

SWEAT DREAM

Doshi Levien's home hamman for Glass comes with twin low-rise benches. Wooden tray, £30, by Corin Mellor, for David Mellor, www.davidmellordesign.com. 'Natalina' carafe, £146; glasses, £40 each, all by Skitsch, www.skitsch.it. 'Panarea' trunks, £42, by Boss Orange, www.hugoboss.com

Grooming: Deborah Brider at DWM. Casting: Joel Bough. Model: Staz Nair at Models 1



BEST STEAM TEAM

This home hammam is hot stuff. Fluffy Indian towels, super-efficient nutraceuticals and a splash of herbal tonic also give us a lift

PHOTOGRAPHY: LUKE KIRWAN CGI: EMPORIO ADV
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01. 'ANANDA' HAMMAM, BY DOSHI LEVIEN

Doshi Levien's perfect vision of a personal hammam, realised by Italian bathroom maker Glass, is a stylish modular unit transposing the luxury of a top-notch spa into an everyday domestic setting. Named after the Sanskrit word for 'pure bliss', 'Ananda' not only boasts the requisite rain shower and wall-mounted water jets, but also comes fitted with matching concrete benches and a neat low-rise cabinet, designed for warming towels, complete with an aroma dispenser and a basin.

'Ananda' hammam, from €11,500, by Doshi Levien, for Glass, www.glassidromassagio.it

02. 'ISIS' TOWELS, BY BANDIT QUEEN

To ensure we emerge from the steam room in style, we're partial to the fluffy towels of Bandit Queen, a home accessories brand out of Paris and Mumbai. The cotton towels have been created by pairing traditional Indian techniques with contemporary designs, a mix that has become the house's speciality. 'Isis' (near left), our favourite in the range, has a complete-pile topside and an uneven-pile underside, making for an irresistibly plush texture; an inky, hand-painted charcoal border around each pristine piece seals the deal, 'Isis' shower towel, €110, by Bandit Queen, www.banditqueen.in

03. ENZYME SUPPLEMENTS, BY ATONE

Launched at the beginning of 2010, this six-strong line of enzyme-based nutraceuticals is designed to work in tandem with the body's biology to regulate and optimise its functions. The range spans metabolic, food and digestive enzymes, and boasts formulas to target all our modern concerns. For example, the Detox/Anti-Fatigue supplement blends digestive enzymes with milk thistle and fennel powder to promote liver function and toxin removal. Smart graphics make reaching for the right bottle a no-brainer.

Enzyme supplements, £25 for 90 capsules, by Atone, www.atoneonline.com

04. EAU DE MÉLISSE, BY CARMES BOYER

Invented over 400 years ago by a Parisian doctor, and produced for many years by Carmelite friars, Eau de Mélisse was an instant success at the French royal court. Known for its refreshing and calming effects, the potion is composed of 14 medicinal plants (and nine spices), including lavender, cress, thyme, fennel, coriander and its namesake, lemon balm. Diluted in water, Eau de Mélisse alleviates colds and dehydration, while, ingested pure, it helps send insomniacs into slumber. It owes its elegant spring-green packaging, as fresh as the tonic it contains, to a recent makeover by French studio IP.3. Marie Le Fort

Eau de Mélisse tonic, from €6, by Carmes Boyer, www.eaudemelisse.com



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