

# COUNTRY & TOWN HOUSE

A LIFE IN BALANCE

MAY/JUN 2024 £5.99

**LUKE THOMPSON**  
Bridgerton's boy

**THE WILDIST**  
Meet our new columnist

**AFRICAN QUEENS**  
A night with the Black Mambas

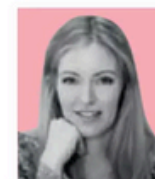
**A GOOD LOOK AT LONGEVITY**

Spring into  
SUMMER

HEALTH & WELLBEING | Review

## BODY Language

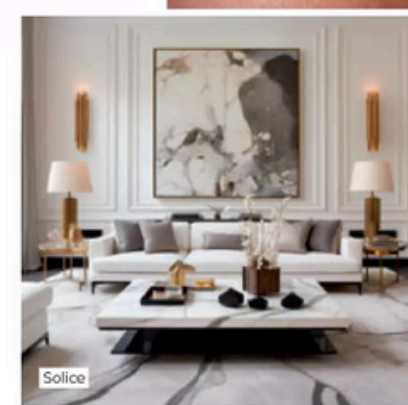
Olivia Falcon checks out  
London's new longevity clinics



**B**ryan Johnson is a man on a mission and a social media sensation who spends around \$2 million a year biohacking and blueprinting every organ of his body in a live experiment to live longer and live better. The good news is you probably don't need to spend quite as much to dip your toe into the longevity pool as London is awash with new clinics and private healthcare clubs promising to enhance and extend our lifespans.

First up: The Galen Clinic (*consults from £500; thegalenclinic.com*) is a plush townhouse off Harley Street, founded by Dr Andreas Androulakakis a renowned surgeon who has overseen the aesthetics arm of the famed Palace Merano Medi Spa in Italy for the last 15 years. At Galen, Dr Andreas will be offering both non-invasive injectable cosmetic treatments as well as surgical procedures such as face lifts and breast rejuvenation in the clinic's state of the art operating theatre. Also on the menu, comprehensive diagnostic testing with in-house functional medicine guru, Dr Nathan Curran, who might suggest the new EBO2 Ozone Therapy, a real boon for those circling the drain of burnout, it involves extracting blood from the patient's arm and oxygenating it to boost the mitochondria cells – the machine also has an infrared filter to reduce inflammation to give one an incredible boost of energy. There are also dermatology services led by Catherine Borysiewicz, the Duchess of York's dermatologist and a raft of other specialists on hand.

For those who feel they never get enough airtime with their GP, Solice is a new generation members-only healthcare concept (*from £4,950 for a three-month membership; solice.health*) that provides unlimited access to a private GP, health concierge and advanced



## MIND OVER MATTER

### 1 BLUR

Sweed Miracle Powder works like the Paris Instagram filter to magically blur imperfections and imbue skin with an incredible glow. Free from talc and bismuth oxychloride, it contains vitamins and minerals. In five shades. £38, [sweedbeauty.com](https://sweedbeauty.com)



### 2 SOAK

The ultimate hostess gift and so much better than a box of chocolates, these cold pressed organic oils from Nyita are supercharged with plant infusions and sublime fragrances such as pink damask rose, zesty yuzu and ylang-ylang. Bath Oil Discovery Set, £125. [nyitacollection.com](https://nyitacollection.com)



### 3 SOOTHE

Scientifically formulated to fight inflammation, this powerful cream contains xanthohumol, an antioxidant 30 times more powerful than vitamin C. It tones down redness, fades pigmentation and gives skin a sheen of good health. Pro XN Antioxidant Therapy, £129. [proxn.eu](https://proxn.eu)



### 4 PERFECT

Formulated with powerful anti-inflammatory ingredients that rapidly repair blemishes without damaging the skin – apply eyeAM's Crystal Clear Pigmentation and Spot Treatment with a rose quartz applicator. £29. [eyeamworld.com](https://eyeamworld.com)



diagnostic test such as epigenetic testing which will evaluate your predisposition to ageing diseases such as cancer and Alzheimer's with curated regenerative programmes led by Dr Tamzin Lewis and Dr Liza Osagie-Clouard.

Hooke London also offers in-depth health assessments aiming to boost your body, mind and emotional resilience (*from £7,500; hooke.london*). Guests are asked to fill in detailed questionnaires crafted by the psychiatry team, who want to know how you cope with change and stress. There are also blood panels and full body scans, with results given through an interactive presentation before guests are handed to a team of experts who might include Professor Boloux, a world leader in endocrinology and a godsend for women in the menopause. Therapies range from personalised supplementation and meal deliveries to behavioural coaching for motivation, and physiotherapy. If you are someone who also puts yourself at the bottom of your to-do list then this service is for you. ■

PHOTOS: GETTY IMAGES