

VOGUE

CONDÉ NAST

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 CENTAL, E15
Telford Homes 31 storey tower is just a few minutes' walk from the 560 acre Queen Elizabeth or the storey tower is just a few minutes' walk from the 560 acre Queen Elizabeth Acaustics Centre, Copper Box Arena, Velofark, and Hookey and Forns Centre Handy to Strator's Station and Westfield, and alfording wiews over the park Caractary Velora fairly be story to the story of the stor

hat 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

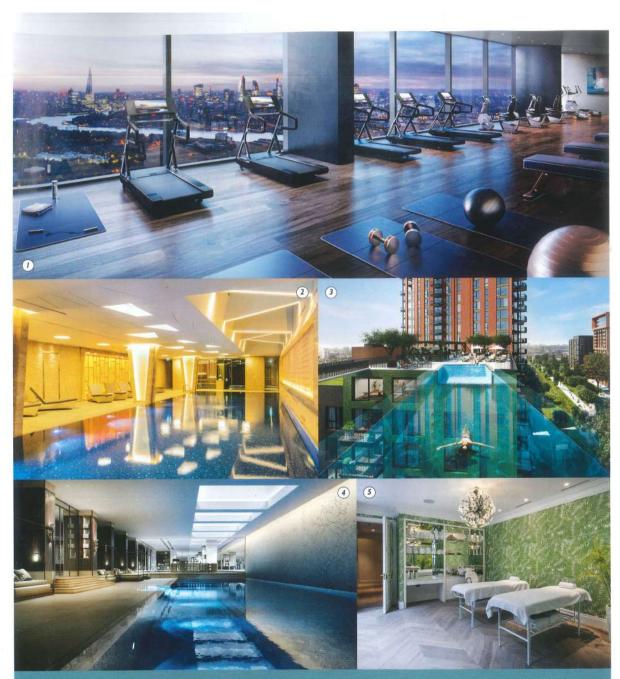
more than just physical, it's therapeutic' ... especially when the facilities are on site and you can saunter out of your bedroom and into the spa.

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.

WGUE



I. 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.

2. LILLIE SQUARE,

2. LILLIE SQUARE, SW6
Spanning 18,000 square feet the Clubhouse at Earls 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 swmming in the world's first Sky Pool! 2018 should see resident members of Embassy Gardens' Egle 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,

GROSVENOR SQUARE, WI

Designed by Finichatton, homes at this Four Seasons Residence range from £175 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.tom

5. PRIMROSE HILL,

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 Elsworthy Road, opposite Primrose Hill Park. It also has a gym, games room and staff accommodation (for your live-in masseur).