis, and improve metabolic efficiency and energy utilization. Additionally, they could help mitigate exercise-induced inflammation and reduce oxidative stress, contributing to overall recovery – a key factor in performance enhancement.

The main mechanism for many of its beneficial actions is a suppression of the body's 'fire alarm' mechanism - the NF-κB pathway. When this pathway gets activated, it tells the cells to

release inflammatory chemicals resulting in pain, swelling and further damage to the surroundings. Reducing inflammatory signals in the body helps in protecting blood vessels, reducing brain inflammation, and improving gut and liver health.

What more?

Emerging research suggests a role in craving reduction, especially for alcohol, food, nicotine cravings and possibly extending into drug addictions, especially hospital based opioid addictions. It acts on the 'reward' centre in the brain and reduces dopamine driven reward response, hence also reducing impulsive tendencies.

“The main mechanism for many of its beneficial actions is a suppression of the body's ‘fire alarm’ mechanism – the NF-κB pathway.”

GLP-1 (Glucagon-Like Peptide-1) is a hormone involved in blood sugar regulation (common in diabetes and weight loss medications like Ozempic) and boosts levels of incretins—hormones naturally released by the stomach during meals. It helps the body produce more insulin when needed, lowers the liver's glucose production, and slows digestion, keeping blood sugar levels in check.

These medications also show promise in modulating immune response and could potentially work in synergy with other immunomodulating therapies. It works by modulating how the white blood cells react to insults, increasing the white cells that

damps down inflammation and decreasing white cells that increase inflammation as necessary. Long COVID is an area of exploration particularly for neuroinflammation, making them exciting prospects in broader health applications.

From our clinical experience, our doctors have observed all these benefits firsthand, particularly

in reducing cravings – not just for food, but also for alcohol. Many patients on micro-dosing report enhanced performance and well-being, along with a noticeable reduction in age-related inflammation, such as arthritis. This improvement is reflected both in symptom relief and measurable decreases in inflammatory markers on serum testing.

In long Covid and other chronic conditions, we microdose alongside other modalities of treatments and whilst it is difficult to isolate the exact role of these medications, patients report positive changes sooner than we normally expect to see.



SCENTS + SENSIBILITIES

Can 'functional' fragrances lift our mood?

It's no secret that fragrances have an undeniable effect on our moods. Whether it's the whiff of warm, cosy, nostalgic vanilla, transporting us back to childhood birthdays, or a zingy citrus spritz to mentally jet you off to the golden sands of a beach in Bermuda, it's easy to tell why scent and memory and mood are so closely intertwined. The neuro-scientific connection between scent and emotion has been commonly known for many years. Our sense of smell is directly connected to the limbic system in the brain, which is essentially the part involved in our behavioral and emotional responses.

Using fragrance as a means to improve mood is certainly not a new trend, and dates back to ancient history – however, with an influx of new wellness brands on the scene in recent years, it's easy to see why 'functional' fragrances (i.e. fragrance specifically formulated to improve your mood) have become a new phenomenon. With many of us leading hectic lives and struggling to maintain balance more than ever, we're seeking out ways to recharge and rebalance ourselves.

With the endless array of intriguing-sounding blends on the market, it can be hard to find one that suits your preferences. We suggest taking a day out to sample a selection in person and on blotters. To help you on your way, here are some recommendations.

AESOP – MARRAKECH INTENSE

Cosy, spicy and somewhat nostalgic for a place and time, Marrakech is a warm, comforting scent that transcends seasons. Top notes of Cardamom and cloves are entwined with jasmine and rose with a strong cedarwood base. Fresh, yet strongly aromatic Marrakech will conjure up dreamy thoughts of the blazing sun in a Souk filled with exotic fabrics and soft sweet smoke-filled air. €150 (50ml)

www.aesop.com



THE NUE – FOREST LUNGS

Think about a walk around a fresh, pine-tree-filled forest in Northern Europe. The air is crisp and there's a slight woody scent in the air. A few deep breaths and you've been able to temporarily release some steam. That's how we feel mentally after a few spritzes of Forest Lungs. The combination of Green Cardamom, Bergamot, Coriander and Palo Santo work together to conjure up fresh woodland tranquility. €115 (50ml)

eu.thenueco.com



EMIL ELISE – BATHING IN A DAYDREAM

With top notes of tangerine and blackcurrant, this citrus-based blend is a revitalizing boost of feel-good endorphins in the form of an aroma akin to a blissful summer garden. The most boosting, invigorating citrus is balanced by rose and vanilla, which work in tandem to bust anxiety and convey feelings of tranquility and calm. €150 (100ml)

www.niche-beauty.com



DEDCOOL – MILK LAYERING & ENHANCER FRAGRANCE

Described by the brand as a 'universal musk', Milk is the fragrance that is akin to throwing on a favourite, trusted laundered old sweater. Invoking feelings of softness and comfort, top note, white musk is blended with amber, and bergamot - all of which are known to be helpful with de-stressing properties. As a layering fragrance, Milk can be paired with your other favorites to create a truly personal essence - bringing a whole new meaning to the phrase 'signature scent'. €83.00 - (50ml)

www.niche-beauty.com



COMMODITY – BOOK

Creamy cedar and sandalwood with a subtle hint of eucalyptus make this crisp, clean blend one you'll love to have linger on your clothing. Whilst the middle notes of cedarwood are known mainly for relaxing properties, it has also been suggested that the extract can also help with focus and concentration. Either way, the fresh, herbaceous blend of Book manages to be both refreshing and soothing simultaneously. €150 - (100ml)

www.commodityfragrances.eu



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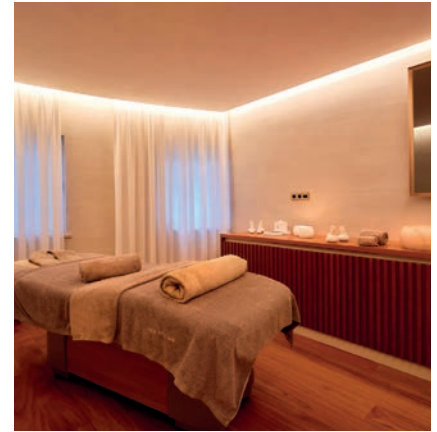


Talk to us. You can contact all our clinics by whatsapp using our mobile numbers.

Algarve *Top Spas*



Relaxation, rejuvenation,
and a touch of TLC
by the sea. Escape to
the Algarve's most
indulgent spas.



Best for:
Integrated Wellness Therapies



Vila Vita Parc,

Porches, Algarve, Portugal

To refocus on self-care and some much-deserved wellness, there's no place like Vila Vita Parc. Few retreats offer the range required to enhance overall results, saving time and research.

Vila Vita Spa by Sisley Paris brings together the latest advancements through non-invasive wellness therapies that offer a seamless blend of luxury and science for a transformative experience. Designed to help you look and feel your best, these integrated therapies cater to your unique wellness goals, whether you seek to enhance your physical appearance, improve muscle oxygenation, skin quality or rehabilitation treatment, among others, and consequently achieve a deeper sense of well-being.

How does it work?

The journey at Vila Vita Spa begins with a personal consultation with one of the wellness experts, who will develop a customised plan based on your needs and time frame. Looking to firm and sculpt? The Icoone® treatment uses micro-stimulation to boost skin tone, elasticity, and smoothness, ideal for anti-cellulite and skin-tightening results. For skin rejuvenation, marks and scars, rosacea, neck and double chin and enhanced circulation, Indiba® offers a soothing yet powerful radiofrequency therapy that promotes cell repair, reduces cellulite and the effects of ageing, and eliminates water retention and swelling. For those targeting weight loss and body contouring, HYPOXI®

delivers a gentle yet effective approach to shaping by combining low-impact exercise with pressurised therapy to reduce stubborn fat in targeted areas.

Together, these treatments create an unparalleled wellness experience. Each therapy can be tailored to

meet individual goals, making it easy to personalise a session – or a whole programme – based on your needs.

What's the best part?

Experiencing these therapies at Vila Vita Parc, a member of the Leading Hotels of the World, is the setting itself: surrounded by

“Wellness today is more than a luxury – it's a necessary part of feeling balanced, resilient and comfortable in your skin.”

Judith Gerls, Spa Manager,
Vila Vita Parc

the Algarve's scenic coastlines and tranquil gardens, it's impossible not to feel deeply nurtured and restored. Here, you're invited to unwind, rejuvenate, and embrace a journey that goes beyond the surface – bringing visible results and an elevated sense of harmony to your body and mind.

Vila Vita Spa by Sisley Paris at Vila Vita Parc

Tel: +351 282 320 351/2 | Ext. 3400

vilavitaparc.com

For more information and bookings, contact
spa@vilavitaparc.com

Serenity Spa,

Pine Cliffs, Albufeira

Best for:
The Thermal Oasis

The Serenity Spa brand has created The Art of Well-Being concept drawing inspiration from indigenous culture and healing traditions, aiming to provide a fully integrated wellness experience.

At Pine Cliffs, the 1,100-square-meter spa is the perfect blend of luxury and relaxation. With 13 treatment rooms, including the exclusive Aurum Suite designed for couples or friends seeking a private spa experience, it also has the renowned Serenity Thermal Oasis. Book one of the many treatments available, like the Senses experience based on the Algarve's natural gifts, a Falesia beach sand scrub, followed by a Carob Wrap and finally a moisturising Orange Oil massage. Bliss!

The Himalayan salt sauna is simply beautiful, with a full wall of pink salt. Reaching roughly 80°C (176°F), it is recommended for pain relief, improving breathing, and reducing stress levels. Why not try the ice fountain afterwards for a thermal contrast?

The hydrotherapy pool has jets that help alleviate muscular pain and loungers for lounging. The pool's water is a cosy 28°C. To help blood circulation, try the Kneipp pool with its two sides with different water

“Our team of highly trained therapists uses a combination of ancient healing practices and modern methodologies, reflecting our commitment to excellence and authenticity.”

Maria d'Orey, Global Director of Serenity, The Art of Well Being

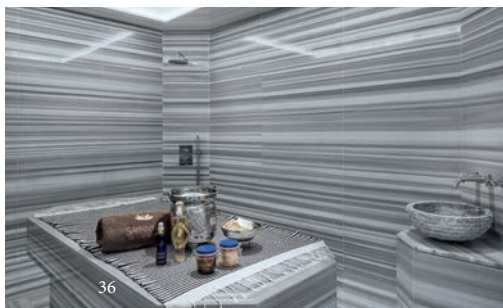
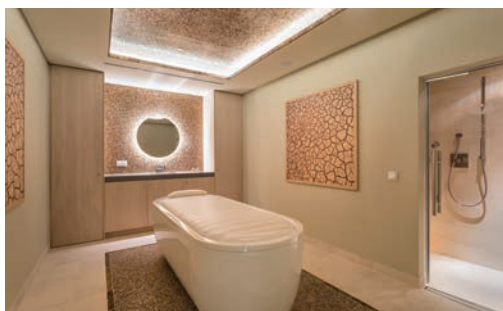
How does it work?

The Thermal Oasis is a sanctuary equipped with state-of-the-art facilities ranging from sensory showers to a Himalayan salt sauna. The sensory showers help you to deeply relax by stimulating the senses, while the sounds of nature and the different intensities of water jets provide you with a moment of peace and physical and mental rest. As for the Herbal Sauna, it reaches approximately 60°C and has several health benefits, such as relieving muscle pain, improving breathing, and reducing stress levels.

temperatures: one side is hot, and the other is cold. To relax the muscles, the Turkish bath is another option. It also purifies the body and helps clear respiratory passages, promoting hydration. The 37° Celsius Jacuzzi is another warming and relaxing experience. What else? Why not indulge in a lovely warm cup of lemongrass tea...

Serenity Spa at Pine Cliffs

Praia da Falésia, 8200-912 Albufeira, pinecliffs.com
For more information on Serenity Spa, please visit:
<https://serenityv-spa.com/en/>



Conrad Algarve, *Quinta do Lago, Algarve*

Best for:
High Touch and High Tech Disciplines

Conrad Algarve's quest and commitment to improving personal wellness has led to the development of new cutting-edge Wellness Programmes in a holistic and innovative approach, combining high touch and high-tech disciplines that specifically target each guest's individual goals.

Whether you search to develop new lifestyle habits, promote your mind & body balance or enhance your sports limits, these programmes will help you to renew and reconnect with yourself, strengthening your physical energy and keeping your mental edge.

The Conrad Spa is always evolving and discovering new techniques, technologies and treatments. Going to the ends of the earth to bring you the most impactful and empowering spa experience ever!

How does it work?

Book a day pass or a full 7-night Life Reset package, a yoga stay or a relax- and-pampering escape. Whether you want to reduce stress or regain focus and balance in your life, it's an ideal break to reassess your work-life balance. Choose from a re-energising stay or pure relaxation where you can free your mind and body from stress, maintain health and promote longevity. Why not try a Conrad Algarve Signature Divine Facial, which combines products from 111 SKIN and Intraceuticals to hydrate and rejuvenate the skin?

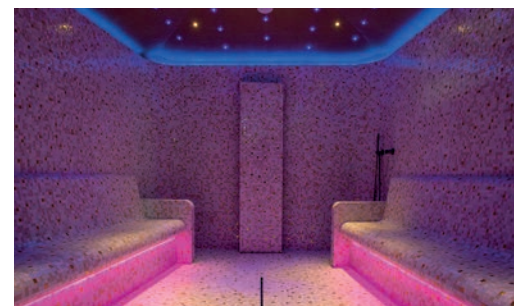
The best part?

Innovative services and efficiency seamlessly come together to return you to your optimum state of well-being, not only through treatments but also through an atmosphere that transports you into an organically

designed, locally inspired haven of harmony and lightness. Each programme combines state-of-the-art signature treatments, leading you through a restorative and rejuvenating journey.

“An experience that stays with you, giving you even more ways to be your absolute best.”

António Duque Martinho,
Spa Manager, Conrad Algarve.



Conrad Spa | Quinta do Lago

Tel: +351 289 350 830

conradalgarve.spa@conradhotels.com

www.conradalgarve.com

Routine = Refresh

Spring is the time to reboot and refresh so why not give your beauty and wellness routines an overhaul? Beauty writer Sara Louise Pollock says it's time to update your lotions and potions.

Here are some new picks for a Springtime cleansing revamp.



Sublime Oils

Our pick: Trilogy Serum

Finding yourself on an endless quest for the ultimate face serum? Look no further than Sublime Oils. The independent Mallorca-based brand produces beautiful, lightweight-yet-intensive face oils. The brand's popular Trilogy Serum is a perfect all-rounder, suitable for all skin types, and can be used morning and night. Full of vitamins, antioxidants and minerals, this multi-action hero will be a new favourite. €64.00

www.sublimeoils.com



La Bonne Brosse

Our Pick: No.1 The Shine & Care Hair Brush (The Universal)

Not all hair brushes are created equally. Sometimes, it's worth investing in premium tools that'll be used for years to come. This is especially the case when it comes to a La Bonne Brosse hair brush. The keratin boar brushes are designed with irregular implanted bristles, enabling stimulation of the scalp, which helps hair follicles receive nutrients. Available in 7 colors of glossy acetate the sustainably made brushes are made in France with sustainable materials. €95.00

www.labonnebrosse.com

Avea

Our pick: Essentials

Picking a supplement can be a minefield. After all, the market is absolutely saturated with different brands, all promising a more effective, energized version of you. Swiss-based Avea has set out to simplify this with their range of evidence-based longevity supplements, setting out to optimize your overall health. A quick five minute test on their website will identify your needs and their recommendations. Word has it that Jennifer, Hailey and Gwyneth are already big fans. €53.10

www.avea-life.com



Le Rub

Our Pick: Everyday Sunscreen SPF30

Founded and formulated in Italy, Le Rub consider their sunscreen to be "the next generation" of suncare, and we can see why. The plant-friendly formula eliminates all of the issues commonly faced when using a mineral SPF (greasy creams and white cast - no thanks). Instead, you'll find this lightweight silky cream glides on beautifully, with a fresh, endorphin-boosting orange scent. The formula is also virtually invisible, making it great for a makeup base. With locally sourced Mediterranean ingredients such as grape fermented extract, almond oil, and hyaluronic acid, not only will your skin be protected from the UV rays, but also hydrated and smooth. €48.00

www.lerub.com



Sentara Holistic

Our pick: Spray AuriQue Purification Essence 30ml

Sentara Holistic's signature spray is a multipurpose wellness spray, infused with a wonderful high-grade aromatherapy blend. Whilst this product is particularly popular when used as part of self-care/meditation rituals, even those who do not dabble will benefit from the crystal-infused fresh scent blend to help create a soothing, purified environment. €25.90

www.sentaraholistic.com



Sazorea

Our Pick: The Dream Glow Rejuvenating Night Serum

Based in the Azores Islands, Sazorea's small but powerful three-piece range combines their holistic approach with innovative science-backed skincare. With a staunch approach to minimalism and environmental causes, the brand has mastered the perfect combination of luxury products with a conscious, sustainable approach. The Dream Glow serum is the ideal overnight treat. Enriched with firming Bakuchiol and a range of vitamin-rich oils which work their magic during your sleep. €95.00

www.sazorea.com



CREATIVE DIRECTOR: FLEUR ELISABETH VAN HEK
PHOTOGRAPHY: ROBERT POPPER
MAKE-UP: BECKY WHYTE
MODEL: KARLA PEREIRA
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WELLBEING



Erika Blazeviciute Doyle

The Entrepreneur

Erika Doyle is the Lithuanian founder of Drink Dry, the GCC's first premium non-alcoholic drinks marketplace, leading the zero-alcohol revolution in the UAE.

Since launching in 2021, Drink Dry has grown rapidly, expanding into major retail chains, hospitality venues, and new markets across the region. Erika's leadership has earned her numerous accolades, including Entrepreneur Woman SME Leaders Award and Arabian Business' '50 Most Inspirational Women' for three consecutive years. A passionate advocate for alcohol-free living, Erika collaborates with global brands to introduce innovative products. She is also dedicated to philanthropy, supporting initiatives such as Life Skills Haiti Foundation. A mother of three, Erika continues to drive Drink Dry's success.

Is Dubai 'Home'?

I always have to think twice as to where my home is - is it Lithuania where I was born and spent the first 16 years of my life, or is it the United Kingdom where I had spent my formative adult years, got married and started a family? And the answer is both. UAE is also my third home because my life is here - my business, my family, my friends.

Expat or local?

Expat.

Best bit of living and working in your adopted country?

Unquestionably the best bit about living in Dubai is the people. They are ambitious, courageous, fearless and innovators, but above all else, everyone here pays it forward. The moment you ask for help or advice or a connection to someone, the magic happens and you have what you need. People go above and beyond here for you.

How did you get into the 'wellbeing' space? Tell us more about your project?

Drink Dry is the GCC's first and only non-alcoholic drinks marketplace and it was

definitely a personal project for me because I am a non-drinker and, therefore, was looking to bring in some good quality alternatives into the market. What I hugely underestimated was how many other people like me were looking for these healthier alternatives and how quickly the movement would grow.

Any key turning points in your life?

The day I met my husband, who is my biggest supporter and champion and also the day I decided to give up alcohol.

Lessons learned?

I am learning every single day. And I truly mean that. But the biggest lesson I learned very early on is that if you want to go fast, go alone; but if you want to go far – go together.

Words of Wisdom?

Gratitude is key to your happiness. If you are grateful and happy with what you have and what you get, that positive energy will carry you through life.

Any advice for anyone wanting to follow in your footsteps?

Remember that things get done only by you actually doing them. Planning, research, and preparation is all necessary and good, but the sooner you take that leap and start doing it, the sooner you will be able to really test yourself.

What's next?

New territories, new brands, new partnerships.

In another life I would have been...

A singer – global phenomenon. I cannot sing but that would be my wish. Inspirations here are Whitney Houston, Celine Dion and Frank Sinatra.



"If you want to go fast, go alone; but if you want to go far – go together."

Jo Swann

The Psychotherapist

Brit Jo Swann first moved to Borneo in 2005 relocating her dive centre but by 2020 she launched Hansah Life, a personal development brand dedicated to helping individuals dissolve limiting beliefs and reconnect with their true selves.

Tell us about your background.

I grew up in the market town of Aylesbury in the UK, where I spent most of my childhood outdoors, immersed in nature. Whether it was creating “perfume” from rose petals, “jewellery” from daisies, or cooking up “mud soup” I was happiest exploring fields and spending time with animals. I loved the freedom of long hikes and bike rides, often alone-getting lost and calling my dad from a payphone (reverse charge of course) to come and rescue me. A far cry from today’s world of connectivity.

How did you land in Borneo?

The move to Borneo feels like it was always meant to be. As a child, I was captivated by The Jungle Book and dreamed of being Mowgli, living in the jungle surrounded by wildlife. That subconscious dream became a conscious decision in 2005 when my husband and I relocated our UK-based dive centre to Sabah.

Drawn by the incredible biodiversity and world-class diving at Sipadan Island, we built an adventure travel business that thrives and transforms until now.

“Conformity is easy, but forging a new path can unlock your true potential, which is limitless.”

Is it ‘Home’?

The UK will always be my first home, but Borneo feels like my second. The landscape is incredibly vibrant, with turquoise oceans, lush jungle greens, fiery sunsets, and dramatic mountains. I can dive with sharks and turtles, run barefoot on the beach, or drive to spot elephants and orangutans in the wild. I love walking to my local market to pick up seasonal tropical fruit and veg. It’s a sensory feast and a privilege to call it home.

The quality of life here is wonderful. I can decide to have a massage and book an appointment within the hour, or park right outside my local bank and speak directly to my bank manager. Although Kota Kinabalu is a city, it has the feel of a small town with a close-knit community. If there’s a piece of news, you can guarantee everyone will be talking about it. It’s a unique blend of natural beauty, simplicity, and connection that makes living here so special.

Expatriate or local?

I’m an expat, but the local community has

In the 1990s, I stepped into the tech industry as a young and ambitious career woman, working for Legend (now Lenovo), the Chinese computer giant. It was a thrilling era of endless innovation and the birth of the internet, with industry pioneers like Bill Gates and Steve Jobs frequenting the same computer shows I attended. I had a front-row seat to a revolution that shaped the modern world. My work allowed me to blend cutting-edge technology with my fascination for psychology and transcendental meditation by introducing transformational travel as a sales incentive, redefining how we connected with clients. It was a whirlwind career, filled with trips to Las Vegas, Monaco, and India, and snowboarding in Colorado squeezed in for good measure.





been wonderfully welcoming. They're curious about why we chose to settle here and often remark on our long-term commitment to Sabah and our contribution to marine conservation and developing opportunities for local people.

Best bits/challenges of living and working in your adopted country?

The best part is the sheer abundance of nature and wildlife. It's awe-inspiring and deeply fulfilling. When my family and friends visit we have wonderful adventures and experiences together and I am full of gratitude for these times. This helps offset the challenge of living so far from home.

One of the hardest parts for me is witnessing the suffering of stray animals. This inspired us to design, build and donate a cat rescue centre to the SPCA in Kota Kinabalu, and I continue to volunteer in animal welfare.

How did you get into the wellness space? Tell us more about your project.

My interest in wellness began early in my career, during my time in the tech industry.

I was interested by psychology and decided to pursue a degree part-time as a mature student. At the same time, I was drawn to transcendental meditation, which, in the UK, was taught at Mentor Towers; a stunning stately home nestled in a forest. I enjoyed blending ancient philosophy with modern ideas, creating a unique perspective that continues to influence my work today.

In my 30s, I hit a turning point. Our business in Borneo was thriving, but the pressure of rapid growth and being far from family triggered anxiety and overwhelm. Therapy wasn't readily available here at the time, but working with a therapist in the UK completely shifted my perspective. This reignited my passion for mental wellbeing and led me to explore practical tools to navigate life's challenges.

In 2020, I stepped down as Sales and Marketing Director of our company to start Hansah Life, a personal development brand dedicated to helping individuals dissolve limiting beliefs and reconnect with their true selves. As a strategic psychotherapist >





and clinical hypnotherapist, I blend evidence-based techniques with intuitive insights to empower people on their journeys of transformation.

In 2023, I wrote a book “As Intense As It Gets, It’s Just “Turbulence”, introducing the A.T.L.A.S framework; a set of practical tools designed to help people manage complexity and uncertainty in real-time. Alongside this, I co-create transformational retreats in Borneo,

“Dream big because you are far more powerful than you can ever imagine.”

Turbulence: is out in February 2025 in paperback and ebook on Amazon www.hansahlife.com



combining hiking, running, dance, nature immersion, and life visioning exercises. These experiences allow participants to align with their true nature and gain clarity in the midst of life’s challenges.

Any key turning points in your life?

Three major pivots stand out:

- The opportunity to work for Legend (Lenovo) in the 1990s and incorporate transformational travel into my work.
- Relocating to Borneo in 2005 to build a new life and business with my husband.
- Stepping down from our company in 2020 to found Hansah Life allowed me to fully pursue my passion for exploring what it means to truly flourish in the human experience.

All three of these pivots were incredibly fearful and uncomfortable for me and extremely challenging, yet positively transformational.

Lessons learned?

My journey so far has taught me that “life will present the answers to our problems and in the meantime we need tools and skills to navigate the turbulence”.

One of my biggest lessons is the distinction between living a “default life,” shaped by past experiences, and a “created life,” driven by intention and vision.

Any advice for anyone wanting to follow in your footsteps?

Take the time to create a vision for your life. Look at key areas like career, relationships, and health, and decide what you want them to look like, dream big because you are far more powerful than you can ever imagine.

Then, set clear goals and break them into actionable daily habits leveraging the power of small, seemingly insignificant habits or choices repeated consistently. Your created life isn’t built in a day. It’s the compound effect of every small daily habit you choose that brings your life vision to reality.

What’s next?

I remain passionate about up-skilling people and being their co-pilot for a created life. Sharing tools to navigate the complexity and ambiguity of this wonderful human experience.

In addition, together with a dear friend and local veterinarian we are working on a dream project to establish Sabah’s first Animal Assisted Learning Centre for local schools and children with additional needs and seniors, blending my passion for animal welfare with therapeutic practices to create opportunities for learning, healing, kindness and connection.

In another life, I would have been...

One of my cats! They live such curious, playful and contented lives.

Favourite/most used emoji?

😂 Rolling on the Floor Laughing. It’s my go-to for keeping life playful, even in its turbulence.

Dr. Anna-Amelia Szewczyk

The Aesthetics Doctor

Polish expat in Portugal, Dr. Anna-Amelia Szewczyk, is the founder of the Amillion Group, which encompasses Amillion Clinic, Amillion Pharma, and Amillion Academy.

How did you get into the wellness space?

Tell us about your background?

My background in aesthetic medicine, combined with an entrepreneurial spirit, has allowed me to create a unique ecosystem of innovation, education, and care. At the core of everything I do is a passion for helping people feel confident and empowered. Amillion Clinic was born from this vision, offering bespoke aesthetic treatments tailored to each individual. Amillion Pharma complements this by delivering innovative skincare products that incorporate AI technology to create precise formulations. Amillion Academy completes the circle by educating professionals on cutting-edge techniques and products. None of this would have been possible without my incredibly dedicated team, who share my commitment to excellence and client care.

Best bits and challenges of living and working in your adopted country?

Portugal's beauty, culture, and people have been incredibly inspiring for my work. It's a country that encourages creativity and provides the perfect setting for innovation. The biggest challenge has been introducing advanced concepts like AI-driven treatments and personalised skincare in a market that's still evolving. But this has also been the most rewarding part – seeing the excitement and trust of our clients as they embrace these advancements.

How does it differ from 'Home'? Is it 'Home'?

Portugal is absolutely home now. While Poland will always be where I'm from, and it gave me the determination and resilience I carry today, Portugal has taught me balance and harmony. The lifestyle here is more relaxed, allowing me to channel my energy into building something meaningful while enjoying the beauty of life.

Expat or local?

I feel like a blend of both. My international experiences shape how I see the world and approach business, but my deep connections here in Portugal have made me feel very much at home. I've built my life, my career, and a thriving community here, and for that, I'm grateful.

Any key turning points in your life?

Moving to Portugal was a life-changing decision that allowed me to start fresh and build something truly unique. Another turning point was embracing AI as a core part of our business strategy.

Lessons learned?

Success comes from passion, persistence, and having the right people around you. A strong, dedicated team is invaluable – it's their support and shared vision that helps turn dreams into reality."

Any advice for anyone wanting to follow in your footsteps?

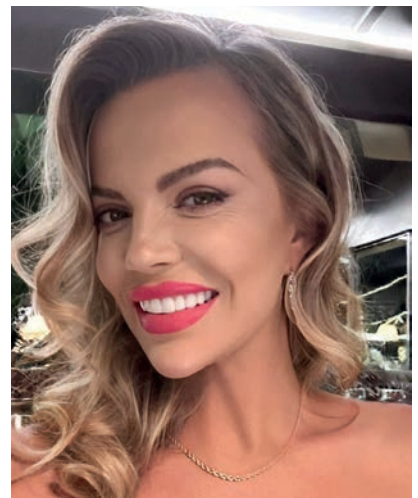
Start with a clear vision and stay committed to it, even when challenges arise. Embrace new technologies, like AI, that can elevate your business and set you apart. Surround yourself with a team that shares your values, and never lose sight of your passion – it will carry you through the toughest times.

What's next?

We're expanding our Amillion Training Retreats to a larger space in the suburbs, which will allow us to welcome more professionals to experience transformative, hands-on training in aesthetics and wellness.

Favourite/most used emoji?

The heart ❤️ – it represents love in its purest form.



“Dedication and innovation go hand in hand. Lead with passion, be open to new ideas, and never stop learning.”

Yoga & Wellness Studio, Vilamoura

LUZAURA



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Randi Levinson

Love and Intimacy

The Expat Love Therapist


 @randilevinson

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

Dividing emotional labour within a marriage: striking balance and bonding.

In most marriages, there is always a partner responsible for a noticeable but still unseen aspect of labour called emotional work. This goes beyond just managing the house; it includes all the mental planning, scheduling, and execution that goes into keeping a family emotionally healthy. Emotional work consists of planning and remembering birthdays, preparing meals, monitoring school assignments, and generally ‘taking care of every single family member. If this effort goes unnoticed and is not divided fairly, it can lead to anger, disappointment, resentment, and issues in the relationship.

Maintaining this equilibrium necessitates consistent communication. Holding weekly or monthly check-ins can serve as an effective means to evaluate what is functioning well, what is not, and how obligations may need to adapt as situations evolve. Such discussions also enable partners to confront any feelings of imbalance or stress before they develop into enduring frustration.

Moreover, recognition and gratitude are just as essential. Acknowledging the mental and emotional investment in each other’s efforts cultivates trust and intimacy. A simple “thank you” for handling an unseen responsibility can significantly contribute to fostering a stronger sense of partnership and collaboration.

“The first step of tackling emotional work is to make invisible work, visible.”

The first step of tackling emotional work is to make invisible work, visible. Both partners need to set aside some time and list all the requirements for the optimal performance of the household. This encompasses tangible activities like cooking, and laundry, and softer tasks, such as managing family calendars or networking. Listing these tasks can provide both partners with a fair idea of the work expected and help them understand each others’ contributions.

Now that we know what needs to be done, the next step is fairly distributing tasks. Fair does not mean equal; this means you do not have to divide everything by half. Rather, equity means trust, which indicates dividing responsibilities depending on the strengths of the individuals.

Eve Rodsky, the author of ‘Fair Play’ suggests a great exercise to do together. Create a “task card deck” to divide household responsibilities. Together, write down all the tasks required to manage your home and family. Then divide the cards based on preferences, strengths, and time availability. The key is that whoever holds a card takes full ownership of the task from start to finish. Revisit the deck regularly to renegotiate if needed.

When couples consciously tackle emotional labor, they establish a basis of respect, equity, and shared commitment. By collaboratively managing both the mental and physical demands, they can alleviate burnout and resentment, leading to a more connected and harmonious relationship. Deliberate systems, defined expectations, and continuous communication are crucial for this process.

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.

Spring's invitation to embrace imperfection.

Spring is here, and with it comes a delightful chaos. One moment, the sun is shining, casting a warm glow over everything, and the next, a quick rain shower sweeps in, turning the streets into a little puddle-filled adventure. And then, just as unexpectedly, the sun returns, as if nothing ever happened. Spring in all its glory – unpredictable, messy, and wonderfully chaotic.

A little (or a lot) like life abroad. As expats, we often start our journeys with an idea of what life should look like – everything perfectly in place, settled in smoothly, with all the right answers. We have this vision of 'getting it right' in our new country, managing careers, making friends, and building a life that fits within this image we've created in our heads. But then life throws in a curveball – visa issues, cultural nuances, language barriers, or just the general exhaustion of adjusting to a new home.

“Do it messy. Do it scared. Do it imperfect. Do it ANYWAY.”

And that's okay. In fact, it's more than okay. It's perfectly human. We don't need to have it all figured out, and we certainly don't need to be perfect. If spring teaches us anything, it's that beauty and growth often come from the messiest, most unpredictable moments.

The rain makes the flowers bloom. The clouded skies let the sun shine brighter. And our expat journeys? They're no different.

That quote by Bari Baumgardner resonates deeply with what so many of us experience. The temptation to 'get it right,' to have it all

together, can be overwhelming. After all, you made the leap to live abroad, right? Maybe you left behind family, a stable job, or the familiar. And there's this quiet, almost subconscious pressure to make it work, to succeed, to prove that you didn't fail yourself or anyone else who's rooting for you.

But here's the truth: we all need to stop chasing perfection. It's mentally exhausting, and it can lead to burnout. Yes, expat burnout. We may feel we have to prove something, like every decision must be calculated and flawless. But this constant push toward perfection can rob us of the joy of the experience itself.

This spring, let's take a step back and embrace imperfection.

1. **Laugh at the mistakes:** When you misstep, laugh. Life abroad isn't about being flawless; it's about learning, growing, and sharing the moments that make us human.

2. **Prioritize your well-being:** Pushing through mental exhaustion isn't sustainable. Take time to rest, recharge, and care for your mental health. Giving yourself space to breathe isn't weakness – it's strength.

3. **Embrace the present:** Instead of focusing on where you "should" be, appreciate where you are right now. Right here, in this messy, imperfect moment, is exactly where you need to be.

Let's stop trying to perfect our expat lives and embrace them as they are – messy, chaotic, unpredictable, and absolutely beautiful. Let's dance in the rain, celebrate the small victories, and trust that it's okay to not have it all figured out. Just like flowers, we're blooming.

Jerramy Fine

Expat Mum Musings

An American author and royal watcher living in London.



 @missjfine

Jerramy Fine is an American author who has lived in London for 25 years. Her new novel *Royal Resistance* is out now.

Do you ever stop caring about your birth country even if you never want to live there again?

I lived the first 20 years of my life in America, and the following 27 years in the UK. But despite the fact that I have never had a real adult life in the country of my birth, I still sound American and others immediately identify me as American – which I always find disorienting since I've spent more time out of my birth country than in it.

For nearly three decades, I've tried to mesh myself into British culture. But the more time I spend as an expat, the more I see clearly that birth countries have a disproportionate impact on our identities.

Whether you like it or not, the language, traditions, and cultural nuances of the place you grew up shapes your worldview, your values, and even your sense of self. Even if

Believe me, I wish I could shut my eyes and not follow what's going on in America right now – but I can't. What if my daughter wants to live there someday? I have to make sure it's still a place she's proud to claim as her own. I actually feel like I follow American politics more as an expat than if I actually lived there!

I've learned that the shared history and collective narrative fed to you during your formative years is stronger than you think. American stories of national triumphs, tragedies, and struggles have become part of me, whether I wanted them to or not. Decades later, this can still prompt a deep sense of patriotism and pride, but at the same time it can prompt deep condemnation.

“I can't escape the emotional bond I have with my birth country, but I view the ocean between us as a privilege and a gift.”

I can't escape the emotional bond I have with my birth country, but I view the ocean between us as a privilege and a gift. The distance brings a mixture of clarity, objectivity, and longing – allowing me to appreciate America's strengths while acknowledging her shortcomings. Just as I tell my daughter that I'm strict because I love her, if I criticize America, it's also out of love.

you become a citizen of your new country, raise your family in your new country, and do everything you can to adopt your new country's way of life – memories and experiences from your formative years linger forever.

These ties manifest in many ways: constant nostalgia for specific food (I miss real bagels!), holidays (am I still allowed to celebrate 4th of July?), music (I miss hearing Billy Joel on the radio!), or even an (often all-consuming) interest in the politics and current affairs of your birth country.

Caring deeply about your birth country is a testament to the enduring power of roots and memories. It reflects the human capacity to hold space for multiple identities and loyalties; how we can both honor the past and embrace the future. This enduring connection is the invisible thread that ties us to the place our story began. And that's what being an expat is all about.

Royal Resistance
(Boadicea Books)
is out now.





Bob Dylan's Scottish Highland Estate

WHEREVER tours the secluded and serene Edwardian country manor.



Bob Dylan, widely regarded as one of America's greatest songwriters, rose to prominence in the 1960s with iconic tracks such as "Blowin' in the Wind" and "The Times They Are A-Changin'." His music captured the transformative spirit of the decade and became synonymous with the civil rights and anti-war movements. Dylan's remarkable career has earned him numerous accolades, including 10 Grammy Awards, an Academy Award, a Pulitzer Prize, and the Presidential Medal of Freedom. With over 145 million albums sold and more than 3,000 live performances to his name, his influence spans generations. Beyond music, Dylan has published nine books of paintings and drawings, with his visual art exhibited in major galleries around the world.

Among his retreats is Aultmore House, a stunning Edwardian country manor located

in the Scottish Highlands. Built in 1914, the mansion has been carefully preserved, undergoing significant renovations in 2008. Accessible via a private, tree-lined driveway, the expansive 18,357-square-foot residence boasts 16 bedrooms, each offering charming garden views, and 11 bathrooms. The grand entry hall features a limestone staircase with wrought iron and wooden balustrades. Inside, four reception rooms, including a music room, showcase Adam-style marble fireplaces, while the dining room, sitting room, drawing room, and billiards room all feature open fireplaces. Additional entertainment areas include a lounge, sunroom, and garden room, complemented by three kitchens. The basement houses practical spaces such as storerooms, a workshop, and a coal cellar.

Set on 25 acres of landscaped grounds, the estate features manicured gardens with >

© Stefano Chiacchiarini '74 / Shutterstock.com





fountains, statues, and stone gazebos, as well as three charming cottages, which have previously been let to holidaymakers. Aultmore House has also served as a wedding venue and was famously featured in the BBC series *Monarch of the Glen*. The estate is celebrated for its historic and architectural significance.

Situated within the breathtaking Cairngorms National Park, Aultmore House is surrounded by mature forests and spectacular mountain scenery. The area is a haven for wildlife, home to species such as ospreys and the rare capercaillie. Outdoor enthusiasts can enjoy hiking, cycling, and fishing, with the River Spey, one of Scotland's premier fishing destinations, just a mile away.

The nearby Whisky Trail offers a taste of Scotland's rich distilling heritage, while historic castles and several golf courses all nearby too, not to mention the Cairngorm ski area and the village of Nethy Bridge for charming local pubs.



“HIS SCOTTISH HIGHLAND HIDEAWAY IS A STATELY MANSION KNOWN AS AULTMORE HOUSE IN NETHY BRIDGE IN THE CAIRNGORM NATIONAL PARK.”



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At Home With... JANE CHESTWORTH



Who better to get up close and personal with the Algarve's most interesting residents than the man who knows them all, the Algarve's favourite hair stylist, Jim Van Hek.

Used to listening to the most captivating stories, Jim takes his trusted clients on a journey of discovery for

WHEREVER in the comfort of their own home in their beloved Portugal.

Jane is the former Chief Operating Officer (COO) of Christie's, the world's leading Fine Art Auction Business, and recently appointed Chair of Quinta do Lago Property Owners Association (Aproquila).

What was your biggest achievement?

From a business perspective, it has to be closing the deal to acquire the Japanese Life Insurance Company, Aoba Life, with US\$12 billion of assets on behalf of François Pinault, the French billionaire.

If you were not a COO... what would you be?

An airline pilot... but after visiting the RAF team, who were recruiting students to join their training program, I was told only men were accepted.

What's one thing people don't know about you?

I survived the 2004 tsunami in Phuket, Thailand. I don't talk about it a lot – it was quite a traumatic experience.

What does your wake-up ritual look like here in the Algarve?

Wake up around 7 a.m., hit the shower, followed by my unchanging Clarins skincare regime ever since my teens. Then it's time to select the appropriate outfit and get the day started – whether in the gym, on the golf course, or with a run on the boardwalk at the beach. I prefer to take my breakfast mid-morning rather than first thing.

What is your biggest fear in life?

My philosophy has always been to try to plan ahead but to appreciate that

“I DON'T BELIEVE IN REGRETS. EVERYTHING THAT HAPPENS IN LIFE HAPPENS FOR A REASON AND MAKES YOU THE PERSON YOU ARE TODAY.”

the best-laid plans don't always happen, and you will have to deal with unforeseen circumstances and whatever life throws at you – good and bad.

How would you describe yourself in three words?

Pioneer, not fearful, and above all, loyal.

Best piece of advice you've ever received?

Daniel Shih, a teacher at the all-girls convent school I attended, convinced

me to go to university to study Banking & International Finance, while careers advice for girls in the 1970s was virtually nonexistent.

A book everyone should read?

Divine Beauty by John O'Donohue. In the uncertain times we live in, with so much global conflict and humanitarian crises around us, reading this book reminded me of all the beauty we have access to when we need it.

What would you like to be remembered for?

Being a good wife, friend, and colleague, and being a role model for women who want to be successful in business. In particular, to demonstrate that it is possible to step into and achieve success in roles that were typically male-dominated and to be able to break through the legendary “glass ceiling.”

A skill you're working on mastering?

I have always loved the world of wine, and I hope to be able to complete my final diploma to become a sommelier soon! I'm very proud of our current wine selection in our own wine cellar. It also gives me and my husband an excellent excuse to travel around Portugal's fabulous vineyards to learn about the many grape varieties, winemaking techniques, and styles of wine that are available here in our adopted home country. >





What's a cause that's important to you?

Alzheimer's and dementia research – my father suffered from Alzheimer's. I will continue to support this research, hoping that one day we will hear of sufferers who have recovered from this disease.

What did you have to learn the hard way?

You can't please all the people, all the time. Whatever we do in life, it is unlikely to be well received by everyone. As long as you believe in your authentic self and what you are doing, don't let negativity from some people upset you or hold you back.

What do you think about sustainability nowadays, and what would you like to see more of?

Sustainability is absolutely critical for the entire planet. However, I know we have to accept that we can't control what everyone is doing – Trump's energy policies, China's Industrial Revolution, etc. So I try to focus on what can be achieved in the environment I inhabit. Here in Portugal and the Algarve, we know it is vitally important to focus on water conservation and minimize water wastage. Portugal is leading the way in the use of solar and wind energy, and it is important that we as consumers adopt the same approach and reduce our carbon footprint

wherever we can – for example, by buying local produce, which also supports the Portuguese economy.

What made you choose the Algarve, and what made you stay?

I first visited the Algarve in the 1970s with friends from university. The Algarve then was a very different place from the Algarve we know today. Can you believe the airport we arrived at had only one luggage belt? It was much less developed, with miles and

“I HONESTLY TRY TO FEAR NOTHING. WHAT WILL BE, WILL BE.”

miles of beautiful golden sandy beaches. It seemed like the definition of “paradise” to me. As for what made me stay - I met my husband, Warren Hilton, in 2008 in our favorite restaurant, Paixa, in Vale do Lobo. We married here two years later, surrounded by family and friends, looking out over pine trees, sandstone cliffs, and the blue ocean – typical of the stunning Algarve coastline. After a two-year project rebuilding our villa in Quinta do Lago, we became Portuguese residents. I have traveled extensively for business

and leisure for over 40 years and haven't found a better place to call home.

What was your first foodie experience in the Algarve when you first arrived?

Along with my two girlfriends in the 1970s, at a beach bar, having fresh fish, salad, and chips (not French fries!) with icy cold Vinho Verde. Over 40 years have passed, and having eaten in many of the world's finest dining restaurants, I haven't yet found grilled fish, salad, and chips tasting any better anywhere else.

Which is the favourite room and why?

It has to be our Wine Room where we store our wine collection at the appropriate temperature and humidity. We have collected our wines over many years from all over the world. Each wine has its own story and brings back happy memories of places we have visited, delicious food and wine tastings we have enjoyed and the people we have met along the way. It's also a place where we enjoy creating new memories while sharing special bottles of champagne and wine with family and friends.

Hope?

I would like to believe that we will leave the planet in a better position than when we arrived here.

A question for my next guest?

What country would you like to visit next other than Portugal, and why?

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Indulge in La Dolce Vita: The Ultimate Southern Italian Getaway

Rebecca Whitlocke of Antibes Yachting says the sparkling Tyrrhenian Sea and the sun-dappled vineyards of the Amalfi Coast are the perfect destination for those seeking a natural, beautiful escape.



Known for its picturesque villages perched on cliff sides, fragrant lemon groves, and hairpin coastal roads, this region represents the essence of La Dolce Vita – Italy's sweet life. Whether you are a discerning jet setter, part of a multigenerational family, or on a romantic getaway, southern Italy's allure is undeniable.

Arriving in Style

The magic begins the moment you touch down. Naples, a city of vibrant contrasts, pulses with life and history. The chaos of the city fades into the background as you are whisked away to your awaiting yacht. For those desiring an even more dramatic entrance, private helicopter tours provide an unparalleled bird's-eye view of the Amalfi Coast, adding an extra layer of luxury to your experience.

L'Albatros, a 44-metre superyacht available for charter in August and September offers accommodation for up to 12 guests in 6 luxurious cabins. Onboard, large banquettes surround the sun deck Jacuzzi - the perfect spot to enjoy the Mediterranean unfolding before you like a postcard. Charter guests can enjoy a selection of water toys including jet skis, kayaks or paddle boards, or opt to

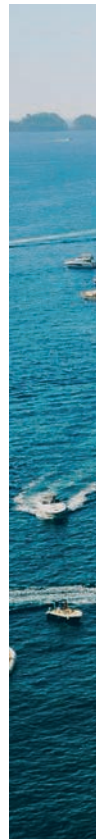
watch the scenery pass by during aperitivo hour after a day of exploring.

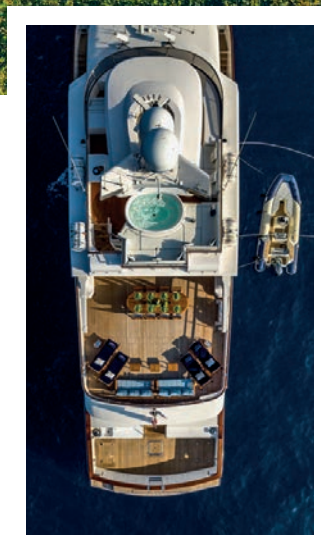
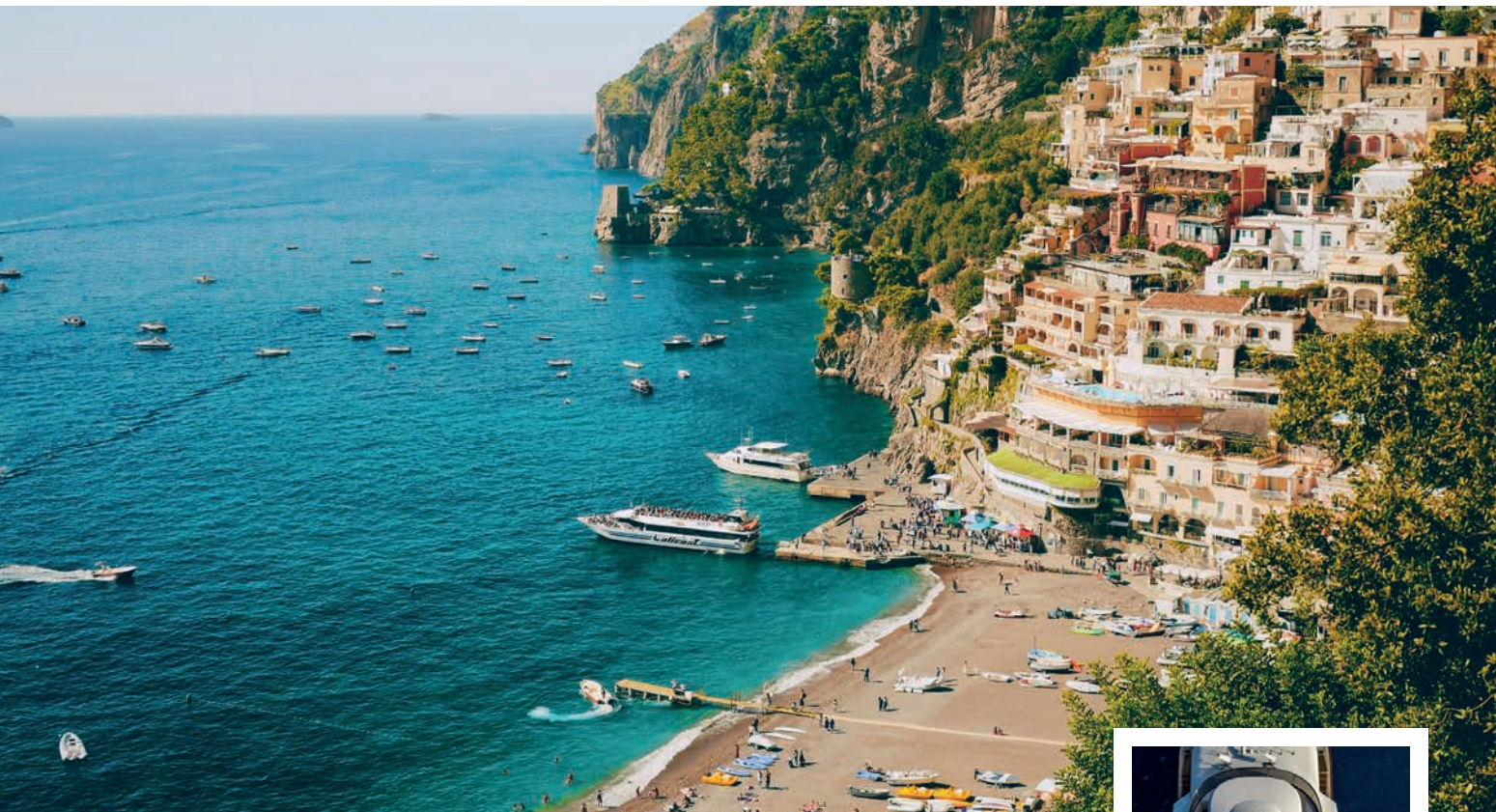
From Vine to Table: A Feast for the Senses

As the sun dips below the horizon, a private villa comes to life. Inside, an expert chef prepares an unforgettable feast – a fusion of the finest local ingredients. The rich, sun-ripened vegetables, freshly harvested olives, and fragrant rosemary are transformed into a meal that not only delights the palate but tells the story of the region's culinary heritage. Or, imagine enjoying dinner on a private yacht's aft deck, savouring fresh scialatielli ai frutti di mare paired with chilled Falanghina wine. Or perhaps a secluded dinner in a hidden lemon grove, where each bite of food feels like a gift from the land? Whether it's a bespoke wine tasting in an ancient vineyard or a farm-to-table meal with a view of the sea, every culinary experience is a synthesis of tradition, hospitality, and celebration.

An Odyssey Through Southern Italy's Rich Heritage

The stories concealed behind medieval cathedrals, Renaissance palazzos, and busy piazzas are what make southern Italy so alluring, not simply its breathtaking scenery. Imagine exploring the ancient streets of





Pompeii or Herculaneum with an expert archaeologist as your guide, uncovering hidden mosaics long untouched by time. At dusk, the ruins take on an entirely new atmosphere, away from the daytime crowds. For those seeking an authentic cultural experience, the Ravello Festival offers a chance to experience world-class classical and jazz performances in one of the most breathtaking locations. Nothing, according to Sorbillo, can adequately convey the emotional intensity of Ravello's cliffside location situated high above the Mediterranean.

garden or an energising massage administered by a skilled therapist on a sea-facing terrace adorned with pink bougainvillea creeping along the balcony.

The feel of cool, hand-painted tiles beneath your feet, fresh-caught seafood, the quiet clink of glass as you sip local wine – it's the rhythm of life that makes southern Italy so special, and that's why you'll come back. The greatest luxury is time, and living La Dolce Vita is not in grand gestures but in the small, everyday moments that make life memorable.

“Reservations at upscale restaurants as well as yacht charters require advance booking, and luxury concierge services are in high demand.”

Lucia Sorbillo, Founder Soluce Luxury Yachts and Villas

Living La Dolce Vita: A Lasting Journey

Luxury in southern Italy is not just about indulgence – it's about rejuvenation. The Belmond Hotel Caruso, perched high above the Amalfi Coast, offers views so stunning they seem painted into the sky. Similarly, the Hotel Santa Caterina and Palazzo Margherita in Bernalda exude the timeless charm of Italian glamour, with ceiling murals and luxurious furnishings.

For those seeking complete seclusion and tranquillity, Soluce can arrange a stay at a private villa where wellness becomes part of the experience. Picture this: waking to the sound of birdsong, followed by a personalised yoga session in a Renaissance





TASIS Portugal

-  3-18 years
-  880 Students (960 next year)
-  Core Knowledge & Singapore Math PK-8; IGCSE grades 9 & 10; IBDP grades 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 50-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 Bi-lingual 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 2025

It's always a challenge for expats to find the right school. WHEREVER helps with a round up of the latest news from Portugal's International Schools.

The international schools market in Portugal continues to grow, offering an ever-expanding variety of options for families. The Lisbon region boasts the highest concentration of English-language international schools, with 29 schools. This is followed by the Algarve, which has 11 schools, the North with 4, and the Silver Coast with 3. These schools follow the American, British, or International Baccalaureate (IB) curriculum, either fully or partially.

2. Visit Schools and Ask Questions

Personally visit the schools you're interested in and ask detailed questions. Gather as much information as possible to help you make an informed decision.

3. Seek Feedback but Stay Objective

While feedback from friends can be helpful, remember that what works for their family may not necessarily be right for yours.

“ Every family – and even individual children within the same family – has unique needs and preferences. **”**

As an education consultant and expert in the Portuguese schools market, I'm often asked, "Which are the best international schools?" While it's a great question, it's impossible to answer without knowing a family's specific priorities. What one person considers the "best" school might not suit another.

How to Identify the Best School for Your Family

1. Create Your Wish List

Start by identifying and ranking the factors that matter most to your family. Consider curriculum, academic quality, pastoral care, extracurricular offerings, ease of integration, fees, and location.

Your expectations are likely shaped by your children's previous schools. Reflect on what you loved about those schools and what you didn't. This will help refine your wish list.

Start Early

The school selection process takes time. Begin as early as possible to research thoroughly and prepare for any required entrance exams. Keep in mind that international schools in Portugal typically allocate places in February or March.

Best of luck with your search!

Nathalie Willis-Davis
Founder & Managing Director,
Tendoria Educational Consulting
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.



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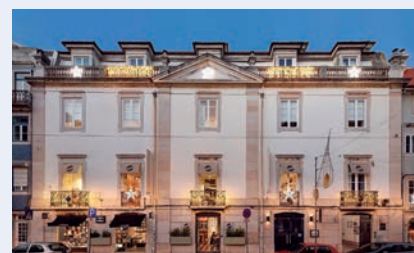
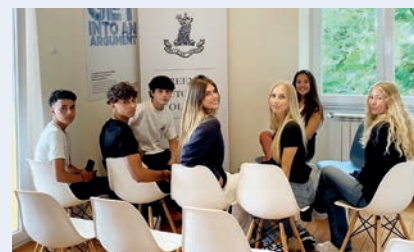
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At Greene's College Oxford, we instil in our students the capacity for independent thinking and a life-long passion for learning throughout their sixth form studies, before they go to university. But rather than a radical re-imagining of education, 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. During the last academic year (2024-25), 78% of grades received by Greene's students were A*-B. Since 2020, 43% of all grades awarded to Greene's students have been A* or A grades. As a non-selective college we expect our A level examination results to track the national average of the number and proportion of students achieving particular A level grades for the U.K. However, Since 2020, we have exceeded the percentage of

students in England to have received A* to A grades by 10%. In 2023, a full-time online student achieved the top mark in the world in her CAIE A level Portuguese exam - learning at Greene's sticks!



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



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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



Located in Lisbon's vibrant Park of Nations district, United Lisbon International School (ULIS) provides a world-class learning environment for children aged 3 to 18. With a student body representing over 50 nationalities and state-of-the-art facilities - including 6,500 square meters of outdoor space and a recent expansion adding 7,300 square meters of classrooms, labs, and sports areas - ULIS combines academic excellence, cultural diversity, and innovation.

In its fifth year of operation, United Lisbon International School (ULIS) is revolutionizing education for its students with a forward-thinking curriculum designed to inspire curiosity, foster independence, and prepare students for success in the modern world.

Redefining Middle School: The Golden Years

For Grades 6–8 (ages 11–14), described by Executive Director Martin Harris as “the Golden Years of learning,” ULIS is creating a dynamic and stimulating curriculum that balances core academic subjects with a wide array of new disciplines to foster well-rounded

subjects, laying the groundwork for more specialised learning in Grades 9 and 10. Guided by our mentors and the specialist University and careers team, this approach empowers students to make informed choices about their educational and career pathways.

Individualised Pathways in High School

In Grades 9 and 10 greater breadth and depth is added while offering students the opportunity to construct a more individual academic program around core subjects, allowing them to specialise in greater depth in areas like languages, sciences, humanities, the creative arts and technology or a mixture of these if the individual pathway is still not clear.

Martin Harris explains. “Students are able to specialise or remain on a broader pathway, however, whichever route they choose they are beginning to hone skills that will help them while studying for the IB Diploma, or at University and in life beyond.”

This tailored approach ensures students are well-prepared for university and

“ These students are our future global citizens and leaders.”

development aligned with the school's pillars.

“We are building a carousel of experiences around the core subjects of Maths, English, Portuguese, Science and sport while introducing greater opportunities in the Creative Arts, Performing Arts, IT (coding, AI, and filmmaking), financial literacy, study skills, and adventure,” says Martin Harris. “As students emerge from the primary school they have a growing awareness of the world around them, the excitement of discovering all that is out there and the boundless possibilities that exist. These years are so exciting as we begin to explore and help students discover their passions and develop critical skills for the future.”

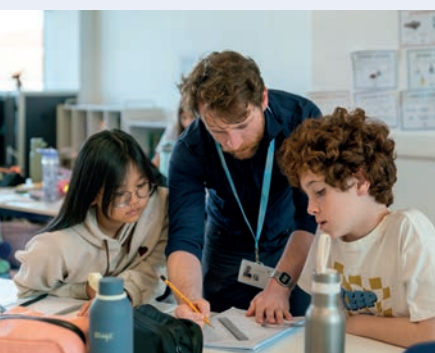
Students will engage with each of these

equipped with the skills needed to navigate an ever-changing global landscape.

Beyond academics, ULIS emphasises creativity, adventure, and personal growth. The school integrates entrepreneurship, sustainability, and cutting-edge fields like AI and filmmaking into its curriculum, alongside its core values of responsibility, integrity, curiosity, resilience, and empathy.

By fostering a balance of skills, experiences, and values, ULIS ensures students are prepared not just for university but also for life in a rapidly evolving world.

At ULIS, students thrive in an inclusive, innovative community designed to help them grow into confident, global citizens ready to make a meaningful impact.





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. Since then, the school has 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 who 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 International School



3 to 16 years old



520



Early Years: Plurilingual education taught in three languages, French-Portuguese-English, Primary Years: French International Programme (French curriculum, CP to CM2) or the Portuguese International Programme (Portuguese curriculum, 1.º to 6.º ano).

Secondary School: French International Programme from 6ème to Terminale (bilingual French/English), leading to Baccalauréat Français International or the Cambridge International Programme from Year 8 to Year 11, leading to the IBDP (Year 12 and 13).



Opened 2017

Campo de Ourique, Rua Francisco Metrass 97, 1350-164 Lisboa T +351 210 522 550

Tapada da Ajuda, Tapada da Ajuda, 1349-017 T +351 21 093 6317

E info@redbridgeschool.com W redbridgeschool.com

Redbridge International School offers 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.”



What We Do



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Tutoring and Coaching



Global University Applications

We are international education experts with years of experience advising families. We provide the advice you need to make the best educational decisions for your children, from helping you choose the right school in Portugal or Spain to guiding your teenager to their dream university.



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The Lisbon International School – We have Soul

R. Maria Luisa Holstein, 1300-388 Lisboa, Portugal
For admissions contact Lexi Lloyd Owen admissions@the-lisboan.school
T +351 910 114 631 W www.the-lisboan.school



Age 3–15 from 2025.
Age 3–18 from 2027.



Capacity 1200.
Currently planning 1
grade per school year
for 2025/26



September 1st 2025.

“Our students will
be Made in Lisbon,
Ready for the World.
Globally aware,
locally engaged, and
prepared to make an
impact anywhere.”



People often talk about schools in terms of classrooms, lessons and grades. At The Lisbon, we think a school should be so much more. We think it's about the spirit of a place. It's about breathing new life into an historic Lisbon building and channelling the city's energy – full of warmth and welcoming to all.

It's about teachers who are passionate about their purpose and dedicated to all aspects of a student's development, from the academic and sporting to the creative, social and emotional.

It's about grasping all the dynamic educational opportunities that Lisbon has to offer in sports, music, the performing arts and more. Above all, it's about the amazing people you meet there and a learning experience you will take with you for life.

At The Lisbon, we believe in nurturing the character of each child

We are guided in this aim by our school values, which anchor our school community to a common set of principles, as well as our philosophy of BOA. Translated from the Portuguese for 'good', BOA provides students with a framework for drawing strength through togetherness while also building strength from within.

BELONG - Finding your place among a diverse and dynamic community of international students. **OWN** - Knowing your strengths and understanding your own role in unlocking the potential within. **ACT** - Having a sense of purpose, a sound moral code and the conviction to grasp opportunities.

Students who are inspired to achieve

Built on the robust foundations of a British curriculum, our academic offering has been thoughtfully expanded to include a range of contemporary subjects.

The fundamentals of English, maths and science are complemented by areas such as marine biology, entrepreneurship and problem-solving, while lessons in the history and culture of Portugal connect students to the local community.

This all adds up to a balanced learning experience that is both rigorous and stimulating, ensuring students are prepared for the very best universities and provided with the skills they need for life after school.

Students who uncover their potential

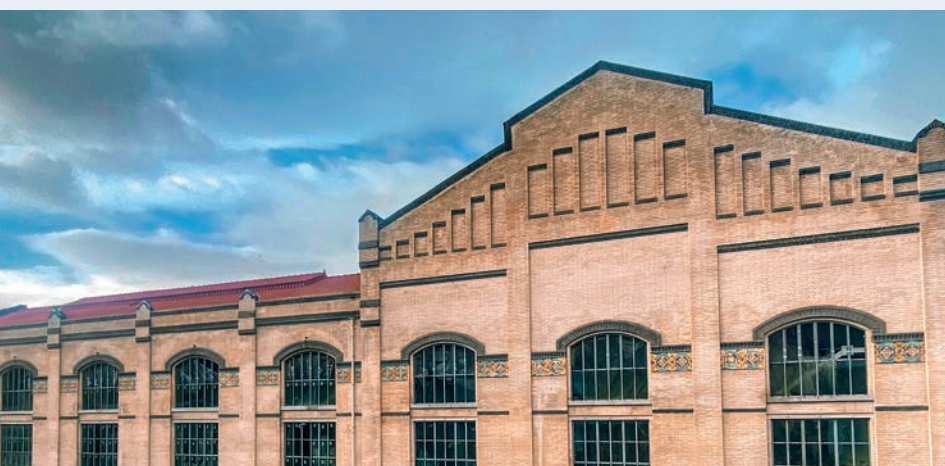
Our Experience Programme takes the traditional idea of co-curricular activities into new territory by embracing a wealth of opportunities across our school and our city. Under expert guidance, students can push new boundaries by challenging themselves beyond the conventional curriculum, experiencing a diverse mix of academic, recreational, instrumental, sporting and performing arts activities each term as part of their personal development.

Students who are people of the world

Our students naturally will have an international outlook and are encouraged to see themselves as part of a wider global community, with all the opportunity that brings. As part of the Artemis Education group, we also encourage a deep awareness of sustainability in all its forms, ensuring our students embrace their role as stewards of our planet's future.

Discover a school designed to feed your mind and to fuel your curiosity

Applications for our September 2025 intake are now open! We're welcoming students aged 3-15 to join us on this journey.





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.

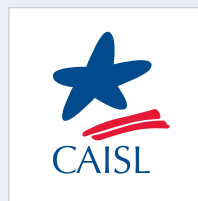


St Peter's International School

- 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

Since 1956, Carlucci American International School of Lisbon (CAISL) has provided a top-tier education based on the American philosophy of fostering strengths and overcoming challenges. Welcoming students from 50 nationalities, CAISL offers a multicultural, caring environment. It uniquely grants both the American High School Diploma and the IB Diploma. As Portugal's only U.S. State Department-sponsored American school, CAISL reinvests all funds for student benefit.



Santo António International School

Av. Saboia, 662A, 2765-277 Monte Estoril | Lisbon | PORTUGAL
T +351 210 731 054 E geral@sais-estoril.com W www.sais-estoril.com



4-18 years



300 students



Cambridge Curriculum English National Curriculum up to Year 9, followed by the IGCSE programme. The final two years of Secondary Education they embrace the A'Level | AICE Diploma



Opened 2013

S AIS - Santo Antonio International School is a full K-12 British International Catholic School located in the heart of the historical town of Monte Estoril. Our ethos is such that respect, concern and world aid have structured our development since day one.

Ours is a **rich journey** which illustrates the joint effort of all those who believe in the power of education. After completing our twelfth year of existence, we could not take more pride in what we have accomplished.

Our **stakeholders, staff; pupils; Parent-guardians, SAIS Families**, take centre stage when we measure our school culture and what the **SAIS Pathway** is all about. It is in our warm familiar environment that our international community of forty-eight different nationalities thrives.

As we welcome our alumni, their track record does us all proud. Venturing out into the unknown, empowered by a thirst for knowledge has led many into extraordinary areas.

Speaking Schools), where it collaborates with educational peers to share ethos and best practices.

As we look into our near and long-term future, we welcome all to be involved in our newest adventure of the **brand-new Campus II** that will enable us to once again redistribute space to best fit our pupils and their learning experience.

Located just a mere 3 minutes' walk up the hill from **Campus I** we look forward to all contributions and creative insights to make yet another dream come true.

**A warm welcome to all at SAIS
Santo Antonio International School!**

“ Our ethos is such that respect, concern and world aid have structured our development since day one. ”

We have welcomed former SAIS Pupils into the fields of **Medicine; Architecture; Law; Pathology; Biology; Nursing; Social Work; Sports; Management; Economics and Air travel** to name a few.

Today, SAIS stands proudly alongside other distinguished international schools in Portugal. The school is a member of the **CHESS (Council of Heads of English-**



TOGETHER we **always** stand STRONGER



IPS Cascais
BRITISH
INTERNATIONAL
SCHOOL
PORTUGAL

IPS Cascais British International School

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



3 to 15 years



+350 Students



National Curriculum
for England



Opened 1982



IPS Cascais British International School 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 for England more than 40 years, starting all the way back in 1982. Situated 25km to the west of Lisbon, IPS Cascais attracts families living in Cascais and the surrounding localities, from Oeiras to Sintra.

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 during the academic year 2025/26. Over the coming years, the Secondary School will deliver an educational programme from Years 7 up to Year 13, ensuring pupils get the qualifications and experiences for them to take to universities across the world.

A GBIS School

IPS Cascais is a member of Globeducate, one of the leading K-12 education groups in the world with more than 65 premium bilingual and international schools, and online programmes, in 11 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. 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.

“IPS Cascais has been teaching the National Curriculum for England more than 40 years.”





Nobel Algarve
BRITISH
INTERNATIONAL
SCHOOL

Nobel Algarve British International School

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



+1400 across both Lagoa and Almancil Campuses



National Curriculum for England, Portuguese Curriculum, iGCSEs, A-Levels



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

“ Both schools use globally recognised assessment practices, and students achieve qualifications aligned with global standards of excellence. ”

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 65+ premium bilingual and international schools, and online programmes. The group has schools in 11 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.

Nobel Algarve British International School has long been regarded as Southern Portugal's premier international school. 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 50 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 or the National Portuguese curriculum. Almancil is currently a Candidate School for the IB Diploma Programme, pursuing authorisation as an IB World School to offer it to current Y11 students, who will be the pioneering class starting in September 2025. Lagoa offers the National Curriculum for England and the Portuguese Ministry of Education programme, with most students going on to enrol in some of the world's leading higher-education institutions.

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.

Both schools use globally recognised assessment practices, and students achieve qualifications aligned with global standards of excellence. Demand is high across all curricula and 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.

Being a member of Globeducate's British International Schools (GBIS) 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. 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 unveiled ambitious expansion plans, an impressive project branded 'Nobel Algarve - Shaping the Future' which is being developed in 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. Last September, the new Early Years facilities were launched in Lagoa, and the year before, the new Secondary building in Almancil had already been inaugurated – the expansion plans are underway.





Nobel Algarve
BRITISH
INTERNATIONAL
SCHOOL



a proud member of
globeeducate

Shaping the world of tomorrow

Follow our Journey!



BOOK A VISIT

**The best of British Education with a global perspective
For Ages 3-18**



With over 50 years of delivering excellence in education, parents trust Nobel Algarve to select the best teachers who will strive and give personalised attention to ensure their child can achieve their potential and gain a global perspective.

TEL: (+351) 282 342 547 | WWW.NOBELALGARVE.COM | Portugal

Lagoa Campus | Barros Brancos, EN125, 8401-901 Lagoa
ADMISSIONS@NOBELALGARVE.COM

Almancil Campus | Caminho das Pereiras, 8135-022 Almancil
ADMISSIONS.ALMANCIL@NOBELALGARVE.COM





The Ambitious Expansion Plan for Globeducate in Portugal

The international education landscape in Portugal has evolved significantly, and Globeducate, one of the world's leading international education groups, has expanded its presence here.

James Polansky, CEO for Globeducate Portugal and the UK since 2024, shares insights into the group's journey and future plans here.

What sets Globeducate's schools in Portugal apart?

Globeducate has a footprint across 11 countries, offering diverse curricula – national and international, including the IB and the National Curriculum for England. With 65+ schools and 40,000 students, it fosters a well-connected global community. In Portugal, the three schools form part of the wider Globeducate British International Schools (GBIS) cluster – Nobel Algarve British International School (Lagoa and Almancil) and IPS Cascais (Lisbon). These schools stand out for strong collaboration, knowledge-sharing, and innovation, and work closely with other GBIS schools in France, Spain and the UK. These schools share key principles common in British schools but are well adapted for an international community. Students benefit from global partnerships with organisations such as WWF, Eco-Schools, LEGO Education, and CenturyTech, enriching learning through sustainability projects, creative experiences, and technology. Exclusive initiatives such as AI projects, “The Journey” outdoor programme, and global events, further enhance education. Students in Portugal have already participated in academic, sports, and music events in France, Italy, Spain, and the UK. Significant investment in infrastructure also sets these schools apart. State-of-the-art campuses and enhancements to existing facilities provide modern learning environments, preparing students for a rapidly evolving world.

How do innovation and technology shape learning?

Innovation and technology are central to Globeducate's approach, fostering interactive and personalised learning. AI, robotics, and 3D

printing equip students with problem-solving, creativity, and technological proficiency, while ethical digital citizenship ensures they understand technology's societal impact. Teachers receive specialised training supported by cutting-edge resources and the group's global Head of AI, Richard Human. Initiatives such as the AI Sustainable Cities and AI Chatbot projects have been internationally recognised, earning awards. Importantly, innovation is balanced with student wellbeing and ethics in technology.

How is international education evolving, and how is Globeducate preparing?

It is clear to us that globalisation, technological advancements, and sustainability are reshaping education. Schools must evolve beyond traditional models to prepare students for a dynamic world, and teachers must be supported in order to prepare, inspire and educate students. Globeducate embraces this shift by embedding innovation, sustainability, and global citizenship into its curriculum. A strong focus on diversity, inclusion, wellbeing, and character development ensures students receive a well-rounded education beyond academic results.

What are Globeducate's plans for its schools in Portugal?

Globeducate's vision for Portugal is to create thriving learning environments where students and staff feel inspired, engaged, and where they can excel. Long-term investment in modern facilities, teacher training, and innovative learning experiences remains a priority. By fostering a safe, inclusive, and supportive environment, students develop confidence, creativity, resilience, and a strong sense of how to make a positive impact. Globeducate remains committed to keeping its schools in Portugal at the forefront of international education.

“Innovation and technology are central to Globeducate's approach, fostering interactive and personalised learning.”





A Perfect Fit

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,
 GCSEs, IGCSEs



Opened 1967 in Oxford

For Owen, a talented student on the Autism Spectrum (AS), learning about the personalised A level programmes at Greene's College Oxford in Portugal inspired him to take a leap of faith and transfer schools. Known for his aptitude in mathematics, Owen has flourished in an environment that prioritises personalised support and one-to-one tutorials, allowing him to excel academically and grow as an individual.

Before Greene's, Owen struggled in traditional classrooms, where large groups and rigid teaching methods left him feeling disconnected. Greene's provided a different experience: a place where students' unique strengths are recognised. The tutorial method of learning centred around one-to-one teaching, has given Owen the support and confidence to thrive.

“In a traditional classroom, the pace might be too fast or too slow. At Greene's, it's personalised to what works best for you.”

“I didn't fit in at my old school,” Owen shares. “When I came to Greene's, it was perfect. The staff and students are so kind, and everyone feels part of the community.”

At Greene's, Owen has been able to explore his academic interests. He mastered the skills to be an independent learner, something he struggled with before. The personalised tutorial structure helped him expand his understanding, particularly in mathematics.

“My maths tutor helped me explore concepts in greater depth,” he explains. “I love working on problems independently but also value discussing ideas. It makes learning enjoyable.”

Owen has excelled in his studies, achieving a perfect score in the Senior Maths Challenge



and earning distinctions in multiple Maths Olympiads.

“Numbers just make sense to me,” Owen reflects. “Maths is logical, and problem-solving is something I truly enjoy.”

Initially hesitant about online tutorials, Owen quickly adapted and now appreciates their benefits. “I wasn't sure at first, but you get used to it. In a traditional classroom, the pace might be too fast or too slow. At Greene's, it's personalised to what works best for you.”

Beyond academics, Owen has found a place where he feels at home. “The campus is a perfect mix of home and school. It's relaxed and welcoming but also a great place to focus. I actually look forward to going to school.”

Now applying to university, Owen has received offers from prestigious institutions, including Bath, Exeter and Warwick Universities and his top choice, Trinity College at Cambridge University. His journey at Greene's exemplifies how a personalised, supportive environment can help neurodiverse students thrive and reach their full potential.



It Takes a Village: Finding the Right Support System

The eternal expat challenge - Finding the right childcare is key says Emma Nascimento, founder of Cascais-based Nanny Poppins.

T +351 916 592 174 E emma@nannypoppins.pt W nannypoppins.pt

Nanny Poppins - A global support system for families

Established in 2019, Nanny Poppins had a clear goal: to offer more than just a babysitting service. I wanted to create a community of professional, well-trained nannies who could provide families with peace of mind and exceptional care. What started as a small, local initiative has since grown into a thriving, international business. Over the last five years, we have expanded far beyond Cascais, connecting families across Europe, the United States, and other parts of the world.

What makes Nanny Poppins truly unique is our commitment to excellence and diversity. Today, our team proudly represents over 25 nationalities, reflecting the multicultural nature of the families we serve. This diversity allows us to match families with nannies who understand their cultural values, speak their language, and bring the highest levels of professionalism to their role. Our nannies are carefully vetted, trained, and ready to make a difference. We don't just focus on childcare, we focus on building relationships. We invest in the ongoing training and professional development of our nannies, ensuring they have the skills needed to meet modern families' needs. From nutrition workshops to digital safety courses, our nannies are equipped to provide well-rounded, enriching care for the children they look after. What started as a personal mission when my son was born, has evolved into a global support system for families. As we continue to grow, our focus remains the same: to connect families with exceptional nannies they can trust, wherever they are in the world.

Being an expat, far from home and your usual support system, many families struggle with balancing work, adjusting to a new culture, and ensuring they have the right structures in place to thrive. Among these challenges, reliable childcare often stands out as one of the most pressing concerns. These struggles underscore the critical need for trusted and professional childcare options that enable families to navigate this transitional phase with confidence and ease.

For expats, the difficulty isn't simply finding someone to care for their children – it's about finding the right person. A caregiver must be trustworthy, qualified, and aligned with the family's values and routines. This can feel overwhelming when you are in a new environment, away from extended family and familiar networks of support.

In places like Cascais, which has long attracted families from around the globe for its laid-back lifestyle, beautiful beaches, and proximity to Lisbon, building a support system can be daunting. While the town offers a welcoming atmosphere, the lack of a pre-existing network makes finding the right childcare a complex process. Many expats discover that the qualities they seek in a

caregiver – reliability, strong communication skills, and a genuine passion for working with children – can be difficult to assess without recommendations from trusted sources.

What to Look For in Childcare:

1. **Qualifications and Experience:** Ensure the caregiver has proper training, certifications, or relevant experience, such as working in a preschool or with families.
2. **References:** Look for glowing recommendations from families with similar needs.
3. **Alignment with Family Values:** A good caregiver respects your parenting style and adapts to your child's routines.
4. **Cultural Sensitivity:** Especially for expat families, a caregiver who understands and respects cultural differences can make a big difference.

Tips for Finding Reliable Childcare:

- **Network Locally:** Connect with other expat families or local parent groups for recommendations.
- **Professional Agencies:** Consider using a reputable nanny or childcare agency to ensure thorough vetting.
- **Trial Periods:** Arrange trial sessions to see how the caregiver interacts with your child.
- **Trust Your Instincts:** Ultimately, your intuition is a powerful tool when evaluating childcare options.

While the process may feel challenging, finding the right childcare is achievable with persistence and clear priorities. A reliable caregiver can ease the transition, allowing families to focus on embracing their new surroundings and building a fulfilling life abroad.



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Bespoke Investments

Benefit from the flexibility to optimize your portfolio, leveraging our strategic insights to enhance your investment strategy. Your investment goals are unique, and our services are tailored to meet those specific objectives.

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Stay informed with regular updates on your property's performance and market trends. We value open communication, aligning our services with your evolving investment strategies.

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Establishing strong relationships with real estate agencies and prestigious online platforms to amplify your property's visibility in the market.

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Benefit from our expertise in marketing, ensuring optimal exposure for your property. We strategically position your investment to attract the right tenants or guests & maximize returns.

Diverse and strategic Locations

Benefit from our extensive reach across key locations, including the serene landscapes of Comporta, the vibrant coastal town of Cascais, upscale Lisbon, and now the enchanting Quinta do Lago in Algarve.

We strategically position ourselves in these key locations for a reason to bring you the most sought-after locales and deliver unparalleled experiences in prime destinations.

Contact us, to embark on a journey of unparalleled service and luxury property management.

A QUESTION OF FINANCE

With 20 years' experience living and working in Portugal, Raoul Ruiz Martinez manages RZ Financial Planning, a Private Office Service company.

“DEFINING
YOUR
FINANCIAL
GOALS IS THE
FIRST STEP
TOWARD
MANIFESTING
THEM.”

Got a minute?

Why don't you send your queries about your move to Portugal to Raoul via hello@wherevermags.com and we will get his response in the next issue!



Millennials and Sports Investing: A Booming Intersection

Passionate about sports? So am I. This week, I had a conversation with a colleague that made me realize just how intertwined our working lives have been so far this year. The connection between Millennials and sports stood out – especially in the world of investing are significantly shaping financial decisions.

The Rise of Sports Investing

Approximately 60% of Millennials hold investments, making them the most invested generation. But they are not just passionate sports fans – they are passionate sports investors. Sports fans, including myself, are typically an enthusiastic group. However, when it comes to investing in sports, passion can sometimes cloud judgment. How do you accurately assess an investment opportunity without being blinded by loyalty to a specific team, league, or player? Millennials are working with financial planners alongside utilising online platforms to navigate these types of decisions.

Finding the Right Financial Adviser

Choosing the right adviser is crucial for making informed investment decisions. The key is to find someone who aligns with your values and understands your unique financial situation. For Millennials – who are well-versed in fintech but may be novices when it comes to working with traditional advisers – a great tip is to ask the right questions.

Your adviser should listen first and advise second. This allows you to gauge their expertise, approach, and whether they truly prioritise your best interests – and your wallet. Staying focused on personalised services and long-term financial goals is essential.

Why Sports Investing is Booming

The expansion of broadcasting rights and the establishment of major sports leagues have increased the global commercialisation of sports, making it a lucrative

investment opportunity. Sports have a reputation for being recession-proof, offering potential stability amidst market volatility.

However, the question remains – where should one invest? The opportunities are vast and go beyond traditional stock investments. Some key areas include:

- Publicly Traded Teams: Shareholders in sports franchises capitalise on the success and profitability of these organisations.
- Sports Media & Broadcasting
- Sports Infrastructure & Facilities
- Athlete Endorsements & Marketing
- Sports Technology: Innovations in wearables, data analytics, and AI-driven sports advancements – like VAR – continue to shape the industry.
- Sports Collectibles and Memorabilia
- Sports Education & Academies

Investors should consider this rapidly growing sector to diversify their portfolios.

Smart Financial Planning for Sports Investors

Millennials should utilize all available financial tools to make informed decisions. Here are some key financial planning tips for the year:

1. Prioritise your investment goals and risk tolerance.
2. Review your portfolio regularly to adjust strategies.
3. Manage Your Emotions to avoid making impulse-driven investment.
4. Save Consistently to ensure long-term financial stability.
5. Consider Tax Implications when strategizing investments and withdrawals.

Looking Ahead

With so much happening in the sports investment world, 2025 is shaping up to be an exciting year – both on the fields, courts, and courses of play, and in the financial arena. I look forward to seeing more Millennials embracing financial advisors to complement their investment strategies. Here's to a year of smart investing and thrilling sports action.

E hello@rzfinancialplanning.com

W rzfinancialplanning.com



Luis Figo and Pedro Machado.



Vitor Guerrero and Antonio Eusebio.



Matthew and Amanda Storey.



Luis Figo and Kam.

Spring Seen

What's up in Algarve by Kam Heskin

Vilamoura Marina 50th Anniversary & Nova Marina Launch

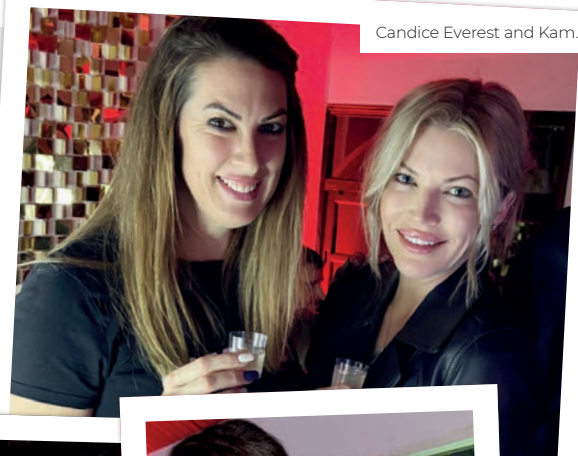
November 23rd saw a spectacular soirée at Vilamoura Marina, marking its 50th anniversary alongside the grand unveiling of the Nova Marina – now primed for the area's most opulent yachts. An exclusive guest list sipped, dined, and danced the night away, with fireworks lighting the sky in celebration.



Ines and Chris Smith.

Secret Circle Launch Night

Algarve trendsetters flocked to the launch of Secret Circle: A Funky House Experience, on November 23rd, where Wattshot's cherry gin added a cheeky buzz to the night. With beats by LOFTY and live sax & djembe vibes, it was pure rhythm, no pretense. A soulful haven for true choreophiles.



Candice Everest and Kam.



Ria Wilson and David Lockie.



Candice Everest and Toby Harwood.



Zara Hafeez and Demi Styles.

Meinke Flesseman X Batalha Collection

On January 24th, a captivating fusion of history, design, and artistry unfolded at the Meinke Flesseman Gallery. An inspired collaboration between the artist and Batalha Collection celebrated the harmony of antique treasures and contemporary brushstrokes – creating an unforgettable evening of fine aperitifs, lively conversation, and artistic discovery.



Meinke Flesseman and Jolanta Szczepaniak Grendowicz.

Jerome Gay and Sandra Matos.



Hildegard Borkent.

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Inspired by the Greek word for beauty and owner Theodora Zania's Greek heritage, OMORPHIA is Loulé's newest Brow & Beauty Boutique, offering treatments including expert microblading and other brow treatments tailored to your facial structure, nail therapy focusing on care and aesthetics, and the exclusive OMORPHIA Treatment in collaboration with Dr. Carlota Neto, a specialist in advanced aesthetic treatments. OMORPHIA also hosts special events where you can learn essential skin care techniques, promoting long-lasting results and boosted confidence. Step into this elegant space and experience beauty treatments that leave you glowing inside and out.

@omorphia_algarve



SHOPPING

Quinta Shopping Sunday Farmer's Market

The Farmer's Market brings a selection of fresh produce and Algarvian traditional products to Quinta Shopping, at Quinta do Lago, every first Sunday of each month, between 10am and 1pm. It's the chance to buy the best regional products, and to bring a little more fun to the experience there will be a folk dance group performing at 11.30am.

@quintashopping



WELLNESS OASIS

Casa Terapia

An independent physiotherapy center, this wellness oasis off the beaten track comes with 2 cosy rooms, a treatment space for physio and skincare, as well as a floatation tank for regenerative mineral baths. Run by Cedric Dehlinger and Estelle Pouchelon, it's all about personal and individualised care with a holistic approach. Cedric's research to find ways to help the body regenerate and initiate a healing process has borne this Hub of Rejuvenation and Metabolic Aesthetics and Physiotherapy. The key here? Regenerating and rejuvenating individuals by providing vital support that enhances the body's cellular exchanges.

@casaterapiafizio

What's Hot in Algarve

By Team WHEREVER



RETREATS

Wellness Waves and Wine

Inspired by a passion for embracing life, Wellness Waves and Wine offers an immersive retreat experience in the Algarve. Guests are invited to unwind with daily Yin Yoga and Pilates sessions set against stunning coastal landscapes. The retreat combines mindful movement, connection, and indulgence with curated wine tastings from local vineyards. Thoughtfully crafted by founders Marta and Hannah, every detail is designed to help guests reconnect with themselves, find balance, and savour the region's rich flavours and natural beauty. Next retreats: 23-27 April and 5-9 November 2025

@wellnesswavesandwine

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A collective space offering group and private classes focused on core strengthening, Core Collective specializes in the innovative XFormer method. XFormer is a unique approach to full-body conditioning, incorporating the principles of resistance training, isometric exercises and core strengthening into one dynamic workout. Utilizing state-of-the-art XFormer machines it engages multiple muscle groups simultaneously, leading to faster and more efficient results. With a recovery room featuring a Cryosauna and an Infrared Sauna, as well as an energising bar, it offers a complete wellness experience.

@corecollective.lisbon



ALL DAY PIZZA

Pizzas Finas da Lapa

At Pizza Finas da Lapa, the hottest new pizzeria in Lisbon, the dough is thin, the flavors are fresh and the view over a piazza in Lapa is charming. What makes this pizza unique is the shared oven with La Boulangerie who are already renowned for their French pastries. It is the blend of Italian and French kitchens, where master bakers apply their expertise in working with high-quality flour, to create an exceptional handmade dough ensuring extra crunch in the thin crust. The oven is open from 7:30 AM making it the pizzeria in Lisbon with the longest opening hours.

@pizzasfinas.dalapa

What's Hot in Lisbon

By Taryn King, local expat and
WHEREVER columnist.



FRENCH BAKERY

Maison Luce

L'Esprit du Pain (the spirit of bread) is the motto undertaken by Maison Luce in bringing the best of French gastronomy to Portugal. With cosy spaces dotted around Lisbon, Maison Luce is a slow-fermentation bakery following the French tradition while preserving a Gallic soul in the tradition and flavors on offer. Along with amazing bread, there is also delicious coffee and exquisite fine patisserie on offer.

@maisonluce.pt

SKATE WITH STYLE

Bana

Bana is more than just a cool surf and skate shop, it is a place of pilgrimage for many young people who grew up with their parents proudly displaying the Bana sticker on their cars or surfboards. The store in Carcavelos has a strong charisma with professional and friendly service, and stocks technical material as well as international streetwear, skatewear, and surfwear and their own Bana brand. Bana sells unique products and is a pioneer in bringing alternatives to market.

@banask8



BANGKOK CITY GUIDE



Bangkok, Thailand's bustling capital, is home to over 10 million people. The city is a sprawling mix of contrasts, combining ancient traditions with modern development.

HOW TO GET AROUND

The Chao Phraya River flows through the city, accompanied by a network of canals, streets, and alleys that add to its labyrinthine layout. While traffic is famously congested, it's best to avoid cabs and head to the Skytrain (BTS) and underground (MRT) – both provide efficient and air-conditioned alternatives for getting around as well as motorbike 'ubers' and tuk-tuks if you enjoy a thrill! ➤



WHAT TO SEE

Historic areas like Rattanakosin feature landmarks such as the Grand Palace and Wat Pho, while districts like Sukhumvit and Silom offer the most modern cityscapes around with skyscrapers and luxury malls aplenty.

Grand Palace

A historic complex that served as the royal residence since 1782, featuring intricate Thai architecture and the revered Temple of the Emerald Buddha aka Wat Phra Kaew.

Wat Arun

Known as the Temple of Dawn, this riverside temple is famous for its iconic spires and detailed porcelain decorations. If you want to skip the queues you can also view it from the riverside, either from the 'river bus' or by taking a walk alongside without entering the site.

Wat Pho

One of Bangkok's oldest and largest temples, it's famous for its massive reclining Buddha statue, which is 46 metres long, and as the birthplace of traditional Thai massage. A must-see.

Jim Thompson House

A traditional Thai-style home telling the story of the silk industry and Southeast Asian art collection of the American entrepreneur. It's on all the 'must do' guide lists.

Lumphini Park

Bangkok's first public park, it's the ideal place to get back to nature, in the busy city – watching the elders do tai chi or taking a stroll by the lake.



WHERE TO SHOP

Chatuchak Market, also known as JJ Market, is one of the largest and most iconic markets in the world. It spans over 35 acres and has over 15,000 stalls divided into 27 sections. Open on Saturdays and Sundays, you'll truly find anything and everything here, including clothing, accessories, home decor, antiques, plants, and pet supplies – or even a pet scorpion. With an estimated 200,000 visitors per weekend, Chatuchak is not just a shopping destination but a cultural experience. Beware, it can be hectic, hot and overwhelming. The array of goods available is simply mind-boggling.

If you prefer your shopping with A/C head to one of the city's many luxury malls.

IconSiam is situated on the Chao Phraya River (and has its own water bus), spanning approximately 525,000 square meters, making it one of Thailand's largest malls. It houses over 1,000 stores, including high-end brands like Louis Vuitton and Hermès. The mall also features SIAM Takashimaya, a renowned Japanese department store, and the Apple Store. Beyond shopping, visitors can explore SookSiam, a traditional Thai floating market, and enjoy cultural exhibits.

Siam Paragon offers around 300,000 square meters of retail space with over 270 stores. You'll find luxury brands such as Chanel, Gucci, and Prada as well as Sea Life Bangkok Ocean World – the largest aquarium in Southeast Asia – and the Paragon Cineplex, which includes an IMAX theater. Another option is CentralWorld, one of the largest shopping complexes in the world, with 479 stores including a mix of international brands like Zara and local Thai designers.

WHERE TO EAT

It seems that everywhere you turn you're able to grab a snack – whether it's from Western fast food brands like Dairy Queen, Burger King and everything in between, from street stalls or the giant food courts that come within every mall. There are also local restaurants serving classics like chicken teriyaki, chicken rice, beef gravy with flat rice noodles and classic Pad Thai dotted all over the place.

For Dinner with a view...

CHAR Restaurant on Wireless Road is definitely worth a stop. The views are jaw-dropping and the food is excellent. Sitting on the 25th floor, it's the ideal spot to catch the sunset or view the theatrical thunderstorms over the city. It's also the perfect place to play 'spot the landmark' from the skyscrapers to the ambassador's residences...

Chef Jaime "Jimmy" Rojas, originally from Mexico, who has worked in Michelin-starred restaurants and luxury hotels all over the world, likes to titillate the senses with all kinds of surprises! Starting with a Bread course of homemade beetroot bread and a CHAR butter trio presented in beautiful boxes, followed by crab cakes and salad or burrata salad, and then grilled flank steak or roasted pork belly. To end? A classic banana cake with a twist of a very layered millefeuille! All perfectly matched with a Villa Maria Private Bin Sauvignon Blanc from NZ. If you prefer cocktails, CHAR has its own swanky Rooftop Bar, with more endless skyline views on the 26th floor where you can indulge in cocktails like the Sipple Me (Fresh Apple, Apple Juice, Sprite, Brown Sugar, Mint Leaves) and late night party vibes.

www.charbangkok.com



Across town, for more fabulous views, SEEN is also set on the 26th floor – at the Riverside Avani hotel. Very glam, this indoor and outdoor restaurant comes with more amazing views – and fun food including the "Mystery Box" – Japanese fusion tapas including Spider Crab tacos, Sashimi, and crispy Wontons. For dessert, the Caviar Box hides a cheeky black forest gâteau.

www.avanihotels.com

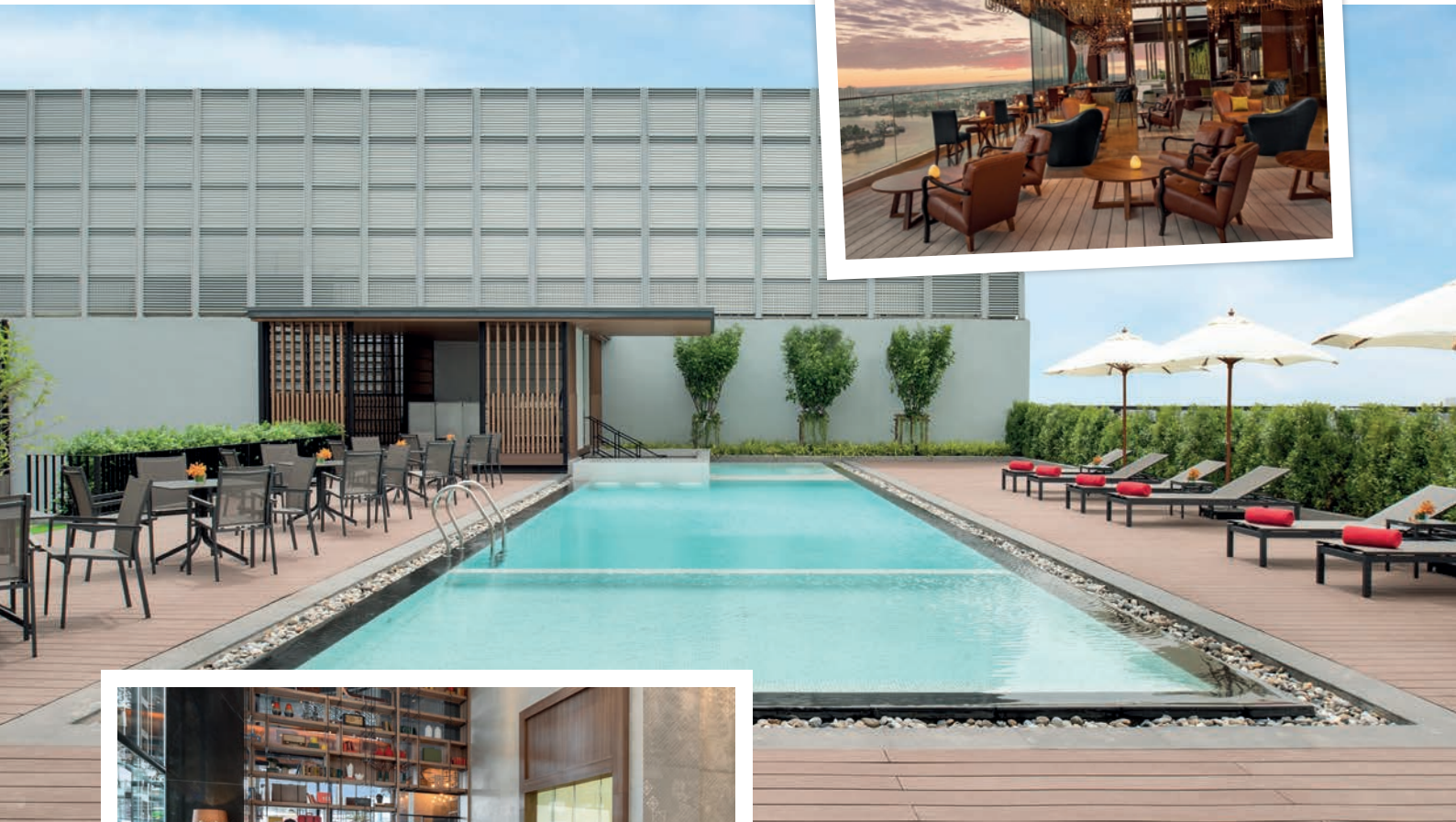
For a fine dining experience 'on the go' the Manohara Song Dinner cruise departs from the Anantara pier on a beautifully converted antique, teak Rice barge. The two-hour cruise includes a five-course meal, featuring Tiger Prawns Lui San and Thai salad or Tom Kha Talay coconut soup. See the sights like the glorious Wat Arun illuminated in darkness, while indulging in Wagyu Massaman and Mango Sticky Rice. A truly memorable meal.

www.manohracruises.com

For an entertaining lunch, Benihana is a great option. The restaurant offers dishes like the Yamato Sushi Boat, Hakata Wagyu Beef cooked on a sizzling grill, Hokkaido Scallops, and Hibachi Garlic Fried Rice. The experience includes a live tableside cooking "show"!

www.benihanathailand.com





WHERE TO STAY

The Avani Sukhumvit is a 33-floor hotel conveniently located next to On Nut BTS station in Bangkok. Opened recently, it offers modern urban accommodations. The Skyline View rooms on the 27th floor provide expansive views of the city, including the Chao Phraya River and surrounding areas. That view never gets old!

The rooms feature a minimalist design with muted tones and accents of yellow and purple. Bathrooms have glass walls, but a motorized blind ensures privacy when needed. The vibe is quite modern and urban. Almost funky

On the 7th floor, the Greenhouse Bar offers drinks, including Apple and Friends G+T, or just a Chang Beer along with more jaw-dropping city views from the terrace. The rooftop pool area hosts open-air cinema sessions on weekend evenings, adding a unique touch to the stay.



The hotel is situated above a shopping mall, allowing guests convenient access to groceries, dining options, and Starbucks without leaving the building. This setup is practical and creates a comfortable “home away from home” experience whether you want to drop in for “revolving sushi” or try any number of local delicacies at the food court. Over the road you’ll also find a Lotus (Tesco) for any essentials and another food court. In fact, it’s hard to turn around here without being offered something to eat from Dunkin’ Donuts to Dairy Queen via Singapore fried chicken, the famous ‘pork on a stick’, and even the odd cricket.

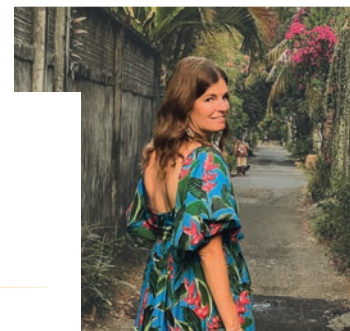
www.avanihotels.com

The best spot in Sanur that parents AND kids love is Byrdhouse. It has inviting pools, a chic beachfront restaurant and delicious food here. You can spend a whole afternoon here dipping in the pool, nibbling on food and taking a nap with the ocean breeze. The gardens are beautifully Balinese, with a formidable temple that greets you as you enter the grounds of this hotel/beach club. Bonus: there is an air-conditioned bakery area where I love to work while looking out at the beach.



Our favorite spot for dinner on the beach has to be Lilla Pantai.

Owned by a local Balinese-Swedish family, it has Balinese classics like beef rendang and nasi campur and also western favorites like Swedish meatballs and freshly baked desserts. The kids can play in the sand while you enjoy adult conversation.



My Bali

Alison Emerick is an American mom living in Bali. She is a family travel writer and blogger.

@semicuratedlife

We moved to Bali for a few months to decompress after a few stressful years in Singapore. Over two years later, we're still here. We fell hard for Bali, for the culture, the beauty of the island and the welcoming locals. Bali is special as it has a unique culture, year round tropical temperatures, a lower cost of living and creature comforts of the west. We live in Sanur, a seaside town popular with young families and retirees.



If you come to Bali, you have to try "Nasi Campur" which is basically a little bit of a whole bunch of dishes. It's a great way to sample Indonesian cuisine and every restaurant has its own unique take on the dish. My favorite one in Sanur is from Warung Blanjong.

Our favorite weekend getaway is a 30 minute boat ride from Sanur to the nearby island of Nusa Lembongan. Unlike Bali, the waters here are crystal clear, making it the ideal place for snorkeling and surfing. I've seen dolphins, manta rays and turtles snorkeling here! The pace of life here is even slower than Bali. We love spending our mornings at the shady Coconut Beach with a coffee from Lago Cafe. My favorite spa in Bali is also here - don't miss Spring Spa, where treatments take place in thatched cabanas overlooking the water.



For me, the best part of Sanur is the paved beachside path that is always bustling with pedestrians and bicycles. This path is about 7km long and a great way to explore this town. You'll see local fishermen, women selling souvenirs, beachside massage places, tons of restaurants and a lot of local temples. It's great people-watching and if you're lucky, you'll pass by a traditional Balinese ceremony!

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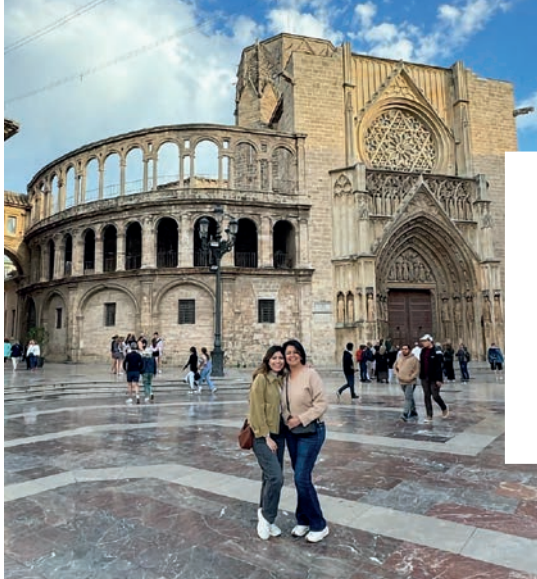


AN EXCLUSIVE EXPERIENCE

Relax in nature with tranquillity and away from summer hustle.



One of my favourite restaurants is Lambrusqueria on the popular street, Caballeros. Not only is the food incredible, but the atmosphere is cosy, romantic, and a perfect spot for date night.



Plaza de la Virgen is the oldest square in Valencia, dating back to Roman times. There's something about this square specifically that still takes my breath away. It's an iconic symbol of Valencia and a must-see for anyone visiting.



My Valencia

Jessica Martens is an American freelance writer & content creator based in Valencia, Spain.

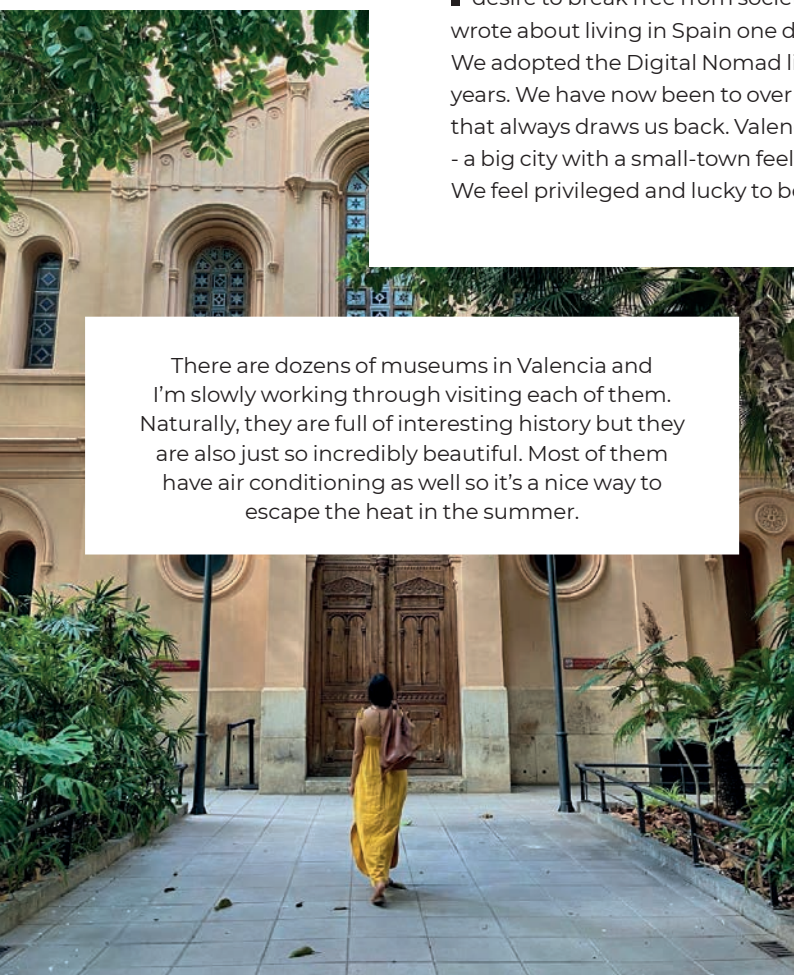
@roadjestraveled

I was born in Houston, Texas and spent most of my 20's in Honolulu, Hawaii. I've always had a passion for travel, a love for Spain, and a desire to break free from societal norms. Even as a young girl I wrote about living in Spain one day and it's where I met my husband! We adopted the Digital Nomad lifestyle, travelling full-time for three years. We have now been to over 50 countries and Spain is the place that always draws us back. Valencia has everything we've dreamed of - a big city with a small-town feel, a beach, and an amazing culture. We feel privileged and lucky to be here.



Jardín de Monforte is a hidden gem in the city. We found it by accident and now it's one of my favourite places to escape to. It's dotted with Italian sculptures, ponds and gorgeous flowers. Strolling through the gardens feels like a fairytale.

There are dozens of museums in Valencia and I'm slowly working through visiting each of them. Naturally, they are full of interesting history but they are also just so incredibly beautiful. Most of them have air conditioning as well so it's a nice way to escape the heat in the summer.



La Pilareta is a historical bar in the centre of Valencia that has been around since the early 1900's. We love stopping by for tapas or an afternoon drink. Being here transports you back in time and makes you feel in the heart of Spanish culture.



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W facebook.com/earth.shop.cafe



Hannah, welcoming and friendly, serving an extensive breakfast and lunch menu. Local, fresh seasonal produce, vegan/vegetarian options, home cooked creative, varied. Beautiful garden/ spacious terrace.

Largo do Mercado, Almancil

T +351 289 397 339
E hannahvanbanana@hotmail.com
FB @hannahsplacealmancil



Central but secret, NOA Café is located at Vilar do Golf in Quinta do Lago - and in Vilamoura. Ideal for brunch or lunch!

Vilar do Golf, Quinta do Lago, Almancil
Open 8:30 to 17:00 Monday to Sunday

T +351 289 352 274
E info@noacafe.pt



Liliana and Stéphane run a traditional French pâtisserie in the heart of Loulé where everything is homemade. In a beautiful space, their clients are welcome to enjoy the quiet terrace and delicious cakes.

Rua Almeida Garrett, 8, Loulé, Portugal

T +351 962535826
E lateliorgourmetloule@gmail.com
I @latelier_gourmet_loule



Lahana is a new cafe in Quinta Do Lago that prides itself on serving quality produce in a beautiful setting. You can find specialty coffee, delicious açai bowls and more in this lovely space based around community & warmth.

Buganvilia Plaza, Quinta do Lago

I @__lahana__



Run by a French couple, this cosy cafe in the heart of Vila Sol offers delightful daily dishes and pastries. The ideal spot for a quick quiche lunch, dish of the day or a cheeky chocolate éclair! Open daily 9-5pm.

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T +351 960 152 719
W vila-sol-caffe.business.site



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W zimzala.pt
I @zimzala.surf.culture



AT THE BEACH



ATLÂNTICO

A stylish blue interior design creates a seamless connection between the restaurant and the Ocean view. The Atlântico cuisine enhances the essence and flavours of the Mediterranean region. The entire menu is designed for sharing, fostering a communal and convivial dining experience. It has a great selection of vegetarian and vegan dishes that are not only healthy, but also delicious.

Mon-Sun · 08:00 - 11:00 · Sat-Wed 19:00 - 22:30 | Resort Chic

R. Anneliese Pohl, 8400-450 Porches
Reservations 282 310 184 or
FB @vilavitaparc.com.



You can enjoy the Izzy's experience at lunch, dinner or just for a cocktail in our beach lounge. Live music is played on Saturday and Sunday afternoon, making it a magical place to relax at the weekend. Large parties welcome.

T +351 289 396 984
E izzy.rest@gmail.com
I @izzysbeachbar



A very popular and busy restaurant with magnificent 180° ocean views serving Portuguese/International food. Live Music/DJ. Booking always advised. Please see our Instagram.

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E team@mariasbeachalgarve.com
W www.mariasbeachalgarve.com
I @marias_algarve



In a clean and informal atmosphere with a wooden terrace overlooking the ocean and the nature reserve, NANA on the Beach is open during the summer season. Traditional flavours, fresh ingredients and the simplicity of home cooking, each dish showcases the true essence of modern Mediterranean island-inspired cuisine, with aromatic dishes that are bursting with colour and utterly summery.

Armação Beach Club, Praia dos Pescadores, Armação de Pêra.
Wed - Sun · 10:00 - 22:00 | Casual
T +351 282 310 184
FB @vilavitaparc.com



With spectacular Atlantic views, it's the perfect combination of sublime food, seamless service and an atmosphere of casual elegance, and has held two Michelin stars since 2011 - a tribute to Hans Neuner and his team. The decor, based on a palette of blue and golden shades is the reflection of a peaceful seaside scenery. The tasting menu changes every year and is an invitation to sail among charismatic dishes, typical ingredients and go beyond, in search of the richness of new flavours and influences.

Wed - Sun · 19:00 - 22:00
Resort Chic | +12

R. Anneliese Pohl, 8400-450 Porches
Reservations 282 310 184 or
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The Fish & Seafood Beach Restaurant located in Praça Vale do Lobo. Open daily, from 9h30 til 23h, serving breakfast, lunch & dinner, with a fantastic ocean view.

Praça Vale do Lobo, Vale do Lobo, Almarcil

T +351 289398429
E info@sandbanksvaledolobo.com
W sandbanksvaledolobo.com
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With the magnificent Falésia Beach in the background, our restaurant is distinguished by its exotic Thai cuisine and family atmosphere especially at the weekend, for the mythical Sunday afternoons, where the music, champagne and good spirits pour out to the full.

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