

# TATLER

February 2023  
£4.99

**GYM & TONIC**  
GET FIT IN THE 23  
MOST SOCIALLY  
SIGNIFICANT GYMS

**ROYAL RIFT**  
WHAT'S ROTTEN IN THE  
STATE OF DENMARK?

**FOX NEWS**  
THE SOCIAL MEDIA  
DRAMA STALKING  
THE HUNTING SET

## No. 10's CHATELAIN

INSIDE THE SECRET WORLD OF MRS SUNAK



# HEALTH IS WEALTH

1. **LOREM Activewear** designs high-performance activewear that is made from sustainable and recycled materials. They are proud to use REPREVE® recycled polyester and Hydrocycled® cotton throughout. Designed for everyone and everything, from everyday living to high-performance workouts. Visit [www.loremactivewear.com](http://www.loremactivewear.com) or follow @loremactivewear on Instagram.



2. Feeling frazzled or not getting enough sleep? **Mo Joe's** have you covered with their Good Day and Good Night CBD Soft Gums, packed full of multivitamins to keep you focused during the day and ready for a great night's sleep. Use code Tatler50 for 50% off your first subscription. See more at [www.mojoes.co.uk](http://www.mojoes.co.uk) and check them out on Instagram @mojoesuk



3. **Mushies** is an online shop that provides transformative mushroom supplements and health-focused content that empowers. Their purpose is to provide you with tools to enhance your health, happiness, focus, energy and creativity (so you can save the world). They also produce health and wellness content with a focus on fungi and plant medicine, especially psilocybin and microdosing. See more at [www.mushies.co.uk](http://www.mushies.co.uk) and check out their Instagram @mushies\_uk



4. From the creators of the **Million Dollar Facial** system, inspired by the art of Cryotherapy, this mask has been designed to help your skincare products penetrate the skin for optimal results. The cooling effect adds a luxurious relaxing touch to your facial routine. Visit [www.milliondollarfacial.com](http://www.milliondollarfacial.com) and follow @milliondollarfacial on Instagram.



5. **Nurache**: light, Che: God will increase. These vegan, coconut-wax, phthalate free candles invite peace and elevate the scent of joy in your home. **Nurache** founder, Kennedy Raye, created her luxe candle line as a memoir of her travels around the world. Small-batch and hand poured in California. To learn more visit [Nurache.com](http://Nurache.com) and follow @nuracheshop



6. **KYOOR**® is pH balanced, and incorporates proven clinical ingredients that work synergistically, to strengthen and restore skin barrier function and keep underarms looking youthful, fresh, and vibrant. The KYOOR AHA-Actif Anti-Odourant Crème safely neutralises body odour for up to 36 hours, bolstering the skin's natural barrier function by maintaining a skin friendly pH and supporting a healthy microbiome. It is fortified with native Australian extracts and rich in antioxidants for added restorative benefits. See more at [www.kyoornaturals.com](http://www.kyoornaturals.com) and check out their Instagram @kyoornaturals



7. **THALEIA** is a luxury, eco-friendly brand, with hand-poured candles and wax melts created specifically for moments of pause, restoration and mindfulness. By expertly blending premium soy wax and all-natural essential oils, they have achieved beautiful, long-lasting aromas designed to improve our well-being. Visit [www.thaleia.co.uk](http://www.thaleia.co.uk) to find out more and follow @thaleia\_uk on Instagram.

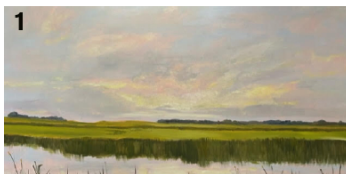


8. **Kor Water** brings chic utility to the hydration game with their Melrose model for an optimal sip without the spill, thanks to their Perfect Spout™ design. Melrose is available in three sizes and rich colours including coral, moss, nickel, and tofu. Visit [www.korwater.com](http://www.korwater.com) and follow @korwater on Instagram.



# THE WAY TO MY ART

1. **Megan Spillars** is an American artist and oil painter based in Raleigh, North Carolina. Her impressionist style features calming landscapes as well as bold florals and figurative work. She draws inspiration from nature and through observations of the simple yet beautiful moments in life—the ones we often want to freeze in time. Her work can be found at [meganspillars.com](http://meganspillars.com) and @meganspillarsart



2. **Alexandra Kauka**, refined her technique at the Art Students League of New York. She has a passion for gentle abstraction of mystical nature. Her art shows places that are sublime and meditative, imaginary worlds but beyond abstraction, one sees and feels reality. Some of her methods are very scientific, resulting in masterfully executed layered effects. Truly organic and random in nature. Pictured is "Windmills of my mind", 4 Canvases, alcohol ink, resin. Visit [www.artistalexandra.com](http://www.artistalexandra.com) or email [kaukaart@gmail.com](mailto:kaukaart@gmail.com).



3. **Carmen Delprat** is an artist from Newcastle, NSW Australia. Through her work, Carmen captures an allegory of the natural world around her and transforms it into dream like interpretations with vivid colour and imagination. Her work can evoke feelings of nostalgic bliss and fascination. Visit [www.carmendelpratart.com](http://www.carmendelpratart.com) and explore more on Instagram @carmendelpratart.



4. **Rosie Haggas** is an artist from Norfolk who works mainly in oils and watercolours. The never-ending Norfolk skies and surrounding seascapes and landscapes inspire her work. The painting above is now available as a limited edition print, for more information visit [www.rosiehaggasart.com](http://www.rosiehaggasart.com) or follow @rosiehaggasart on Instagram.

5. **DANICA DIVINE** creates a range from inspiring abstract to enchanting surrealism, with the intent to heal recognised by her signature gold accents. This is the title piece of the collection "Transmutation". For all enquiries, contact Danica on [thedanicadivine@gmail.com](mailto:thedanicadivine@gmail.com) and visit [thedanicadivine.com](http://thedanicadivine.com)



6. Los Angeles based contemporary artist, **Susan Lizotte**, has exhibited her works both in the US and internationally. Creating landscape works, abstract maps and dramatic artworks of Los Angeles, her pieces flow and unfold themselves. Explore her varied collections online at [www.susanlizotte.com](http://www.susanlizotte.com) and follow @susanlizotte on Instagram.

