



**ALL THE GEAR...**

*I often default to Hip & Healthy for gear, recipe ideas, clothing and a general mood boost. So I was very pleased to see Sadie launch her own-label tops. Healthy is the New Black tank, £20. [hipandhealthy.com](http://hipandhealthy.com)*

# The Bottom Line

*On your marks, get set, sweat.*  
By Lydia Gard



**JUST THE TONIC**

Designed for French military officers to invigorate tired and sore limbs post-exercise, the Friction de Foucaud tonic has a cooling effect and eases aching muscles to allow for quicker recovery and less discomfort ascending the stairs. Slap it on liberally post-training. £16.95 for 250ml. [roullierwhite.com](http://roullierwhite.com)

**BE THE FIRST TO KNOW...**

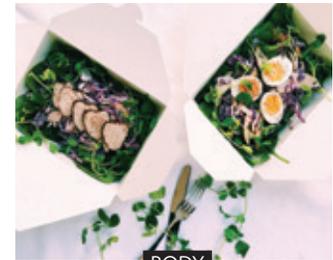
Bodyism is set to open a flagship gym at 222-224 Westbourne Grove in Notting Hill – the Old Post Office – in mid-November, with filtered air, a Clean & Lean café and amazing facilities. [bodyism.com](http://bodyism.com)



**THE BALANCE**

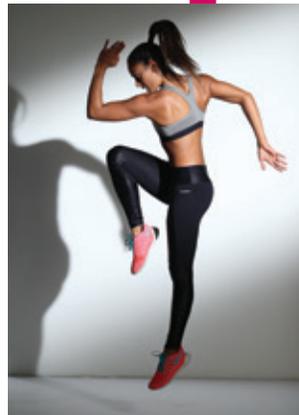
**MIND**

If you are on your knees keeping up with modern life, head directly to RESTIVAL. The love child of a retreat and a festival, it launches this month in the Moroccan Sahara. The concept allows stressed out people to find space to 'recharge and reconnect with their inner landscape', whilst sharing cultural and creative experiences. Basically that means a mix of art and writing workshops, music from local tribes, storytelling, morning raves, biodynamic transformational dance with Heartcore, yoga and meditation. You never know until you try! All this at the eco-luxe Camp Adounia. From £1,000pp for five nights. 14-20 Nov; [restival.global](http://restival.global)



**BODY**

Heathman's Road, just off Parsons Green in Fulham, is gaining a reputation, as more and more women sashay down it in lycra. Choose from PT, hot yoga and pilates, or make a beeline for Transition Zone, where you tackle vertical pikes on the reformer chair, hurl battle ropes, superset on squat racks, wall climb, leap onto jump boxes and swing kettle bells in the all-new HiPerZone. Refuel afterwards by grabbing a nutritious and delicious meal by Pollen + Grace. [transitionzone.co.uk](http://transitionzone.co.uk)



**SOUL**

Some people peddle the concept of fitness for commercial gain. Some out of vanity. And then there are others who don't push anything, they just live by certain beliefs. I recently met a girl whose strength, flexibility, sagacity and kindness had a profound effect on me. Shona Vertue, pint-sized Aussie yoga-guru, has quite possibly the oldest soul and bendiest body I have seen. If you need reminders of why it's important to move and stretch, want to be inspired by her backflips or train with her, sign up at [shonavertue.com](http://shonavertue.com).