

COUNTRY & TOWN HOT HOUSE

A LIFE IN BALANCE

NOV/DEC 2022 £4.95

CANDY CRUSH

Dafne Keen
is oh so sweet
and serious

THE QUEEN

An icon
like no
other

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CHRISTMAS
GIFT IDEAS

NINE LIVES

How Bellingcat
is uncovering
Putin's crimes

GOOD NEWS!

Yes, there's more to life than doomscrolling

HEALTH & WELLBEING

Slow Down

Adjust your rhythm,
says *Camilla Hewitt*

In nature, winter is a time for hibernation, restoration and rejuvenation. As humans, we can look to modify the rhythms of our lives too. Eleven Life offers new wellness retreats in the snow-blanketed landscapes of Colorado and Iceland. These four-day immersions tap into the restorative effects of winter, encouraging deep self-connection through pioneering nature practices, guided adventures, and cutting-edge treatments. elevenexperience.com/eleven-life