

WHEREVER



the magazine for expats everywhere

Lisbon 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

João Carvalho dos Santos

Consultant

+351 913 301 814

joao.santos@jll.com

@joaosantos.realtor

residential.jll.pt



JLL ALGARVE

Quinta Shopping, Loja 36
8135-024 Quinta do Lago
T +351 289 150 070

Av. Da Marina 3
8125-401 Vilamoura
T +351 289 098 829

JLL LISBOA

Rua Castilho, 39
1250-068, Lisboa
T +351 213 121 520

JLL OEIRAS

Rua Marquês de Pombal, 5A
2770-122, Paço d'Arcos
T +351 215 930 042

JLL CASCAIS

Avenida Valbom 11
2750-508, Cascais
T +351 215 830 289

JLL PORTO

Edifício ICON
Rua Direita de Francos
165 Piso 1
4100-211, Porto
T +351 225 431 090

JLL FUNCHAL

Avenida Infante, 66
9000-015 Funchal, Madeira
T +351 291 093 501

residential.jll.pt



7 Bedroom Farm House in Boliqueime, Loulé.
4.900.000,00€

564 sqm villa with a pool, and garden, set on a 7,580 sqm plot of land. The villa comprises seven bedrooms, three of which are ensuite, six bathrooms, three living rooms, a gym, a game room, and a porch. It features traditional Algarvian architecture with sea views, parking and a tennis court.



SEE A BRIGHTER WAY

Hello Lisbon!

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 Lisboa, 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...



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


Be well,


Rowena Carr-Allinson
Editor in Chief
WHEREVER Magazines



**Find Us.
Follow Us.
Don't miss out!**

 wherevermags.com

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

 [@wherevermags](https://www.facebook.com/wherevermags)

Want to be featured in our pages?

Contact us, we're always looking for good stories!

Editorial & Content
E rowena@wherevermags.com
T +351 910 200 272

Advertising
E michele@wherevermags.com
T +351 966 509 551

Design & Production
Richard Grace
E hello@wherevermags.com

PS: Keep the feedback coming
[@wherevermags](https://www.instagram.com/wherevermags)

A heartfelt thank you to our supporters, advertisers, and the incredible WHEREVER team. Your dedication ensures we deliver beauty and quality every issue.



VILA VITA SPA
sisley
PARIS

New Face & Body Treatments

WELLNESS · BEAUTY · BODY CONTOURING
ANTI-AGING · HOLISTIC TREATMENTS

ICOONE® · INDIBA® · HYPOXI®



Portugal's
Best Resort Spa

DISCOVER MORE



Rua Anneliese Pohl, Alporchinhos · 8400-450 Porches · Portugal
+351 282 320 351 / 2 · spa@vilavitaparc.com · @vilavitaparcresort
vilavitaparc.com

Vila Vita Parc

PASSIONATE ABOUT ALGARVE

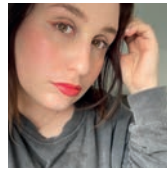


Contributors



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.

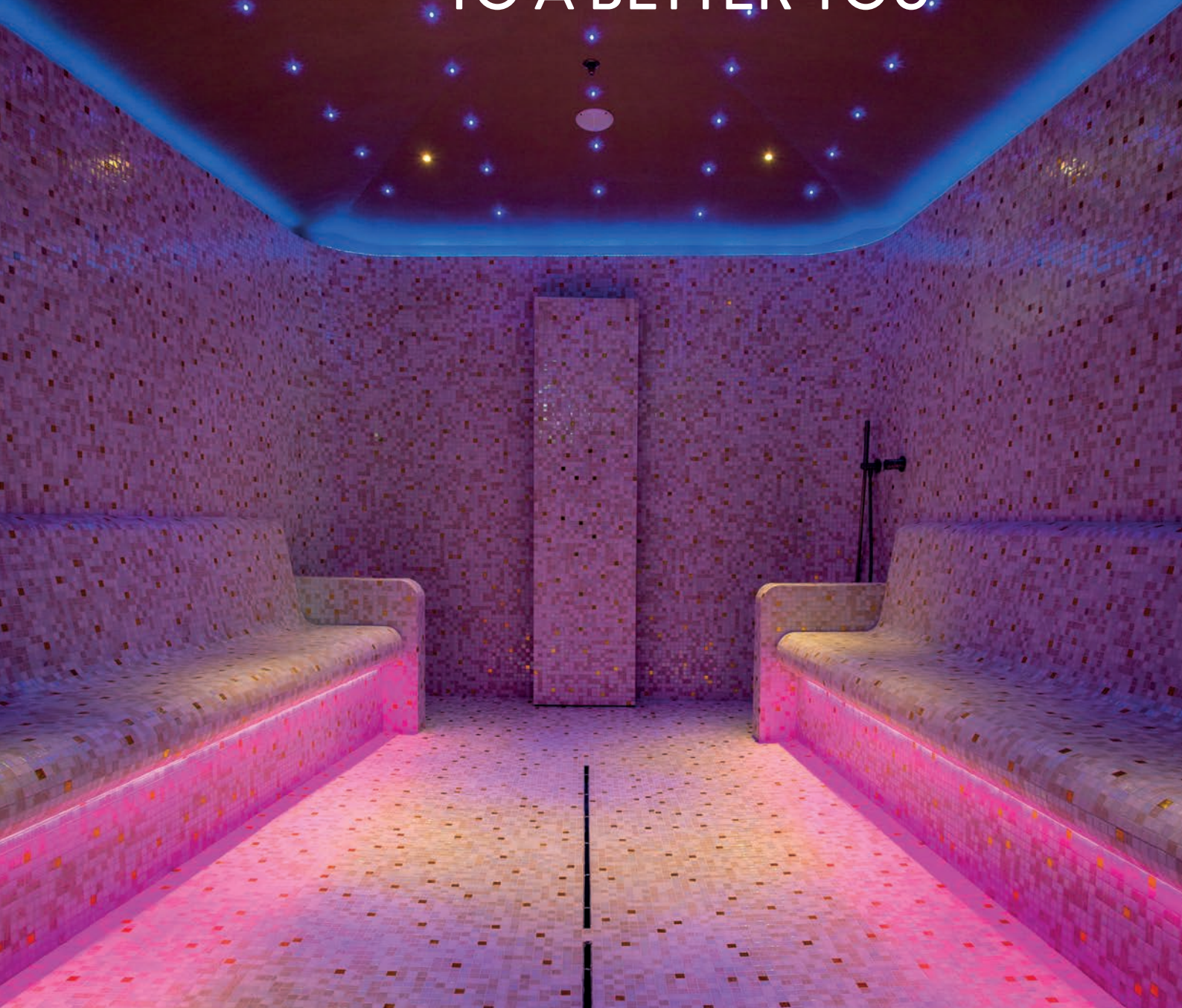
 @semicuratedlife



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

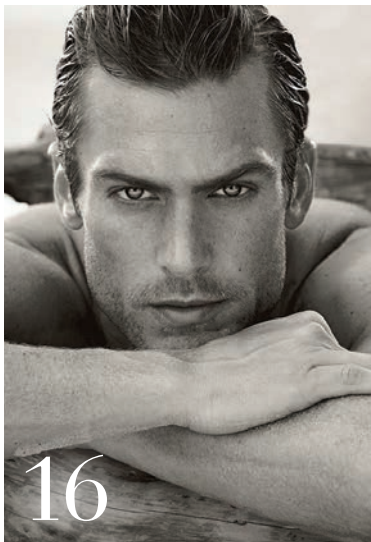
A LUXURIOUS JOURNEY TO A BETTER YOU.



Contact our Spa team to book your membership or spa day.
Reservations: +351 289 350 831 or conradalgarve.spa@conradhotels.com

CONRAD® SPA
ALGARVE

Contents



10. Hot Wellness Escapes

Looking for the perfect place to unwind? Here's some inspiration for a complete mind, body, and spirit reset.

14. Yoga Star

WHEREVER meets NYC based Tara Stiles, "the coolest yoga instructor ever" according to Vanity Fair.

16. Supermodel Secrets

Supermodel Jason Morgan speaks to Adam Edwards for WHEREVER about what it takes to stay shoot-ready at any age.

18. To Juice or not to Juice?

Jason Vale, also known as The Juice Master tells WHEREVER why it's the key to a healthy lifestyle.

20. What's Trending?

We ask the pros about emerging treatments, high-tech innovations and trends.

23. Ozempic Explained

London based Dr Harpal Bains spills the beans on Ozempic and all things GLP-1.

24. Scents + Sensibilities

Can 'functional' fragrances lift our mood?

26. The Algarve's Top Spas

Checking out the Algarve's best relaxation spots from Vila Vita Parc to the Conrad and Pine Cliffs.

31. Matcha – Made in Heaven?

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

32. Routine Refresh

Beauty and wellness writer Sara Louise Pollock says it's time to update your lotions and potions.

35. The Wellbeing Pros

Bringing you the faces of Lisbon's wellness industry.

38. The Mouth Body Connection

Taryn King talks to Dr Miguel Stanley during TedXMarvila.

39. Win!

Win a break in Porto!

40. X-Pat Files - WellBeing - 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.

42. X-Pat Files - WellBeing- The Psychotherapist

Brit Jo Swann runs Hansah Life, a personal development brand dedicated to helping individuals dissolve limiting beliefs and reconnect with their true selves in Borneo.

20



14



42



79

WHEREVER

the magazine for expats everywhere

87



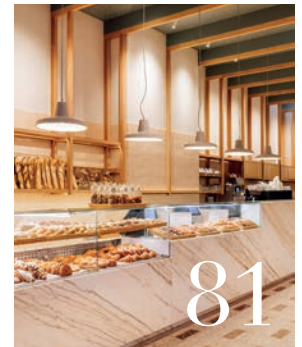
82



60



81



45. X-Pat Files - WellBeing - The Aesthetics Doctor

Polish expat in Portugal, Dr. Anna-Amelia Szewczyk, is the founder of the Amillion Group.

46. Expert Family man – Alex Story

Alex reflects on the past and his fitness journey.

47. Expert Sex – Randi Levinson

Dividing Emotional Labor within a Marriage: Striking Balance and Bonding.

48. Expat Expert – Maayan and Gal

Spring's Invitation To Embrace Imperfection.

49. Expert Mum – Jerramy Fine

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

50. Homes - VIP Cribs

Bob Dylan's Scottish Highlands Estate

56. Homes - The 90's are Back...

Anne Haimes says that like fashion, home décor trends come back around too!

60. Yachting - Southern Italian Getaway

Rebecca Whitlocke says the Amalfi Coast is the perfect destination for those seeking a natural, beautiful escape.

62. Education - School's Guide

News from the International Schools in Portugal.

77. A Question of Finance

Raoul Ruiz Martinez answers your questions.

79. SEEN – Emily's Social Scene

The latest events by Emily Damon.

81. What's Hot – Lisbon

Lisbon insider Taryn King reports.

82. Travel - Bangkok City Guide

The perfect itinerary in the Thai Capital.

87. Travel – My Bali

American expat Alison Emerick takes us around her corner of Indonesia.

89. My Place – My Valencia

Jessica Martens shows us her neighbourhood in Spain.

91. Restaurant Review

Taryn King discovers the heart of Lisbon in every bit at O Frade.

92. The Restaurant Guide

94. Business Listings

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.

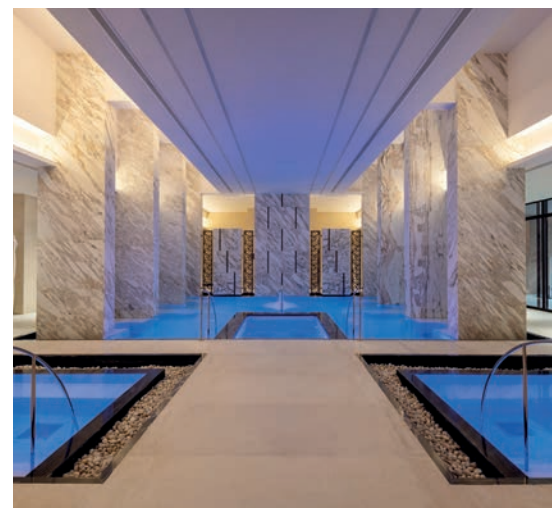


Zual Wellness Resort by Chiva-Som, Qatar

Zual 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 Zual 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/zual

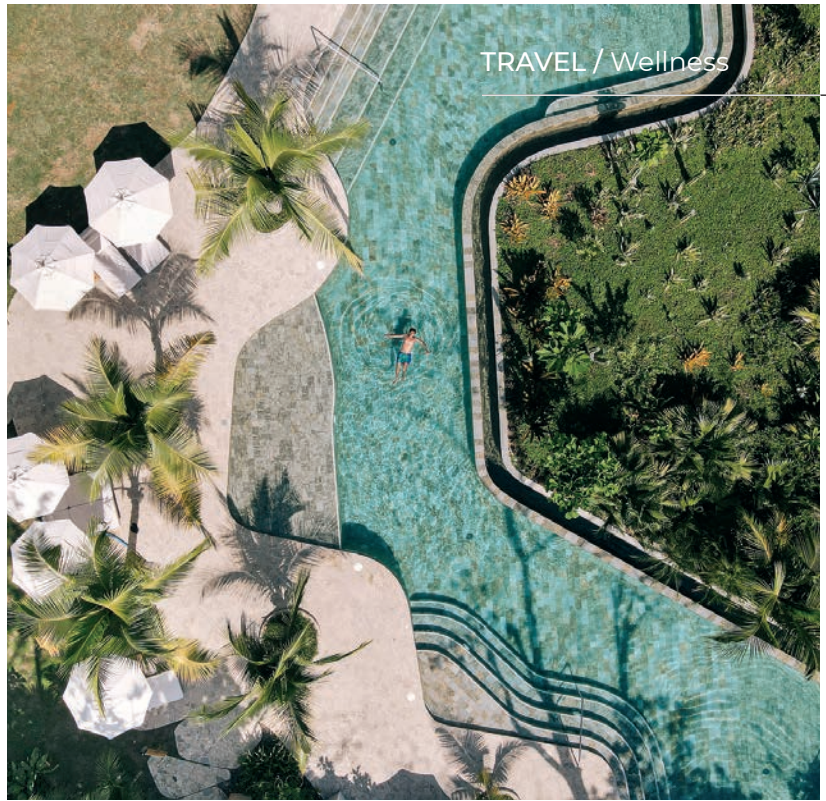


Hotel Nantipa, Costa Rica

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



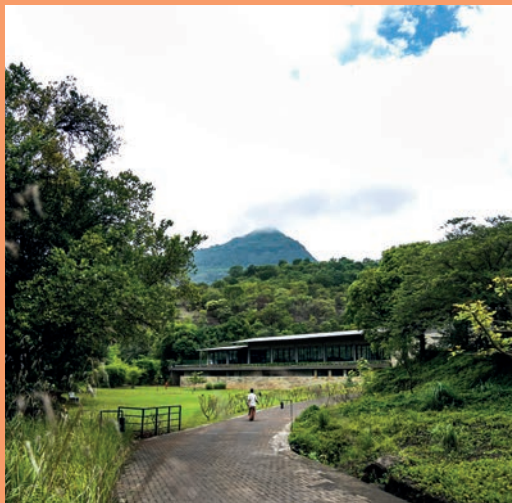
© 2024 Avanti Hotels & Resorts.

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



© 2024 virginlimitededition.com All Rights Reserved.

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



© 2024 elewana collection.

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



© 2025 IHHP Hospitality Ananda Pvt. Ltd. All Rights Reserved. Site by A10



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



© 2010 - 2024, OUTRIGGER Hotels Hawaii

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



© 2025 SHA Wellness Clinic. All Rights reserved.

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



© 2024 Soneva. All Rights Reserved.

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.



I 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](#)

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.

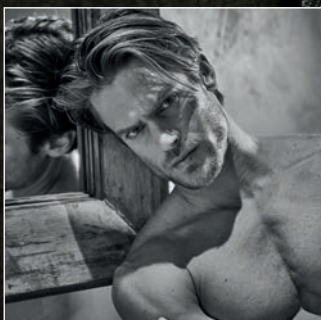
I was lifting heavy when I was younger and benching 225 pounds (100kg). I was really strong. But since modelling, I switched my workouts to higher reps and lower weights. I started upping cardio more, and I started to run. Upping the reps and dropping the amount of weight you bench or squat gives you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



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
@thelisontrainer

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- κ B 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- κ B 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

ALINEA

PREMIUM ORAL CARE

Beauty Care
begins with a
flawless smile.



**BOOK YOUR ASSESSMENT
CONSULTATION NOW!**

A perfect smile goes beyond aesthetics. It represents well-being, confidence and quality of life.

Our team dedicated to dental aesthetics is committed to providing high-quality treatments using the most advanced techniques and equipment to transform your smile.

*Restore your smile's
strength and beauty!*

**Dr. Cesar
Kelly Pimentel**
CEO | Clinical Director

*We work exclusively
with the best brands*

 **straumann**

 **invisalign®**

MARINA DE CASCAIS

+351 211 165 807*
+351 924 102 238*

ESTORIL

+351 210 122 926*
+351 924 102 239*

ALGARVE

+351 289 051 934*
+351 932 393 754*

LISBON

+351 213 540 165*
+351 969 925 381*

PORTO

+351 226 090 489*
+351 968 507 500*



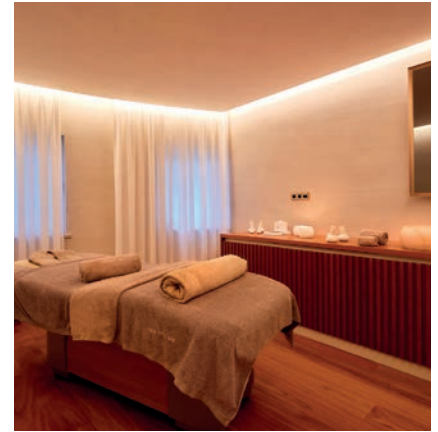
alinea.com.pt
info@alinea.com.pt

 **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

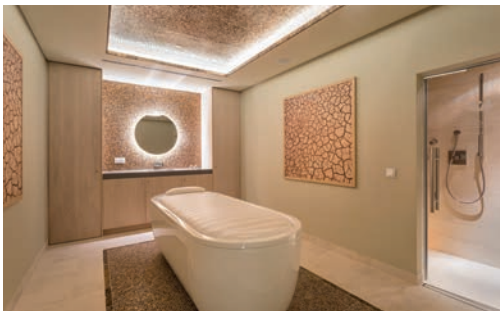
How does it work?

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://serenity-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?

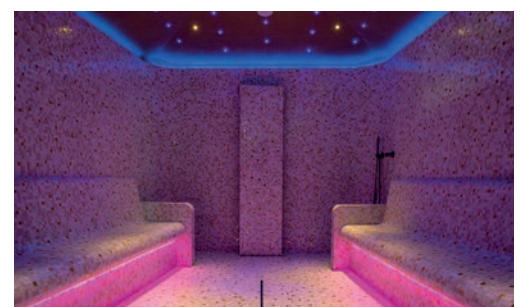
The best part?

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

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

ALGARVE

CANDLE CO.

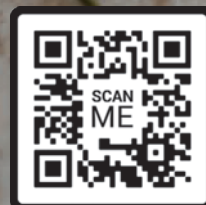


p: +351 911 074 182

w: www.algarvecandlecompany.com

e: Info@algarvecandlecompany.com

a: Boliqueime - 8100-087



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

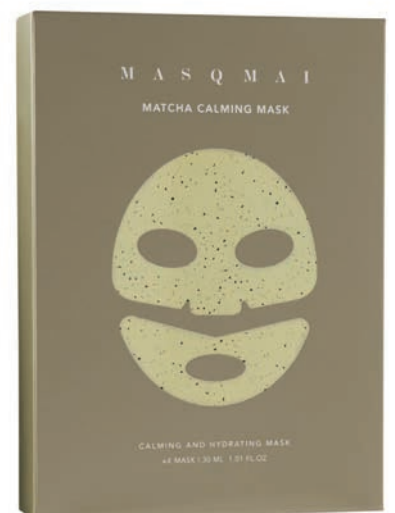
A multi-purpose product perfect for on-the-go, this luxury balm blends organic matcha with shea and cocoa butter, and sweet almond oil. For an intense boost of moisture, slick a thick layer on before bed. €28.33

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



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 skincare, 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



Live your best life.



With a relaxing atmosphere, inspired by the Roman bath-houses and in perfect harmony with nature, Real Spa Therapy, is the perfect haven for a unique experience of health and well-being. Surrender to a world of unforgettable sensations and experiences through our crafted treatments.

GRANDE REAL VILLA ITÁLIA HOTEL & SPA
Rua Frei Nicolau de Oliveira, 100 | 2750-319 Cascais | Portugal

Spa
REAL THERAPY



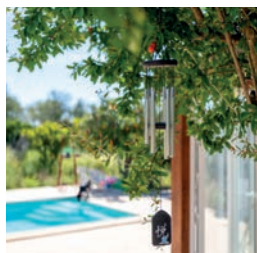
CASA TERAPIA

*Your First Fizio Retreat
We've got your back!*

Relax & Unwind. A retreat dedicated to tranquility and well-being.

Peace of Mind. A physiotherapist at your side throughout your retreat.

Accessible. Back pain is a real issue, everyone should be able to address it.



T+351 925008680 www.casa-terapia.com

I @casaterapiafizio

Loulé · Poço Novo · Algarve

Wellbeing Professionals

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



Dr. Artur Nixon, Clinical Director / Plastic Surgeon, Amado Clinic

As a board-certified plastic surgeon, I trained at Portugal's largest hospital and honed my skills with renowned international specialists. This rigorous and highly demanding training allows me to offer a wide range of procedures, from facial rejuvenation to body contouring. My focus is achieving natural results tailored to your unique goals. I believe in a holistic approach to aesthetic concerns, addressing both surgical and non-surgical options. I am the Clinical Director of Amado Clinic, where a team of four highly skilled physicians provides exceptional care in a sophisticated and exclusive setting. Experience our personalized approach to aesthetics and well-being. Visit Amado Clinic to learn more and schedule a consultation.

[@amadoclinic](#) www.amadoclinic.pt

Vanessa Motte, Founder, Prescription Pilates

Vanessa Motte, originally from France, relocated to Lisbon in 2018 after 15 years living between London, Paris and New York. A lifelong fitness enthusiast and Pilates passionate, she noticed that Pilates in Portugal was primarily taught in a physiotherapeutic manner, with even Reformer classes adhering to classical methods. Recognizing an opportunity to redefine the practice, Vanessa founded Prescription Pilates, Lisbon's first Dynamic Reformer Pilates studio. Her vision combines dynamic, empowering workouts with mindful movement, creating a unique approach that helps clients connect with their bodies while achieving their fitness goals. Vanessa's commitment to innovation and community has positioned Prescription Pilates as a leader in modern wellness in Portugal.

[@prescription.pilates](#) www.prescription.pt



Yve Pelgrom, Founder The Kynd Space

Born and raised across the world, with Dutch roots - after a successful international career in multinational tech companies, she married her corporate world with her wellbeing love in Lisbon: as a strong advocate for movement, mental health and community together. As the founder of The Kynd Space, with 2 aesthetic large studios under one roof, Kynd offer Yoga, Pilates (Reformer and Mat), Barre and Cardio. at the most affordable pricing range in town. They emphasize on nervous system regulation with compassionate self-care, believing in strength through softness & discipline. Yve's other loves are writing, early morning walks, her pup, real talk and creating meaningful collaborations.

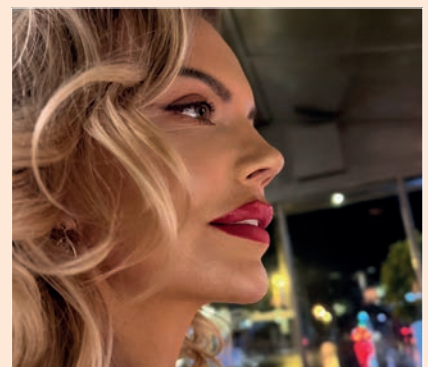
[@thekyndspace](#) www.thekyndspace.com

Discount code (to any packs except drop-in & discovery passes): Wherever10

Dr. Anna-Amelia Szewczyk, Founder of Amillion Group

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





Marta Safin, Yin Yoga & Hannah Rivron, Pilates, Wellness Waves and Wine

Marta started her journey with yoga as an antidote to her active lifestyle and back injuries. As a keen surfer, she uses yoga to strengthen and restore her body after spending time in the ocean. Marta will guide you through soul-soothing Yin yoga sessions, offering a space to unwind, rejuvenate, and simply be present. Hannah's passion for Pilates was born out of a twenty-year career as a professional dancer. Experiencing the benefits of Pilates in both an injury prevention and rehabilitation capacity inspired her to train as an instructor. Hannah's teaching style is fun but disciplined; she'll sneak in a few extra repetitions here and there to keep you on your toes!

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

Paulo Ah Quin, Regional Master Trainer, Holmes Place, Lisbon

Paulo Ah Quin is a passionate sports and health professional with a background in Judo and degrees in Sports Science and Traditional Chinese Medicine. Since 2004, he has worked as a personal trainer, specializing in Pilates, Active Global Stretching (SGA), Functional Movement Systems (FMS), and Dynamic Neuromuscular Stabilization (DNS), with expertise in Diabetes, Hypertension, Obesity, and Pre/Postpartum. His multidisciplinary approach focuses on improving clients' physical and mental well-being. Currently, as Regional Master Trainer at Holmes Place Portugal, he trains personal trainers and ensures high-quality training across facilities. Paulo's dedication to health and fitness makes him a standout professional in the industry.

[@holmesplaceportugal](https://choosetobehappy.holmesplace.com) <https://choosetobehappy.holmesplace.com>



Sissi Prates, CEO and founder of Medical Skin Clinic, Cascais

Sissi Prates boasts extensive experience in aesthetic medicine and medical devices. Prior to establishing MSC, she led the Estoril Beauty Clinic, honing her expertise in aesthetic treatments. Over more than a decade, Sissi specialized in sales and technical support for complex surgeries, including neurosurgery, orthopedics, and plastic surgery. She also spearheaded stem cell cryopreservation projects. Leveraging this profound knowledge, Sissi positions Medical Skin Clinic as a premier destination for personalized aesthetic treatments, blending innovation with exceptional care. Her leadership sets a benchmark in the industry.

[@medicalskinclinic](http://www.medicalskinclinics.com) www.medicalskinclinics.com

Dr. César Pimentel, Clinical Director and CEO, Alinea Premium Oral Care, Cascais, Estoril and Lisbon

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](http://www.alinea.com.pt) www.alinea.com.pt





Jorge Martins, Clínica Sintra Saúde, Sintra

Jorge Martins is a highly respected specialist in Acupuncture and Traditional Chinese Medicine, with over 18 years of experience. He founded Clínica Sintra Saúde in Sintra, back in 2018, offering the best that natural medicine can provide. Jorge trained in Lisbon and Nanjing, China, and made history by supervising an elite acupuncturist team, covering 116 cruise ships worldwide. He made it there after himself thrived as an acupuncturist onboard ships. He uses advanced techniques like Dr Tan / Master Tung and EXSTORE™ Orthopedic Acupuncture/Dry Needling, offering compassionate and effective care to those who seek help treating sports injuries, fertility, menopause, stress relief and others.

@clinicasintrasaude **www.sintrasaude.pt**

Dr. João Branco, Dentist, Cascais

Dr. João Branco is a leading specialist in Periodontology and Dental Implants, committed to excellence in oral health. He graduated in Dental Medicine from Instituto Superior de Ciências da Saúde – Sul Egas Moniz and completed advanced training at the Faculty of Dental Medicine, University of Lisbon. A recognized specialist by the Portuguese Dental Association, he also teaches in the Specialization Program in Periodontology and Implants. At Clínica Dr. João Branco in Cascais, he leads a multidisciplinary team dedicated to cutting-edge treatments. With expertise in gum disease, implantology, and advanced techniques, he ensures exceptional, patient-centered care in a state-of-the-art environment.

@clinica.branco **www.clinicabranco.pt**



Randi Levinson, MFT, CCS, Online

Randi is a seasoned therapist, addiction recovery coach, and visiting professor specialising in couples therapy. With a background in Marriage and Family Therapy and certification in addiction counselling, 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 centre opening in Portugal in 2026, Randi combines expertise with compassion to guide individuals and families toward healing. Her holistic approach emphasises resilience, connection, and lasting personal growth.

@randilevinson **www.randilevinson.com**

Dr. Carlos Portinha, Doctor and Chief Clinical Officer of the Insparya Group

Graduated from the Faculty of Medicine of the University of Porto, Dr. Carlos Portinha coordinates the R&D department at the Insparaya Group. With 16 years on the market and over 70,000 satisfied transplant patients, Insparaya Group is currently the leading company in Hair Health, with a presence in Portugal, Spain, Italy, the Middle East, and Saudi Arabia. It is the only Hair Health group with a Technological and Biomedical Research Center and has a multidisciplinary clinical team in constant training. Through innovative and personalized solutions, Insparaya Group transforms lives, promoting confidence, self-esteem, and well-being for both men and women.



UNLOCKING HUMAN POTENTIAL THROUGH THE MOUTH-BODY CONNECTION

Taryn King talks to Dr Miguel Stanley during TedXMarvila.

Dr Miguel Stanley has revolutionised the dentistry industry and captured global attention with his innovative approach to oral health. As founder and director of the White Clinic in Lisbon, he boasts an impressive list of clients, like Cristiano Ronaldo and Madonna. His passion for bridging the gap between what's going on in the mouth and what's going on in the body, combined with the use of cutting edge technology, has changed the lives of his patients and he continues to actively develop and implement new concepts and therapies.

Tell us about your background and what led you to dentistry?

It was the early 90s, I wanted to be a

doctor and I lacked one grade in advanced mathematics to get accepted, so I chose dentistry as it had the same first year as medicine. But then in that first year, everything changed and through a combination of luck, timing, and connections I knew that this was the right path for me. At the time there were not many dentists in Portugal so it was a good time to get into the profession. I founded The White Clinic 25 years ago with a vision and a dream, which was advanced dentistry that is continually evolving and being upgraded.

How important is innovation and technology in what you do?

It's vital! Without innovation and constantly upgrading technology, you can't have a seat in the future. We're constantly upgrading everything in our lives - our cellphones, our hair, why not our healthcare? The old adage that it was about experience and diplomas, that matters of course, but today I would trust a young dentist that is supported by advanced technology more than one that doesn't.

How did you discover the link between oral health and general health?

The link has always been there, we just forgot about it. We've known for 100 years that oral inflammation and systemic inflammation are connected but my story has been more about reminding people about that.

The pathway of inflammation is like a poison – it doesn't matter where it

starts, if it's in the body it's going to affect everything. And there are no interests and no arbitrators between dentists and doctors. You can be riddled with cancer today and on your seventh round of chemo and your doctor will suggest that you visit your dentist but there's no prescription of the exact type of diagnosis and therapy you should have. Without a dentist who understands immunology and the mouth body connection, it won't make any difference. However, with the right knowledge and advanced tools and technology, we've seen people cured from chronic pain and disease by fixing what's inside their mouths.

What does wellness mean to you?

Wellness to me means not needing anything. A lot of people are continually wanting to acquire stuff to be happy, but I believe that when we are able to wake up and not think about what we need constantly, then we are content. I have healthy relationships in my life, with my wife and kids and the people that I love, my work, and I stay healthy. I think people always want more but true happiness comes in actually having less, especially less sickness.

Follow

[@drmiguelstanley](#)

[@whiteclinic](#)



TEDx Marvila





WIN TWO-NIGHTS STAY IN PORTO



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.

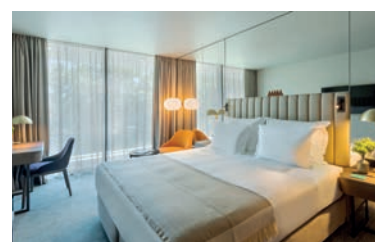
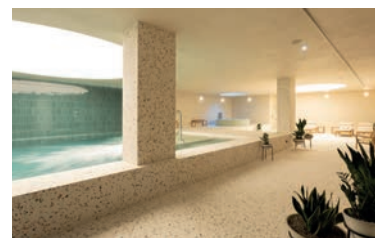
For a perfect moment, you can slip into the bathrobe and find your way to the relaxing Mandalay spa. Gastronomy is a must. Led by Chef Rafaela Ferreira, the Exuberante Restaurant focuses on local, organic, and seasonal ingredients, putting vegetables in the spotlight with enormous creativity.

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?

Email stacey@wheremags.com with your answer by June 1st or scan the QR code below.



Altis Porto Hotel, R. Jorge de Viterbo Ferreira 30, 4050-313 Porto. T 22 976 6200

Terms & Conditions: This offer is valid for one year from the date of the contest and according to the hotel's calendar of use. This offer/voucher is personal and non-transferable. The voucher bearer is considered its owner. Altis Hotels cannot be held accountable for any possible misuse of the voucher; therefore, its loss implies the loss of its value. The voucher will be automatically cancelled at the end of the validity period. The use of the voucher is subject to previous reservations and the availability of the Altis Porto Hotel. The reservations must be made to the Altis Hotels Reservations Call Centre by calling +351 213 106 000 or sending an e-mail to reservations@altishotels.com. Extra beds, cradles, or upgrading to superior rooms is subject to an additional payment. The supplements must be paid in the hotel at check-out. The voucher must be presented at check-in. Festive periods are excluded.

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.

Expat 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?

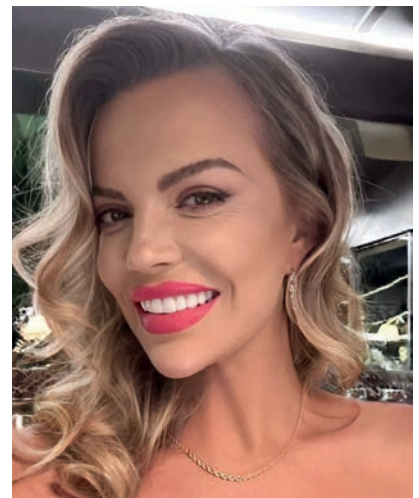
Start with a clear vision and stay committed to it, even when challenges arise. Embrace new technologies, like AI, that can elevate your business and set you apart. Surround yourself with a team that shares your values, and never lose sight of your passion – it will carry you through the toughest times.

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.”

Alex Story

Stories From Salzburg

When a father of four moves his family from Richmond to Austria.



 @alexstory

Aside from writing, Alex runs a private placement company working closely with Private Equity and VC funds. He rowed for Great Britain at the Olympic Games and won the Boat Race for Cambridge on two occasions.

Past reflections...

During the pandemic, unable to travel, I walked—masked and ready – towards a nearby pastry shop. My plan, given that much of my daily work routine had been turned upside down, was to indulge. Before walking in, I stopped by the window. My eyesight, historically bad, made me lean forward to better see what was on display below. It was the usual “good but bad” stuff for which I am partial.

Looking up, I caught sight of an old, fat, unprepossessing man staring at me. Whatever I did, he did. He aped all my movements as if I had been looking at myself in the mirror. Then, horror of all horrors, my heart sank – I had been looking at my own reflection.

Up to that point, I truly believed I still had it going on. Suddenly, I was confronted with the truth. My clothes had not shrunk in the

“Weightlifting, people say, makes you heavier.”

wash; I had just grown big, very big. Over the years, there had been a gradual weight accumulation – one ounce here, one ounce there – and before I knew it, I was talking real numbers.

My subconscious knew, somehow, that I had been deceiving myself because I had not been on scales since the Oxford and Cambridge weigh-in ahead of the 1998 Boat Race. Then, at 6’8”, I weighed a respectable 15st 10lbs.

As the world closed in on itself with travel restrictions, I resolved to use this once-in-a-lifetime opportunity to restart. Having overheard two ladies talk about dieting through facial masks at the hairdresser’s, I picked up on the notion of a diet that made sense to me: the 5:2 diet.

Tuesdays and Thursdays would now be non-eating days. Sundays would be thrown in the mix in case I had too much on Saturdays. And, praise the Lord – from March to December 2020, I dropped eight pounds a month. From a high of around 22st, by Christmas, I was back to my race weight. The change was as fast as it was exhilarating. My old clothes fell off me. My friends didn’t recognize me. And I felt twenty-nine again. The power to say “no” gave me back so much. The long, arduous road does indeed lead to the highest peaks.

I still keep to my routine. I am a very cheap date on Tuesdays and Thursdays. I’ll order sparkling water and perhaps some broccoli, which won’t be eaten for fear of being brought back to the Gates of Hades. I’ll just watch you eat and hope the conversation is fun. My weight has been stable for over four years. It has gone up by a few pounds, but that has something to do with me exercising more.

However, having gone to my gym on a freezing morning, exercise took back what the weight loss had given me. I did a set with very heavy dumbbells, and my old rowing back injury flared up. Half (temporarily) paralyzed – though thin – I still move like the old, fat, unprepossessing man I thought I had left behind...

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

Expatriate 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.

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.

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.

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 >





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.

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

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.



THE COURT

Elevate Your Lifestyle

Carvoeiro | 104 Apartments | Studios | 1-Bedroom | 2-Bedroom



PADEL &
MULTISPORTS FIELD



SWIMMING
POOL



GYM



WELLNESS
CENTER



GARDENS



RESTAURANT

From €285.000 | Guaranteed ROI of 5% for 3 years



**CARVOEIRO
BRANCO**
DEVELOPERS AT HEART



(+351) 960 280 640

info@carvoeirobranco.com

www.thecourt.pt

ONE GREEN WAY

WHERE THE EXCEPTIONAL MEETS LEGACY

Imagine a lifestyle where every detail is a statement of excellence. Set in the coveted Algarve, these 90 state-of-the-art homes seamlessly integrate cutting-edge design with environmental harmony, making One Green Way set a new standard in luxury living. Nestled in the heart of **Quinta do Lago**, this is more than a home - it's your legacy, with prices starting from **€4M**.

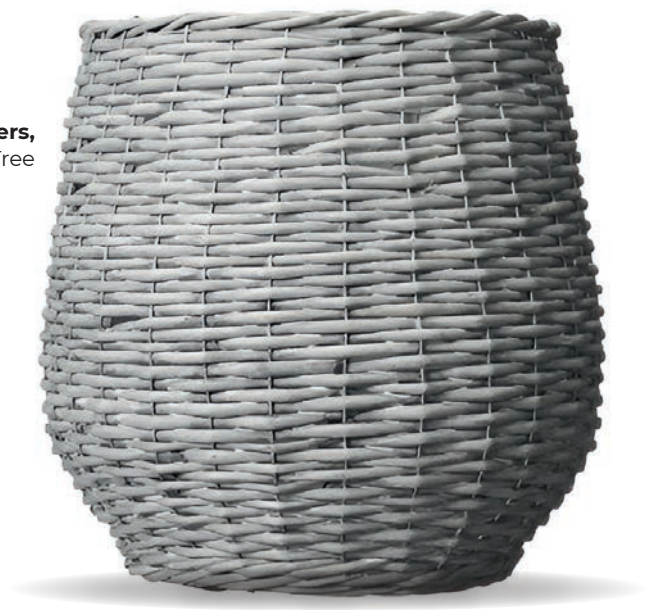
SERVICED BY



QUINTA DO LAGO
ALGARVE · PORTUGAL

The 90's are Back...

Grey Rattan Planters,
©The Wisteria Tree



Anne Haimes, Design Director says that like fashion, home décor trends come back around too and, according to Etsy, the 90s are influencing our interior design choices again with retro and nostalgic 90s items back in our bedrooms.

**Lets Play
Neon Sign,**
©Lights4fun



Neon signs

Colourful, fun and oozing personality, neon lights have made a welcome return to our homes. If you have the budget, you can even custom order your own neon design to create a conversational art piece. But while neon lights can be striking in the right setting, it's all too easy to allow them to overwhelm your space. To avoid your neon looking out of place or too kitsch, I'd recommend accenting the colour of the neon within other décor pieces to tie the room together and help it feel more complete.

You should also be smart about hiding your wires too – nothing can throw off a statement wall quite like an obvious cable. If you didn't opt for a wireless neon sign, conceal wires behind furniture and use wire covers in the same colour as your walls.





English Summer Butterflies Needlepoint Kit
©VA

Playful Patterns

The rise of the 'grandmillennial' (or granny-chic) sees a modernised take on traditional décor elements. Think wicker, doilies, needlepoint throw pillows and plenty of romantic patterns.

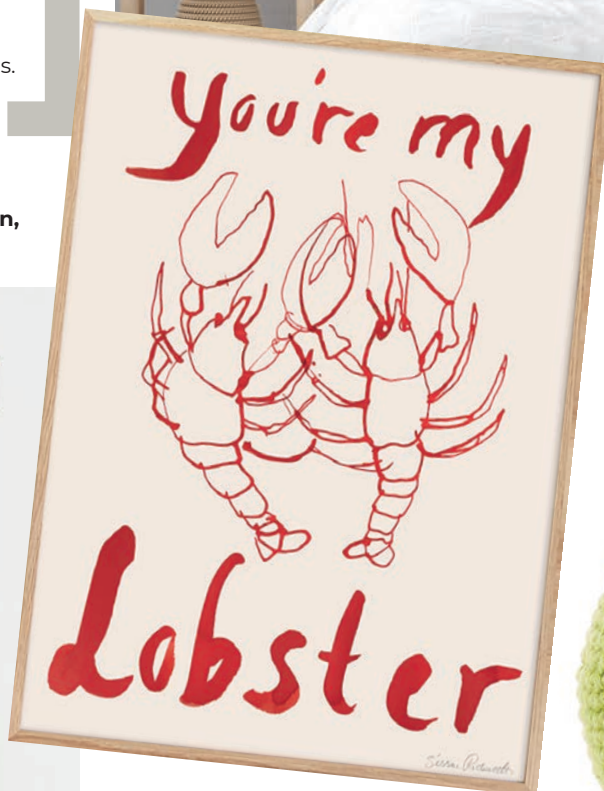
Botanical wallpapers were a staple for 90s households, and now the trend is back, particularly when paired with matching furnishings. To modernise the look, contrast soft-coloured floral patterns with electric shades to create a striking contrast and a sense of depth to your space. Or, if you're after something a bit fiercer, why not try a bold animal print? Leopard print was all the rage in the 90s and this crossed over into interior design choices as well.

Less is more when it comes to animal prints, and the more abstract the pattern the better. They work particularly well with bold tropical prints and deep, rich colour palettes.



Feathr, Cherry Blossom in Moonlight Wallpaper, €149

Botanical Sketchbook Pink Wallpaper Mural by Carol Robinson,
©Wallsaucecom



You're My Lobster Print
©Desenio, Sissan Richardt

Friendly Pear Rattle,
©Pebblechild



Wicker elephant side table
©Raj Tent Club



Vintage Heron Art Prints,
©Beach House Art

Thrifty Finds

Styling your home doesn't have to be expensive, in fact, discovering cheaper treasures you can't buy in high street shops will guarantee your home is unique. Scouring your local thrift shop or online second-hand retailers can be a great way to find genuine vintage pieces that are bang on trend for a fraction of the cost.

It can be tricky to know exactly what to look for since the 90s had such an individualist, eclectic style. But most importantly, have fun with creating your own style and gravitate towards pieces you love. The one rule with 90s décor is that there are no rules!

Outdoor cushion blue shell grotto small square
©Fermoie



Statement Mirrors

Mirrors have long been the top trick for interior designers to bounce light and brighten rooms, giving the impression of more space. Opting for more unusual mirrors can be a nod to 90s interior fashion, introducing personality, playfulness and a point of focus.

The ceiling-mounted disco ball is the most iconic 90s mirror trend, but you don't have to go to this extreme. The golden rule for a nostalgic look is to avoid perfectly rounded, square or rectangular mirrors. Instead, look for misshapen, oblong and organic shapes to help soften the space without being distracting.



Distressed Mirror ©Besselink Jones

IVENS

Living Real Estate



Whether you are ready to buy or sell your home,
or just seeking insights into the real estate market,
we provide expert support tailored to your local area.



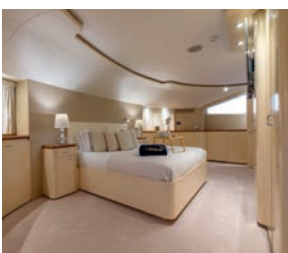
Contact us: +351 914 953 695*

[ivalsportugal.com](https://www.ivalsportugal.com)

Rua Ivens 2, Chiado, Lisboa

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 apertivo hour after a day of exploring.

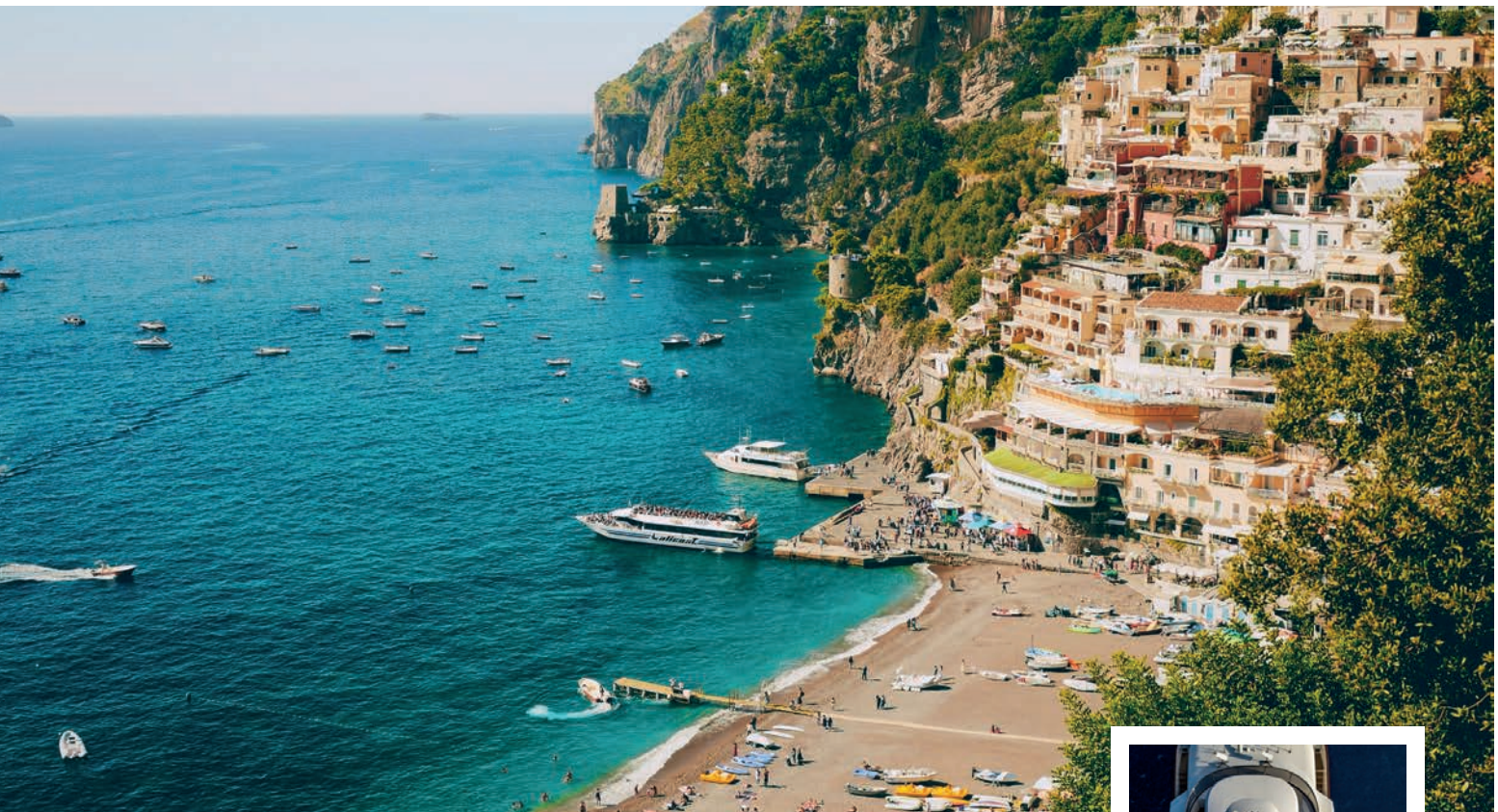
From Vine to Table: A Feast for the Senses

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@dsslissabon.com **W** dsslissabon.com

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



The British School of Lisbon

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

Rua de S.Paulo, 89, Lisbon, 1200-427.





Phone +351 211 511 942 **E** info@britishschool.pt **W** britishschool.pt

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

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



St Julian's School

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

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

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

WHEREVER

The magazine for expats everywhere

International Schools Guide 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.





PEAK ADVENTURES

EXPLORATION | EDUCATION | CONSERVATION

Ready for Adventure?

Welcome to **Peak Adventures** – where unforgettable journeys begin! We specialise in camps, ski trips, Duke of Edinburgh, and international expeditions, delivering exceptional experiences for schools and students.

E info@peakadventureseurope.com


T +351 961 334 442

I peakadventures.europe

FB Peak Adventures




Greene's College Oxford

 14 – 18 years

 150 students (1-3:1)

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

 Opened 1967 in Oxford

R. D. Afonso Henriques, n° 1614, 2765-576 Estoril, Portugal
T +351 211 165 450 **E** enquiries@greenes.pt **W** pt.greenesoxford.com

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

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

Greene's has a long history of academic excellence. 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!



CLÍNICAS DE VERÃO 2025

VALTÉNIS TENIS - PADEL - SQUASH
COUNTRY CLUB



Com o objetivo de ocupar os tempos livres dos mais jovens durante as férias escolares, a Valténis proporciona as clínicas de verão nas suas instalações. Um espaço que, caracterizado pelas suas belas paisagens e pelo ambiente agradável, fomenta o espírito de equipa e de amizade através de diversas atividades lúdicas, orientadas por monitores habilitados e com experiência, que promovem também o desenvolvimento das capacidades físico-motoras dos mais pequenos. As atividades variam entre ténis, padel, squash, passeios e muitos desafios.

With the goal of occupying kids free time during the school vacations, Valténis offers summer clinics on its premises. A place characterized by its beautiful landscapes and pleasant atmosphere, it fosters team spirit and friendship through a variety of fun activities, guided by qualified and experienced instructors, who also promote the development of the little ones' physical and motor skills. The activities range from tennis, paddle tennis, squash, walks and many challenges.



INFO: M.: 919 179 113 - Ph.: 219 243 708 - Mail: VALTENIS@SAPO.PT

Quinta da Penha Longa, 2714-511 Sintra - WWW.VALTENIS.PT



United Lisbon International School: Transforming Education for a Global Future

Avenida Marechal Gomes da Costa, No 9, 1800-255 Lisbon

T +351 21 116 1110 E admissions@unitedlisbon.school for admissions, and info@unitedlisbon.school for general enquiries. W unitedlisbon.school @unitedlisbonschool



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



600 students



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



Opened 2020



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 63 17
E info@redbridgeschool.com W redbridgeschool.com

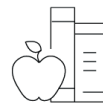
Redbridge International School offers a balanced approach to learning and aims to develop key attitudes and transverse skills supporting students to achieve academic mastery and become fulfilled lifelong learners who contribute to society in a positive way.



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



What We Do



Find the Right School in Portugal or Spain



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.

- www.tendoria.com
- [tendoria_education](https://www.instagram.com/tendoria_education)
- hello@tendoria.com
- +351 910 490 950



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, Linhó, 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 **CHES (Council of Heads of English-**




TOGETHER we *always* stand STRONGER




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 Campus

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

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

Founded in 1972 in Lagoa, central Algarve, Nobel Algarve British International School has long been regarded as Southern Portugal's premier international school. The school joined Globeducate in 2019 - one of the world's leading K12 education groups with 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.


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







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.”





IPS Cascais
BRITISH
INTERNATIONAL
SCHOOL
PORTUGAL



a proud member of
globeeducate

New Secondary School Underway

Follow our Journey!



Offering outstanding British Education for pupils
from Early Years to iGCSE.



For 40 years, our pupils' academic and pastoral wellbeing has been at the heart of all we do. Our journey continues as we embark on the next chapter - offering iGCSEs and A levels.

"Built on strong ethos and values, we are a community of staff, pupils and parents that values confidence, resilience, and humility. We warmly invite you to visit and see for yourselves." - Chris Starling, Executive Director

Rua da Lagoa 171, Bicesse, 2645-344 Alcabideche Portugal
INFO@IPSSCHOOL.ORG | TEL: (+351) 214 570 149 | WWW.IPSSCHOOL.ORG





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.greensoxford.com

 14-18 years

 150 students (1-3:1)

 A levels, A level retakes, International A levels, 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.

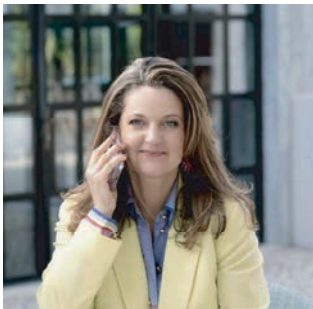
Tips for Finding Reliable Childcare:

- **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.



Hassle-Free management, ensuring your peace of mind.



Welcome to OQ, where we simplify property management for both savvy investors seeking income from their houses and second-home buyers looking for hassle free villa care.

Let us handle the day-to-day, turning your property into a worry free investment or a tranquil retreat.

Holistic Property Management

At OQ, we redefine property management with a holistic approach, ensuring every aspect of your investment receives meticulous attention. Instead of focusing solely on one or a few specific elements, OQ takes into account the entire property ecosystem and its various components. Whether it's short, mid or long-term rentals, our expert team ensures a smooth and efficient process.

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.

Transparent Communication

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.

Real Estate Agency Relations

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

Marketing Exposure

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

work with us!

We are hiring in our sales and
admin departments!

Get in touch hello@wherevermags.com

WHEREVER

*you choose to be is
where you belong...*


WHEREVER

the magazine for expats everywhere

Join us online.



 wherevermags.com

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

 [@wherevermags](https://www.facebook.com/wherevermags)

Chabers New Footwear Brand Launch

I was part of a campaign to launch a new shoe brand exclusively Made in Portugal. CHABERS shoes, is the collaboration between, Hélio Bernardino, director of Elite Lisbon, and two brothers, Joao and Jose Chagas, who own a shoe production company. Hélio, inspired by his love of fashion and footwear, designed a unisex shoe that eliminates the barrier between conventional style and sport shoes. The signature blue and red soles enhance the classic design and add a sporty element. Helping him launch the marketing campaign are Catarina Veloso, Hugo Rodrigues, Goncalo Reiss, Emily Damon and photographer, Melissa Vieira.

@chabersshoes



Spring Seen

What's up in Lisbon by Emily Damon

Isabel Torres show opening by Galeria de Sao Mamede

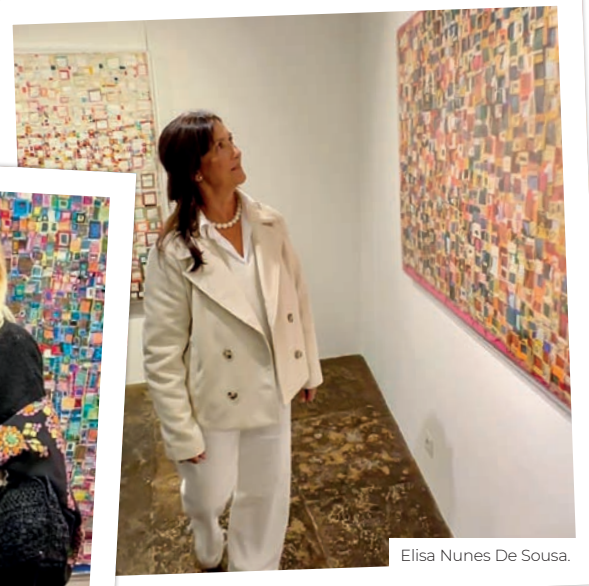
I joined friends and community members to share a toast and admire Isabel's textile collection. At a distance, Isabel's art looks like a painting on canvas. Closer examination reveals that her art is actually made of textiles, yarn and fabric, intricately sewn into the canvas.

@isabeltorres

Emily Damon



Isabel Torres and France Balivet



Elisa Nunes De Sousa.



HOLMES PLACE

I'm 30 again.
What's your BioAge?

FIND OUT MORE AT A HOLMES PLACE CLUB

CORE STRENGTHENING

Core Collective

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 gateau.

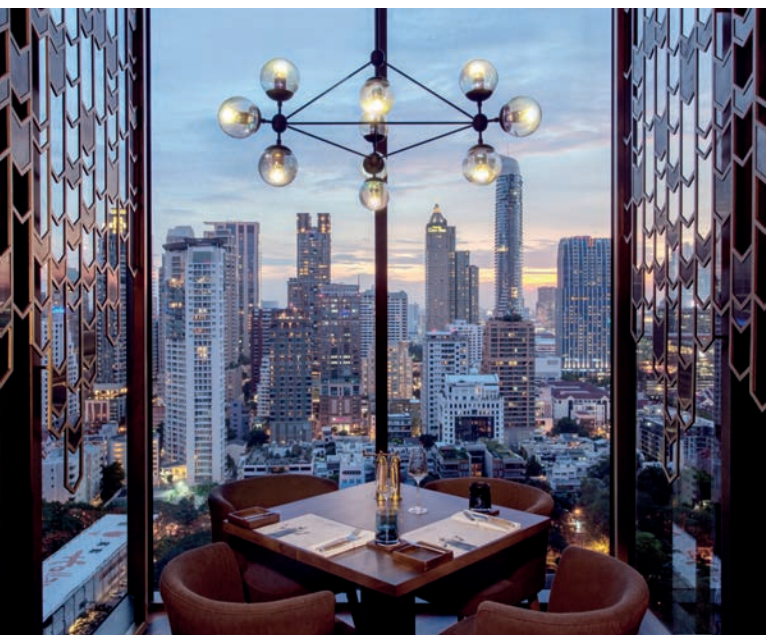
www.avanihotels.com

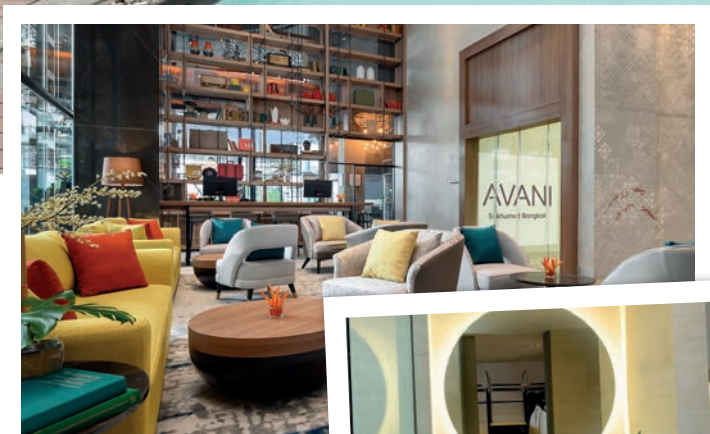
For a fine dining experience 'on the go' the Manohara Song Dinner cruise departs from the Anantara pier on a beautifully converted antique, teak Rice barge. The two-hour cruise includes a five-course meal, featuring Tiger Prawns Lui San and Thai salad or Tom Kha Talay coconut soup. See the sights like 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 HOTEL GURU

the expert view

Worldwide Hotels Loved by Us



thehotelguru.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.

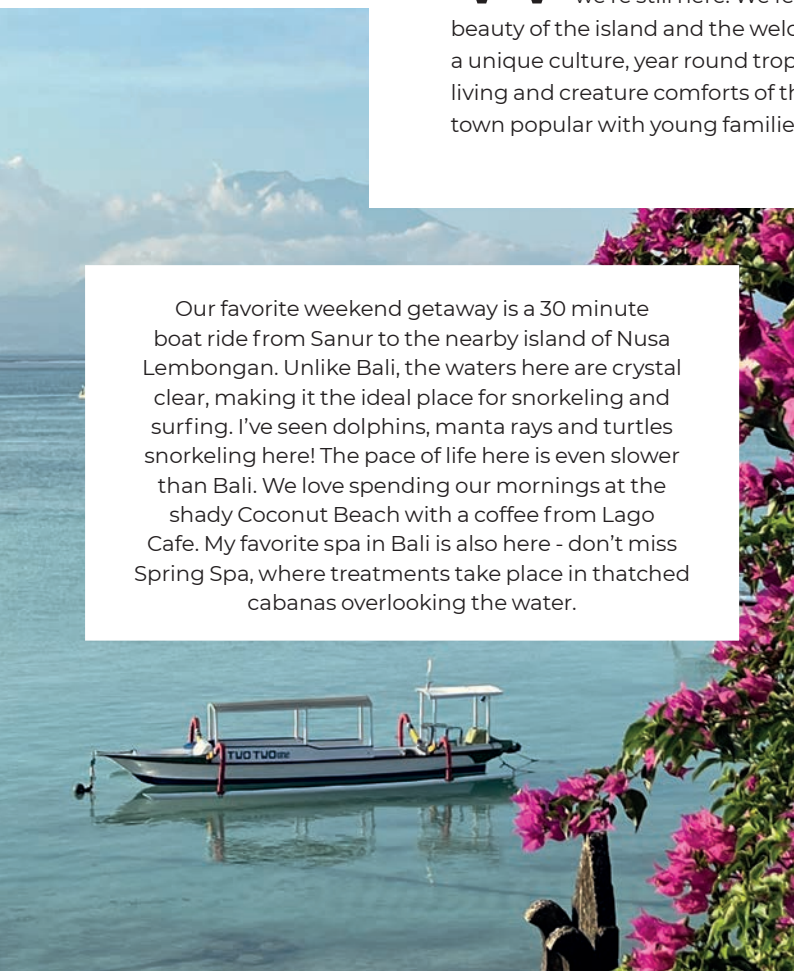


If you come to Bali, you have to try "Nasi Campur" which is basically a little bit of a whole bunch of dishes. It's a great way to sample Indonesian cuisine and every restaurant has its own unique take on the dish. My favorite one in Sanur is from Warung Blanjong.

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!



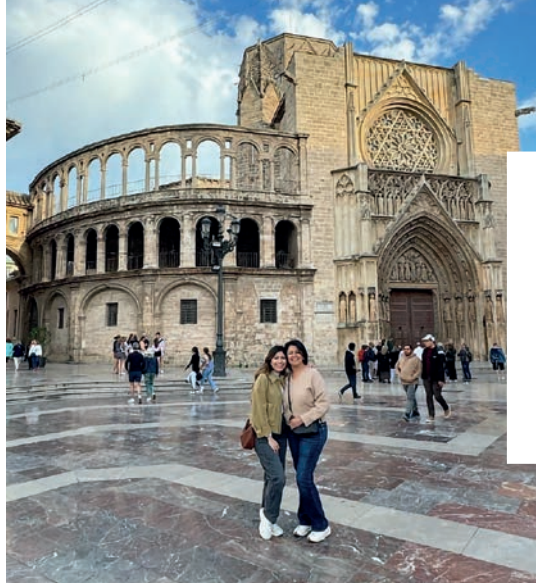


Nestled in a natural landscape of 231 hectares of palm, olive and orange trees, Fairmont Royal Palm is the ultimate oasis of luxury.

The resort boasts 134 opulent guest rooms, suites and villas overlooking landscaped gardens and the Atlas Mountains, an 18-hole golf course designed by Cabell B. Robinson, 6 eclectic restaurants and bars offering local and international cuisine, a 3,500 sqm Spa, a Fitness Centre as well as an enchanting Kids' Club.

Treat yourself and your loved ones to the most relaxing getaway for your next Family holidays, unique signature experiences await you: Garden Brunches including hot air balloon flights, authentic Moroccan dinners under the stars and many other surprises!

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

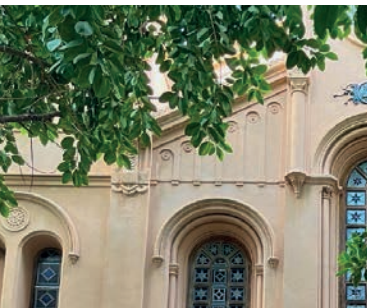
Jessica Martens is an American freelance writer & content creator based in Valencia, Spain.

@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.

Regain your **confidence** with
the **European leader** in hair health

Book your **free consultation** with
a **medical hair diagnosis** included

800 913 333 | insparya.pt

INSPARYA METHOD® HAIR TRANSPLANT | PERSONALIZED HAIR TREATMENTS

Registration number entity: 21001



AUTHENTIC FLAVOURS AND PORTUGUESE SOUL

Taryn King discovers
the heart of Lisbon
in every bite.

O FRADE LISBOA

The aroma from the kitchen of O Frade fills the air with the comforting scent of Portuguese tradition, bringing memories to life in every dish.

What makes O Frade unique is that it was family-born and it is family-run. The Frade family, a family of cooks, winemakers and tavern keepers, originally opened their namesake restaurant in 1966 in Beja in the Alentejo region. When third generation cousins Carlos Afonso and Sérgio Frade moved to Lisbon to study, they decided to pay homage to the traditional family venue and its recipes at a new restaurant in the capital. Although it has evolved over time, the family values remain, knowing how to welcome, eat, drink and sit at the table, forgetting time exists, is part of the DNA of O Frade.

The vibrant and relaxed space, located at number 14 Calçada da Ajuda in one of the most emblematic corners of Belém in Lisbon, features a sunny terrace and an indoor space which is dominated by the famous “u” counter. It is a place where guests are welcomed as old friends and interaction with the team is an essential part of the O Frade experience. From a seat at the counter, you peek into the kitchen where head chef Diogo Carvalho prepares and recreates traditional Portuguese dishes.

The covert features Alentejo olive oil and Azores butter. For petiscos, there are novelties such as the special razor clam rissole, rabbit coentrada style and squid with garlic. The main dishes include all the Portuguese classics. I was amazed at their famous “Frade

style” duck rice, a traditional dish which the chefs have completely redesigned. My other favourite dish was the octopus and beans stew. To sweeten the palate, their Dom Rodrigo lemon and meringue was the perfect ending to a delicious meal.

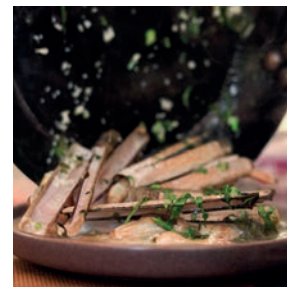
To accompany the food, O Frade offers a wide range of drinks, and an extensive wine list. The most interesting of these are the amphora wines, produced by the Frade family, the first producers of Talha DOC wine. While his grandmother cooked, grandfather Frade dedicated himself to the production of this wine, a business which is now run by Sérgio's father. In addition to amphora wines, the

“THE MENU IS PROUDLY PORTUGUESE AND HIGHLIGHTS SPECIALITIES AND FLAVOURS FROM DIFFERENT REGIONS.”

restaurant also presents other wines of its own production, this time from the Burgundy region as a result of a partnership with a vineyard in France.

I will continue to take visitors to O Frade as an immersive experience in Portuguese cuisine and hospitality. It is not just a place to eat delicious food and drink good wine, but to learn the stories of where the flavours come from and the people who brought them to life.

Follow [@restaurantofrade](#)



LISBON RESTAURANT GUIDE

Looking for a cosy coffee shop or a great meal out? Look no further!



COOL CAFES



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

Parque Marechal Carmona, Cascais

T +351 214 821 442
E ajusera@gmail.com
W www.ajusera.com



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

Rua das Trinas 67 A, Lisboa

T +351 917 736 754
E apfl.contact@gmail.com
FB @apflisbon
I @apflisbon



Come enjoy the best sunset, good Vibe and amazing food we provide in Jay's Brunch Caffe near the beach! We have delicious healthy food for you!

Avenida Marginal 26668, 2775-364 Parede

T +351 218214155
E jaystrend.parede@gmail.com
FB @jays.brunchcaffe
I @jays.brunchcaffe



Maison Luce, embodying l'Esprit du Pain (the spirit of bread), brings French gastronomic tradition to Lisbon through its slow-fermentation bakery and fine pâtisserie. Inspired by founder Julien Letarte's grandmother, it offers a warm space for enjoying artisanal breads, pastries, and heartfelt flavors that celebrate family and conviviality.

Amoreiras Plaza - Rua Professor Carlos Alberto da Mota Pinto 1070-046 Lisboa

T +351 211 927 894

KAFEINE

Essentially the crossing of several super foods (eggs, avocado, fruits, açai, etc...), combined with dishes from different countries. Based on specialty coffee, which gave rise to the name Kafeine.

Marina de Cascais 42, 2750-800 Cascais

T 21 243 8252
I @kafeine_marina



We serve local fresh roasted specialty coffee beans. We have a variety of brunch options such as Eggs Benedict, Smash Avocado, Açai Bowl, Croissants, French Toast and more. Vegan and Gluten Free options. Australian and Portuguese concept, pet friendly, really cosy corner-shop with a pleasant esplanade.

Rua do Possolo 52, 1350-251 Estrela

T +351 910858418
E melbourne.lisboa@gmail.com
I @melbourne.lisboa



Lisbon's first authentic, Smerican-made bagels. handcrafted, slow-fermented. made with the best local ingredients and love. Woman owned business. Specialty coffee home of the lavender latte.

Rua da Boavista 178, 1200-177 Lisboa

Open daily 0900-1600 except Mondays and Tuesdays

T +351 925 207 610
W rhodobagels.com
I @rhodobagels

COPENHAGEN COFFEE LAB

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

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



Café and Restaurant with high quality in-house production, in one of the most charming spaces in the capital city of Lisbon!

Rua do Olival nº 42, Lisboa

T +351 213951208
E info@laboulangerie.pt/
laboulangerielisboa@gmail.com
W laboulangerie.pt
I @laboulangerielisboa



HEALTHY & ORGANIC



Healthy Cooking is a concept of healthy catering, consisting of different Restaurants/Cafeterias in Lisbon, near Business Zones and Schools. With only healthy choices, ORIGEM also provides catering, take-away & delivery services.

T +351 968 098 201
E geral@origem.org
W origem.org
FB @origem
I @origemcozinhasaudavel



GASTRONOMIC



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

Tv. do Poço Novo 16A,
2750-469 Cascais

T +351 21 901 6254
W bubbles-and-bites.business.site
I @bubblesandbites.pt



SUD LISBOA

A destination for luxury lifestyle experiences and to enjoy authentic Mediterranean gastronomy, signature cocktails and the best entertainment in Lisbon.

Av. Brasília, Pavilhão Poente
1300-598 Lisboa

T +351 211 592 700
E info@sudlisboa.com
W sudlisboa.com
I @sudlisboa



Art is a unique space in Cascais with an open kitchen and personalised experience for each guest. Art is committed to sustainability, using local products and producing as little waste as possible.

Av. Dom Carlos I 246,
2750-310 Cascais

T 21 013 2390
E reservations@artsycascais.com
W www.artsycascais.com
I artsycascais



PORTUGUESE



Located in a noble area in the center of Lisbon, with a view of downtown Lisbon, Tágide restaurant presents Portuguese food with a fine dining twist and an atmosphere that idolizes the tiled figures that make this restaurant unique.

Largo da Academia Nacional das
Belas Artes, 19, 1200-289 Lisboa,
Portugal

T +351 213 404 010
E geral@restaurantetagide.com
W restaurantetagide.com

Business Listings

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

Education



Aprendizes fosters a diverse, inclusive community, emphasizing active learning, bilingual education, and personal growth to develop responsible global citizens.

Rua dos Depósitos de Águas, 2750-561, Cascais, Portugal
E aprendizes@aprendizes.pt
T +351 214835803
W aprendizes.pt



Our education philosophy is based on one simple assumption: if students' education is tailored to suit their unique qualities and needs, they are more likely to be successful. Our approach fosters self-confidence, responsibility, and independence. Study at Greene's blends face-to-face and online tutorials, dynamic feedback, and one-to-one weekly Personal Tutoring sessions, ensuring all students have personalised guidance.

Lisbon campus: Rua da Escola Politécnica, N° 38, 3° piso, Príncipe Real, 1250-102, Lisboa, Portugal.

Estoril campus: R. Dom Afonso Henriques, N° 1614, 2765-576, Estoril, Portugal.

T +351 211 165 450
E enquiries@greenes.pt
W pt.greenesoxford.com



Nestled in the breathtaking Sintra-Cascais Natural Park, Hypha is a specialized international school that sees the outdoors as a natural extension of the classroom.

R. Dr. Sá Carneiro 80, 2705-000 Sintra

T 964 548 790
W [hyphalearninghub](http://hyphalearninghub.com)



IPS Cascais
 BRITISH
 INTERNATIONAL
 SCHOOL
 PORTUGAL

IPS Cascais British International School is located north of Cascais, close to Lisbon. Our friendly, well-established school started with five pupils and has grown over the last 40 years into a united international community of 350 children from over 40 nationalities.

R. Lagoa 171, 2645-344 Alcabideche

T 21 457 0149
W ipsschool.org



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

R. Francisco Metrass 97, 1350-164 Lisboa, Portugal

T +351 210 522 550
E info@redbridgeschool.com
W redbridgeschool.com



SAIS - Santo António International School is a full K-12 British international independent Catholic School, in the heart of Estoril. Our aim is to combine academic excellence with a caring family environment.

Av. Saboia, 662A, 2765-277 Monte Estoril
T +351.210.731.054
E geral@sais-estoril.com
W sais-estoril.com

Advertise with us from as little as 199 Euros

inez@wherevermags.com



460 students
 IB Curriculum (PYP/MYP/DP)
 Opened 2010
 6-18 Years



Shape your own trail

Health and Beauty

244AVENIDA

Hair Art&Style

Urban hair spa located right on Avenida da Liberdade, in one of the city's most cosmopolitan streets. 244Avenida is a landmark space where you can feel the tranquility, the energy of the city and the well-being of your home. An intimate atmosphere where you can enjoy exclusive and personalized treatment from our experienced team.

T +351 213 144 360
T +351 927 824 560
I @244avenida
W 244avenida.com

Alessandra Müller
BEAUTY

Alessandra Müller Beauty is a high-experienced beautician specialized on facials and semi-permanent make up. Living in Portugal for almost 4 years combined her experience in the Brazilian beauty industry with a lot of courses in Europe bringing to each client a unique experience.

E alemullerbeauty@gmail.com
T +351 913 620 988
W alessandramullerbeauty.pt

AMADO CLINIC

Amado Clinic, founded by French and Brazilian nationals, offers personalized, non-invasive aesthetic treatments to enhance your natural beauty. We provide facial and body treatments, including anti wrinkle injections, dermal fillers, collagen biostimulators, Ultraformer III, and facials, in a design space in central Lisbon.

Av. Álvares Cabral 25A, 1250-015 Lisboa

T +351 911 573 701
E info@amadoclinic.pt
I @amadoclinic
W www.amadoclinic.pt

amplify®

Amplify is a Social Fitness Club with two studios in the heart of Lisbon. We offer four different practices - Cycling, Bootcamp, Yoga and Barre - to give you a unique physical, mental and emotional experience.

Amplify Marques de Pombal, R. Mouzinho da Silveira 27C, 1250-096 Lisboa, Portugal

Amplify Santos, Av. 24 de Julho 60, 1200-109 Lisboa, Portugal

W amplify.eu
E contact@amplify.eu
I @amplifylisbon

BODYFIT
EMS STUDIO

Welcome to BODYFIT EMS STUDIO. We are an Electrostimulation Studio in Lisbon. 25 min = 4 hours of sport. We offer the 1st trial session, book yours now!

Rua Campo de Ourique 103,
1250-060 Lisboa
T +351 213 850 939 / +351 964 684 718
W bodyfit.pt

core
COLLECTIVE

Unlock your Core potential
XFormer | Yoga | Hot Pilates |
Private Pilates
Cryotherapy & Infrared Sauna

Rua Duque de Palmela 35C, Lisbon,
Portugal 1250-097
I @corecollective.lisbon
E studio@thecorecollective.eu
W thecorecollective.eu

SINTRA SAÚDE
CLÍNICA

Sintra's #1 acupuncture clinic. We specialize in acupuncture for pain, stress, and well-being, alongside physiotherapy, osteopathy, psychology, and nutrition for complete holistic care.

W sintrasaude.pt
E info@sintrasaude.pt
I @clnicasintrasaude
T +351 219 210 023



Clint Gonçalves Hair & Beauty offers world class hairdressing and colour services, along with our in-house beautician and manicurist. Clint has styled many international magazine covers, movie premiers, music videos and A-list celebrities.

T +351 915 988 374
E clintgjh@gmail.com
W clintgoncalves.com



CLÍNICA DR. JOÃO BRANCC
MEDICINA DENTÁRIA

We have a multidisciplinary team, specialised in the various areas of dentistry in order to provide an excellent treatment that responds in a personalised way to your needs.

Av. Infante Dom Henrique nº598 D,
2750-168 Cascais
T 21 809 9504
E geral@clinicajoaobranco.com



Facialist & Skincare expert with passion and love for skin health. Advanced facials with holistic twist.

Rua Joaquim António de Aguiar n43
2 esq., 1070-150 Portugal

T +351 925 291 448
W flaviovilhais.com
I @flaviovilhaisfacialist



The Hair Lobby is a Hairdressing and Aesthetics Salon and it is considered as a reference for its very successful service at the hands of the experienced, skilled and dedicated international staff.

HL Cidadela
Av. 25 de Abril, 850D, 2750-512 Cascais
T 211 586 863 | 933 362 174 |
HL Quinta da Marinha
Quinta da Marinha Health Club,
2750-002 Cascais
T 916 971 032



HOLMES PLACE

Industry leader, Holmes Place has 18 clubs with gyms, studios with over 120 classes per week, and all you can ask for - from spas to swimming pools, lounges and restaurants, as well as specialised professional personal trainers, physiotherapists, and nutrition experts.

W holmesplace.com
I @holmesplaceportugal



THE KYND SPACE.
A KYND — OF LIVING

The Kynd Space is an aesthetic Movement Sanctuary in Principe Real, offering daily classes for every mood and level: Yoga, Pilates, Barre, HIIT & Dance. A tranquil sanctuary to move & feel moved with a Community full of kind hearts & bright minds.

Travessa do Noronha 17 Atelier, 1250-171 Principe Real, Lisbon

E hello@theykndspace.com
W theykndspace.com
I @theykndspace

Advertise with us from
as little as 199 Euros

inez@wherevermags.com

AT FIRST GLANCE, A
MERE PIECE, BUT LOOK
CLOSELY...

...our beds and food stations are a way
to see the world in a new light.
Elevate your space with APOSENTIS
timeless beauty!
Which one will you choose?

INTERNATIONAL DELIVERY
@apomentis - instagram
customerservice@apomentis.com - e-mail

APOSENTIS

FOR YOUR POOCH, CAT, AND
FOR THE PET PARENTS LIKE NO OTHER!



ONLINE SHOPPING
APOSENTIS.COM

PRESCRIPTION

PILATES LISBON

Prescription is the first dynamic Pilates Studio in Lisbon. Combining the principles of Pilates with a high-intensity & low impact full-body workout, Prescription's bespoke method targets the mind, body and soul. It addresses bad posture and improves balance, flexibility, core strength and your mood, by releasing endorphins and positive feelings. All levels are welcome! Open 7 days a week

Rua Sao Bento 195, Lisboa + Av Joao Crisostomo 55, Lisboa. Opening Cascais, summer 2024!

T 925 207 610
W prescription.pt
I @prescription.lisbon



L'Occitane follows modest values such as authenticity, respect, and generosity. A commitment to providing an experience of well-being, appealing to all of our senses, through the most relaxing and nourishing treatments. In SPA InterContinental by L'Occitane, you can find our Indoor Swimming Pool with a dynamic waterfall, Sauna, and Steam Bath.

T +351 218291100
E spaintercontinental.estoril@ihg.com
W estorilintercontinental.com

QUINTA DA MARINHA HEALTH CLUB

Find the best facilities for your exercise. The gym, swimming pools, balneotherapy and group classes have plenty of space and comfort for all your family.

T +351 214860050
E info@quintadamarinhaclub.com
W quintadamarinhaclub.com

Golf and more

THE OITAVOS

A unique golf course designed by the legendary Arthur Hills to blend seamlessly with nature and the magnificent sand dunes beside the Atlantic Ocean.

E info@oitavosdunes.pt
T 21 486 06 00
W oitavosdunes.com



PALÁCIO ESTORIL GOLF CLUB

Overlooking Estoril and the sea, this 5200-meter-long championship course is set amongst eucalyptus, mimosas and pine trees giving a uniquely colorful touch that demands excellent tactics, challenges in accuracy rather than distance. The visually stunning par 3 holes although they vary in length all pose particular challenges; the 4th hole. The Peppers Hole surrounded by pepper trees; the 8th hole The Tea Cup - is well known due to the always challenging flag position.

Avenida da República, 2765-273 Estoril
T +351 214 680 176
E geral@golfestoril.com

EST 1994 QUINTA DO PERU GOLF & COUNTRY CLUB

It is with a view of the stunning Serra da Arrábida that the Quinta do Peru Golf & Country was born in 1994. Located in Quinta do Conde, in Azeitão, it is considered one of the most prestigious golf courses on the Blue Coast.

Alameda da Serra 2, 2975-666 Q.ta do Conde, Portugal

T +351 21 210 5391
E quintadoperu@reformatosa.com

Hotels and more

GRANDE REAL VILLA ITÁLIA

HOTEL & SPA
CASCAIS

The Grande Real Villa Itália Hotel & Spa was once the home of the last King of Italy – Humberto II. It is the perfect escape for a stay that will make you travel in time! Imagine, sleeping in the King's house?

Rua Frei Nicolau de Oliveira, 100, Cascais
T +351 210 966 000
E grvi@realhotelsgroup.com
W grandereallvillaitalia.
realhotelsgroup.com
FB @grandereallvillaitalia

MAXIME HOTEL

An iconic club in Lisbon, now reinvented in a boutique hotel. Genuinely proud of our past.

Praça da Alegria N58 - 1250-004 Lisboa - Portugal
T +351 218 760 000



INTERCONTINENTAL HOTELS & RESORTS

Providing luxury travel since 1946. Iconic style & ambiance. Extensive global portfolio. An alluring spa, vibrant city life, or quality family time, a host of options await. First in Luxury.

Av. Marginal 8023, 2765-249 Estoril
T 21 829 1100
I @intercontinentalcascaisestoril
W www.intercontinental.com



PALÁCIO ESTORIL

HOTEL, GOLF & WELLNESS

Experience pure bliss at Estoril's premier wellness destination hotel, where relaxation and rejuvenation await. In the heart of the picturesque Cascais coast, a mere stone's throw away from the stunning beaches, the promenade, the peaceful gardens, the prestigious golf courses, and the charming fishing village, lies an exceptional jewel of hospitality. Embark on a journey through 93 years of perfected excellence in the art of indulgence and immerse yourself in a world where the grace and charm of a rich history blend seamlessly with modern luxury.

T +351 214 648 000
E info@hotelestorilpalacio.pt
W palacioestorilhotel.com
FB /PalacioEstorilHotel
I @hotelpalacioestoril



SHERATON

Cascais Resort

Sheraton Cascais Resort is an award-winning luxury five-star resort, located in the heart of Cascais, a charming town on the western side of the amazing Lisbon coastline.

Rua das Palmeiras, Lote 5, 2750-005 Cascais Portugal
T +351 214 829 100
E info@sheratoncascaisresort.com
W Marriott.com/LISSC

Property

Find Your Home in Portugal

with Petra

We offer expert guidance through every step of the purchase process, ensuring transparency, successful transactions, and continued support with our network of trusted service providers. Contact me to discover how I can help you navigate the Portuguese property market with confidence!

T +351 910 640 618
E petra@findyourhomeinportugal.com
W findyourhomeinportugal.com

IVENS

Ivens Living Real Estate

IVENS is a boutique real estate brokerage dealing exclusively with premium locations and high-end properties. Our mission is to delight customers for life with the perfect property at the right time and highly personalised service, powered by data-driven decisions.

M + 351 914953695
O + 351 211607577
Rua Ivens, 21400-117 Lisboa
ivensportugal.com

CoWorking Spaces



Looking for a space to work? Nimble Spaces is now in Lisbon: pretty central, totally accessible and super cool. Hosting more than 100 companies in Chicago, Miami, Barcelona and Lisbon.

Av. Duque de Loulé 110, 1050-045 Lisboa
T 21145 0228
W nimble-spaces.com

workhub^{LX}

The Lisbon WorkHub is a high-tech coworking Space in Lisbon with an industrial look and feel. Located in Braço de Prata, we offer flex and dedicated solutions to like minded freelancers, entrepreneurs and companies.

Praceta da Tabaqueira A2, 1950-256 Lisboa
T +351 919 877 499 / +351 215 934 450
E lisbon@workhub.pt
W workhub.pt

Expat Apps



Discover SYLA mobile app by Smoozitive. Gain expert knowledge and mindset tools to simplify your life abroad. Download on iOS and Android.

W .smoozitive.com/syla-app
I @smoozitive

Gifts and more



A lifestyle concept store offering a selection of everything from clothes to jewelry to candles, with a bohemian vibe.

Calçada Marquês Abrantes 67 A, Lisbon
T +351 213 960 327
W symbols-lisboa.com
I @symbols.lisboa

in victa concept store

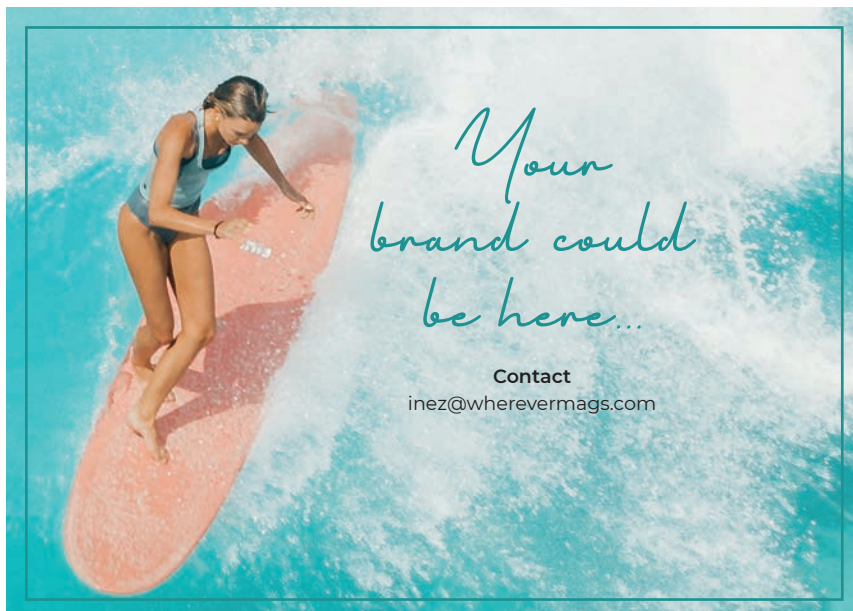
We know that Fashion is not just about making women more beautiful, it is ephemeral, but above all it allows them to gain or maintain their self-confidence.

Av. Do Ultramar, 1 D - 2750-506 Cascais
T +351 211370766
I @invicta.cascais



The first Nordic mini supermarket in Portugal, open since April 2021 in Mercado de Alges and in December expanded to a store in Parede. Come and find all kinds of Scandinavian products from Sweden, but also from Denmark, Norway and Finland.

Praceta Fernando Pessoa 19,
Loja B 2775-044 Parede
T +351 211336460
E maravilhasnordicas@hotmail.com
W maravilhasnordicas.com
FB @Marvilhasnordicas
I @Marvilhasnordicas



your brand could be here

Contact hello@wherevermags.com



77%
higher brand
recall for print vs.
46% for digital ads

82%
of consumers
trust print
over digital

Source finances
online.com

125%
magazine ads
deliver the
highest ROI

38%
more than other ad
mediums, including
TV and digital

Source American Marketing
Association (AMA)

WHEREVER
the magazine for expats everywhere



INTERCONTINENTAL®
CASCAIS - ESTORIL

Live the
INTERCONTINENTAL LIFE



ENJOY

a sweet escape from Lisbon city center

EXPLORE

Cascais, the Portuguese riviera and its surrounding beauty

RELAX

in our ocean front rooms and suites, combining space and modern elegance

TASTE

re-invented local and seasonal Portuguese recipes in Bago du Vin restaurant

INDULGE

in SPA InterContinental by L'Occitane, an Oasis of tranquility

Avenida Marginal, 8023 2765-249 Monte Estoril | Tel: + 351 218 291 100
liset.reservations@ihg.com | www.estorilintercontinental.com

WESTWING

Live Beautiful.



Furniture and decoration available at westwing.pt