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V O G U E

**HOLLYWOOD'S
NEW ERA**

Margot Robbie
Nicole Kidman
Emma Stone
Gal Gadot
Saoirse Ronan
Hong Chau

*and 13 more of
the year's greatest
performers*

ALAIA

The final interview

*Red-carpet
beauty rules*

**WHY WE
NEED TO TALK
ABOUT RACE**

First look

**THE NEW COLLECTIONS
THE TRENDS THAT COUNT**



VOGUE

CONDÉ NAST
BRITAIN PROPERTY

RESIDENTIAL RESOLUTIONS

The closer you live to a gym, the more likely you are to work out and work off those festive indulgences...

Claire Pilton champions healthy homes



STRATFORD CENTRAL, E15

Telford Homes' 31-storey tower is just a few minutes' walk from the 560-acre Queen Elizabeth Olympic Park with its Zaha Hadid-designed Aquatics Centre, Copper Box Arena, VeloPark, and Hockey and Tennis Centre. Handy for Stratford Station and Westfield, and affording views over the park, Canary Wharf and the City a three-bedroom penthouse with a fabulous alfresco terrace costs £1.375 million.

Contact 020 3797 8184

What gives the fitness facilities at Twenty Grosvenor Square, W1, an edge? Apart from the 25-metre pool, vitality pool, four-poster daybeds, treatment suite, steam room, sauna, gym and personal training room, it is the crèche. How else can one exercise with a toddler or grandchild in tow? At this £1 billion development you don't need to bring staff; the first standalone Four Seasons Residence is promising purchasers a world-class level of service the like of which London hasn't seen before. It's working: over half the 37 apartments have sold prior to completion this summer.

Let's hope the residents do use their amenities because, to quote Michelle Obama, 'exercise is

more than just physical, it's therapeutic' ... especially when the facilities are on site and you can saunter out of your bedroom and into the spa.

Residents at One Crown Place, EC2, will be able to work out in a Sophie Ashby-designed gym, 'inspired by the old-school, vintage wood and rubber flooring look'. It will be 'a light, calm space', in keeping with this terrific scheme's mix of heritage buildings and modern architecture.

At Grade II-listed Hampstead Manor, NW3, the health club 'evokes the opulence of the Edwardian Baroque era, to provide a place to relax and exercise away from the high-octane pace of daily life'. While Chelsea Island, SW10, combines a dry gym with a roof garden designed by floral couturier Neill Strain. 'Shaded areas will

create a Zen-like space for yoga and meditation, which research suggests can help reduce heart rate and blood pressure.' Developers are increasingly mindful to provide residents with a lifestyle choice that enhances their well-being.

Subterranean swimming pools in London are now standard, but their outdoor counterparts remain a luxury. Each of the 12 penthouses at Islington Square, N1, sports a rooftop pool that allows you to swim against a current at the flick of an adjustable speed button. If that sounds too James Bond, check out the two penthouses at Horizons, E14, where the 26th-storey roof terraces are equipped with an outdoor kitchen and raised deck area – perfect for scooping up your abs and the London skyline in one breath.

VOGUE



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1. LANDMARK PINNACLE, E14

A spell on the treadmill could become a treat in London's highest private residents' gym. There is also a studio, golf simulator & putting green, arcade room, lounge and two private dining rooms on the 56th floor. It's located at the head of South Dock, on the edge of Canary Wharf, and prices start from £568,750. Knight Frank: 020 7718 5202

2. LILLIE SQUARE, SW6

Spanning 18,000 square feet, the Clubhouse at Earl's Court's landmark development sports a 20-metre swimming pool, sauna, steam room and spa pool. Technogym cardio equipment furnishes the gym and studio, and ESPA treatments are available in the therapy rooms. Prices are from £775,000. Contact 020 7381 9800

3. EMBASSY GARDENS, SW8

Imagine swimming in the world's first Sky Pool! 2018 should see resident members of Embassy Gardens' Egite club taking the plunge in this acrylic aquarium-like structure, which will be suspended, 10 storeys high and 25 metres long, between two buildings. One-bedroom pool-side apartments cost £1 million. Contact 020 3627 6396

4. TWENTY GROSVENOR SQUARE, W1

Designed by Finchatton, homes at this Four Seasons Residence range from £17.5 million to £38 million. Formerly home to the US Naval Forces, the development has six-star facilities including a spa, swimming pool, fitness centre, games room, a charming garden library and a garden. www.20GS.com

5. PRIMROSE HILL, NW3

Treatment rooms and beauty salons are the latest 'must haves' for pretty people purchasing super-prime property. This one is in a beautifully refurbished £28.5 million seven-bedroom house on Elsworth Road, opposite Primrose Hill Park. It also has a gym, games room and staff accommodation (for your live-in masseur). Knight Frank: 020 7586 2777