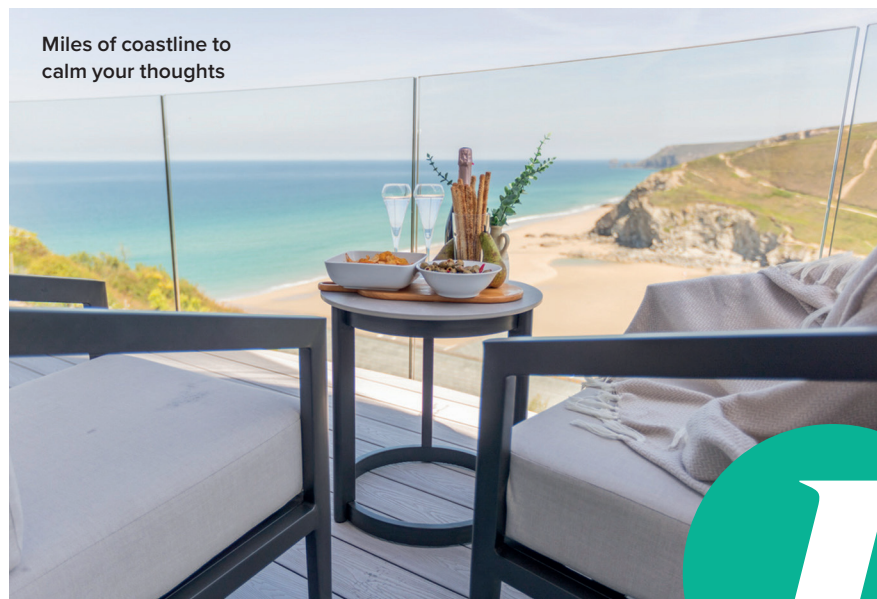


Platinum TEN GOOD IDEAS



Rise... and shine

Four nights of deep restoration on the wild North Cornwall coast

If you have ever found yourself functioning on empty – keeping everything moving for everyone else while quietly wondering when it became this hard to feel fully present – Reset to Rise was created with you in mind. This intimate luxury retreat on the North Cornwall coast is the work of two exceptional practitioners: Moya Slade, founder of The Nest and a nervous system-led coach known

for her calm, emotionally intelligent approach, and Anna Allerton, executive and leadership coach and founder of Allerton Coaching. Between them, they have built something that feels genuinely rare: a space where high-achieving women can stop performing and start restoring.

Set at Ocean Skies, a private residence overlooking sea, sky and wild coastline near Porthtowan, the



BE
INSPIRED!

retreat runs over four nights and combines personalised coaching, somatic grounding, restorative movement and group workshop sessions in equal measure.

Moya and Anna describe their approach as the pause and the plan – the softness and the structure – and it shows in how the programme is built. There is real depth here alongside genuine rest – something more considered than a typical wellness weekend, and more honest about what restoration actually requires.

The location earns its place in the programme, too. When you're not in a session, you're out on the coast – walking, breathing, staring at the Atlantic and remembering

The perfect spot to reset and rise



what it feels like to have actual space in your head. It sounds simple, and it is, which is rather the point. There's nothing like a big sky and a vast coastline to put things back into perspective, and Moya and Anna have made it central to how the retreat works, rather than an afterthought.

With only a small group of guests, every woman is fully seen and supported throughout. You get

your own private king-size bedroom with en suite (single occupancy), and all meals are prepared by an in-house chef – proper, nourishing food rather than the sad salads that haunt lesser retreats. The result is something that feels personal and unhurried from start to finish.

Reset to Rise takes place 24-28 Sept; £2,995, including accommodation, all meals and transfers. thenestlife.co.uk

2

The sea in a bottle

Hebridean skincare rooted in wild Scottish waters, by Ishga

We're loving this Hebridean skincare brand right now. Ishga (derived from the Gaelic word for water) was born on the Isle of Lewis in the Outer Hebrides and harnesses four types of sustainably hand-harvested seaweed to create genuinely high-performing organic skincare. Their Hydrating Hand Cream is a cult favourite – light, fast-absorbing and infused with argan oil, aloe vera and the ancient Hebridean healing remedy Lus Nan Laogh (a powerful botanical also known as bogbean), it transforms even the most overworked hands. The range is certified organic by the Soil Association, vegan and rooted in a deep respect for the landscape that inspires it.

£36, uk.ishga.com

Hands up for great skincare

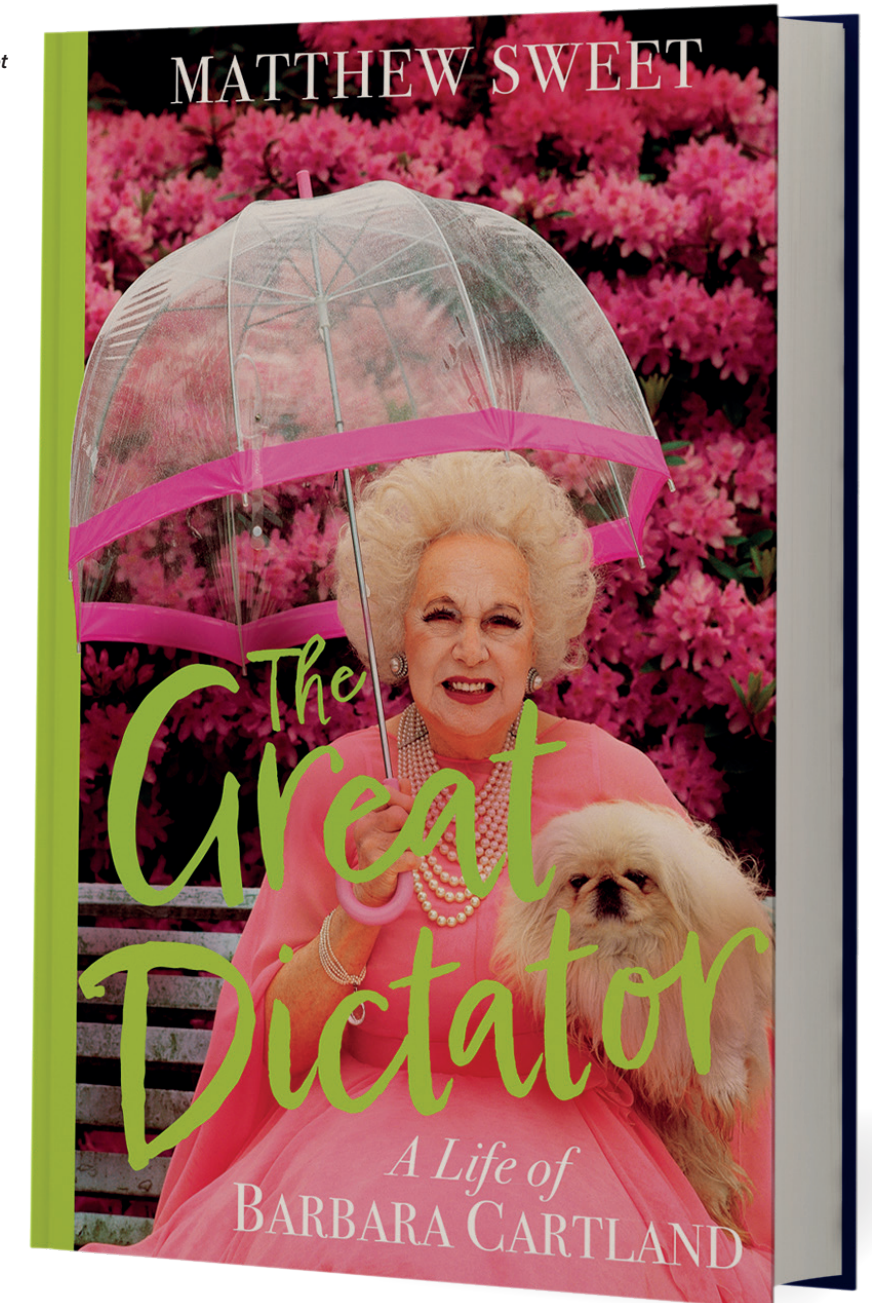


Author Matthew Sweet goes behind the bouffant

3

Non-fiction book of the month

Platinum's Non-fiction Editor Liz Allard takes a look at *The Great Dictator: A Life of Barbara Cartland*



With her bouffant hair and cerise chiffon, Barbara Cartland is remembered as a figure of fun, mocked as a writer of romantic fluff. Writer and broadcaster Matthew Sweet's witty biography *The Great Dictator* reveals a far more complex woman who was outlandish but also in possession of business acumen and chutzpah.

She was prolific and dictated most of her 723 novels to a band of stoic secretaries so that her millions of readers could escape into worlds where penniless virgins, flappers, suffragettes and reckless

dukes always found love and romance. Yet, she understood the political realities of dark times. In the 1930s, while Chamberlain appeased Hitler, she was among a small band of writers who depicted the evils of Nazi antisemitism.

Born in 1901, Cartland lived throughout the turbulent 20th century. She navigated genteel poverty, class conflict and changing sexual mores, which challenged the conservative values she was born into. While Sweet entertains with his flare for exuberant storytelling matching Cartland's life, this book also shines

a bright light on a century where rapid change was front and centre.

Sweet uncovers a woman who knew how to stand in her own power and used her visibility and voice to speak out. In the 1950s, she held office as a Conservative County Councillor in Hertfordshire. Holding surgeries, campaigning for constituents and especially for Romany rights, she refused to take no for an answer.

While her heroines were often subservient, their creator was not – she was a powerhouse.

Out September 10

4

Undercover mischief

So wrong it's right!

Our favourite comedy theatre ensemble, Mischief, is back together for the show that wowed the West End so much last year it had to return for another limited run. Boasting the original cast, who you will recognise from their hit TV series *The Goes Wrong*

Show, a classic spy tale – with a farcical twist – unfolds. With enough double agents to confuse even the sharpest operative, this mission is hilariously out of control.

The Comedy About Spies from August 1 at London's Adelphi Theatre



Spot the spy...



5

Fab fiction

Spanning three decades, this novel feels like a big and bold adventure. Starting in 1937, at seven years old, Lucie arrives in England from Malaya. She's confused and concerned as she notices blood drip from her mother's hem just as she's boarding a train that takes her away forever. Lucie is then driven to The Ruins, the ancestral home she doesn't know, which was once alive with weekend parties – but nobody is happy there now. Initially scared and overwhelmed, Lucie starts to piece together the story of her family and the mother who vanished from her childhood.

A glorious, sweeping debut

6

Get wise

The podcast that proves being old is pure gold

Julia Louis-Dreyfus created *Wiser Than Me* after noticing that iconic women tend to disappear from public life as they age. Her response was to seek them out and put them centre stage. Each episode features funny, deeply personal conversations with extraordinary women – Carol Burnett, Annie Leibovitz, Joan Baez – brimming with the kind of unapologetic wisdom that only comes with age. Every episode ends with a check-in from Julia's 92-year-old mother, Judith. Joyful, moving and often hilarious.

Available on Apple Podcasts, Spotify and Amazon Music



Julia's looking for her next golden oldie

7

Dinner date

Tasty TV to get your chops around

Michelin-starred, award-winning chef Giorgio Locatelli is the newest judge joining *Celebrity MasterChef*, alongside food critic Grace Dent. "I couldn't be happier to combine our shared joy, passion and expertise for food," says Grace. The pair are putting a new group of famous faces through their culinary paces in the *MasterChef* kitchens to see who has a secret talent, and who is most likely to be found in the ready meal aisle! "We are really putting their skills to the test in this series," promises Giorgio.

Celebrity MasterChef, from 6 August, BBC1



Less talking, more twirling



Look lively

The at-home eye wand your optician is already recommending

Dry, tired eyes are one of the most common and most overlooked symptoms of midlife hormonal change. The Peep Club Heated Eye Wand™ LED+ (£85), a favourite of Radio 2 DJ Jo Whiley, is a clever 5-in-1 eye treatment designed to soothe tired eyes while tackling common under-eye concerns. Developed with UK optometrists, it combines a temperature-controlled hot compress, gentle massage and three targeted LED light therapies to help hydrate dry eyes, reduce puffiness, soften the appearance of fine lines and minimise the look of dark circles and redness. Compact, rechargeable and travel-friendly, it delivers a spa-like eye treatment in just a few minutes a day. peepclub.co.uk



'Treat midlife eye issues, including dry eyes, with this nifty hand-held device'

Ten good ideas



Good reads

The UK's first literary festival dedicated entirely to wellbeing books



Something new is coming to Wales this October. Better Read Book Fest, launching on Saturday October 3 in Abergavenny, is the UK's first literary festival devoted solely to personal development, mental health and emotional wellbeing books – no workshops, no other genres, just brilliant authors sharing their knowledge with

readers who are ready to listen. Speaking on the day: Dr Helen Wall, Dr Emma Hepburn, Suzy Reading, Natalie Lue, Dr Sula Windgassen, Nadia Narain and Katia Narain Phillips, Gabrielle Treanor (left) and Natasha Page. With sales of self-improvement books up 32.5% in 2025, the timing feels exactly right.

betterreadbookfest.com

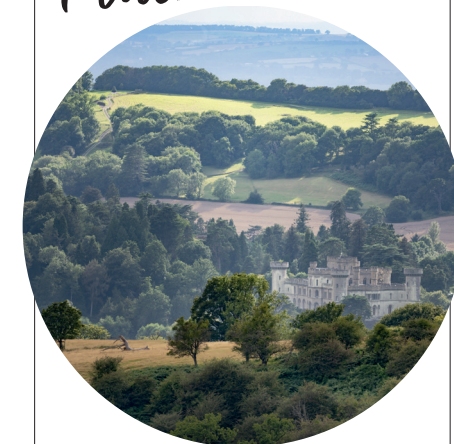


10 Perfect habit

Miriam Margolyes, Judy Davis and Jacki Weaver star in this road-trip movie like no other. Three elderly nuns and a little boy who is looking for heaven end up in a car powered by God – and stolen money – as they try to find solutions and salvation. This feelgood film showcases not just the acting talent of newcomer Elijah Tamati, but also New Zealand's stunning South Island. It will pull on your heartstrings as much as it has you laughing out loud.

Holy Days, in cinemas from Friday 14 August

Plus!



IN OUR NEXT ISSUE

On September 2, the Berlin Philharmonic takes to the Royal Albert Hall stage to perform Elgar's beloved *Enigma Variations* – a work of sweeping emotion and hidden depths. And where did Elgar find his inspiration? The Malvern Hills. The landscape he walked obsessively throughout his life is a place people have been drawn to for centuries. We've been to stay at The Cottage in the Wood, a special hideaway at the heart of it all.

Don't miss our review in the October issue. Subscribe on p56.