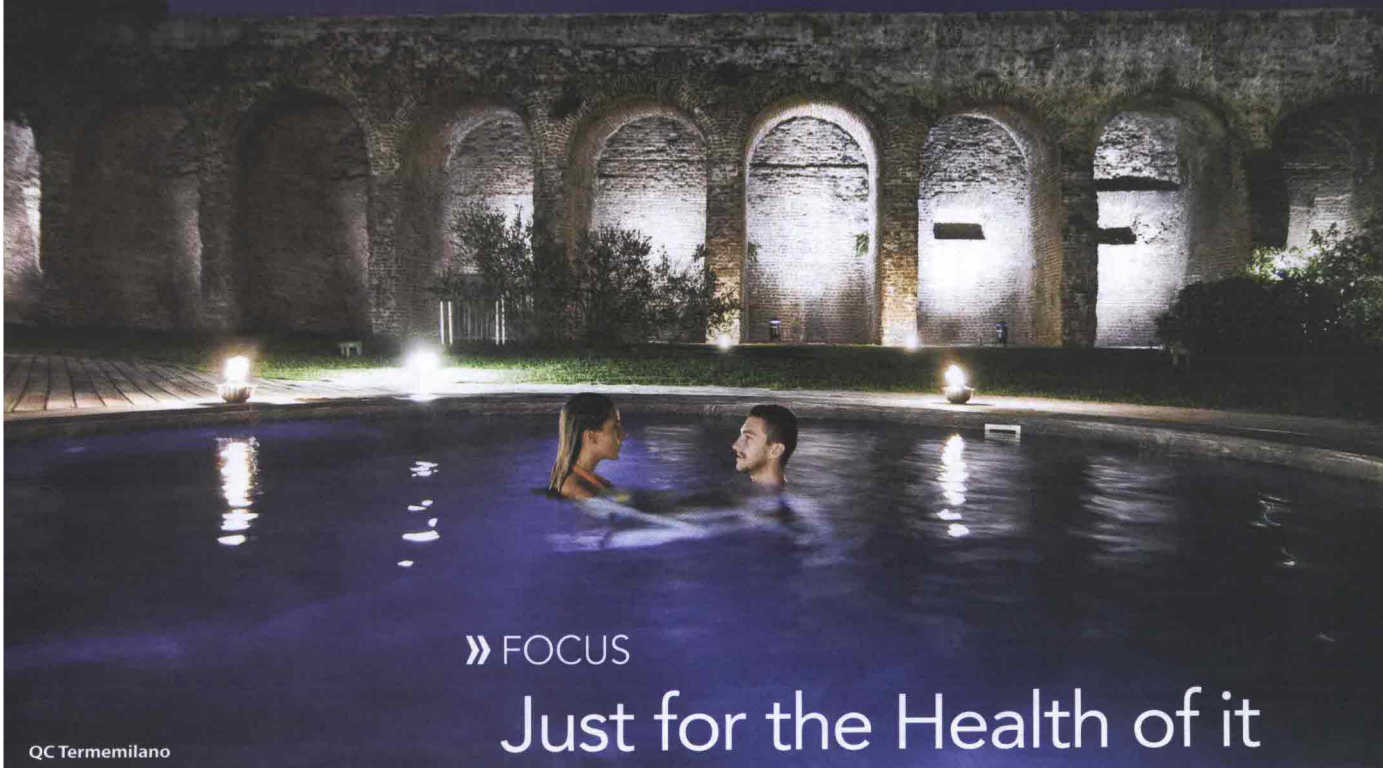


where now

→ Milan

The month's top entertainment, dining and arts



» FOCUS

Just for the Health of it

QC Termemilano

When the aftermath of "New Year" starts to see those good intentions slipping away, it's time to start drawing on your willpower. Here are a few addresses to make sticking to your New Year resolutions easier during your stay in Milan.

Are you aware of "Blue Monday"? It's that Monday at the end of January which, according to experts, is the most depressing, difficult day of the year, at least in the northern hemisphere: you've somehow abandoned your New Year resolutions, the illusion of a life-changing move has been obliterated by a return to the daily grind and the weather (when, for example, you happen to find yourselves in Milan) is often harsh and grey. Instead of despairing, it's time to take action: pull out your list of good resolutions and dedicate some quality time to yourselves, indulge in some pampering, hit the gym and surround yourselves with beautiful things. Luckily you're in the right place: Milan is a great destination to regenerate and get back on track. Here's what the city has to offer.

Detox

Your hotel probably has a fantastic Spa, a well-equipped fitness space and beauty programs designed to rejuvenate body and mind. What

more could you ask for? Make good use of them and don't procrastinate. However, if you feel like stepping into a whole new world, then take down the address of **QC Termemilano** in piazza Medaglie d'Oro 2 (www.termemilano.com, map G6). This kind of place only exists in Italy. An oasis of wellness in the heart of the city where, after stepping through its doors you will find yourselves enjoying whirlpools, saunas, steam baths and top-notch relaxation, set against the breathtaking backdrop the city's Roman ruins.

Feel good

Milan is also a city of fashion and models, capable of offering you an unimaginable range of beauty treatments, make-up and hairstyling. To get an insider taste of Milanese beauty, head to **la Rinascente** (www.rinascente.it, map F4), the luxury department store in piazza Duomo where you will find all the best make-up and perfume brands (see page 16) as well as the Aldo Coppola hair salon.



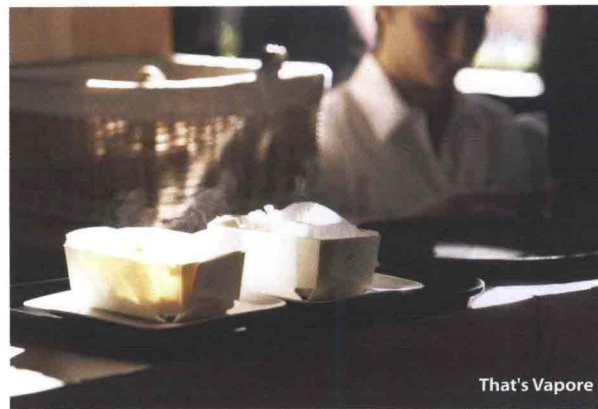
K-Way boutique



la Rinascente ground floor

You are what you eat

Ok, Italian food needs no introductions: so, if you're intent on enjoying yourselves without worrying about your waistline then you'll be spoilt for choice (ask your concierge for our "Milano Golden Restaurants" Quick Guide by Where®). However, if you're trying to be good while keeping an eye on your health and figure, **That's Vapore** is a charming eatery in the vicinity of San Babila (www.thatsvapore.com, take-aways also available, map G5) that only serves steamed food: it's really worthy a try. Even if you're looking for a real oasis of greenery, where the ingredients featured on the menu are actually grown, then Milan has just the venue for you: **Erba Brusca** (www.erbabrusca.it, Alzaia Naviglio Pavese 286, out of map) is an orchard/restaurant offering a great, bucolic atmosphere. If you want to detox, then **LØV Organic** (www.lov-organic.com, map F4) is the place to go. It sells all types of infusions but also accessories and très chic gift packages. Or, if you're feeling upbeat and want to get into the swing of things then we suggest trying a restaurant that offers live music: **Memo Restaurant** (www.memorestaurant.com, map I5) is a great choice featuring cabaret and concerts with perfect acoustics (but not every evening: make sure to check the program).



That's Vapore

Got to keep on moving

Obviously, getting regular physical exercise is the key to achieving your New Year's goals. If you're not a fitness fanatic, remember, it's not necessary to shut yourselves in a gym: you can exercise while simultaneously taking in the sights with **Bike Mi**, the city's **bike-sharing** service (www.bikemi.com). You can mingle with the Milanese and even do some VIP watching while running in **Parco Sempione** (map D3-E4) or **San Siro's "Montagnetta"** (ask your concierge for suggestions). You can show that you're part of the Milanese fashion pack by donning a pair of **Vibram** sports shoes (www.vibram.com, inventor among other things of the famous "five finger" shoes). Its flagship store is located in via Sanzio 6, map B4) or some sort of gear from **K-Way** (www.k-way.com, which has just opened its first Italian monobrand store in via Ugo Foscolo, map F4).



Vivaio Riva

Surround yourselves with nature

You're thinking "so where's the nature in Milan?" Well, among other things, the city offers a wholly Italian cocktail of age-old urban areas and easy-to-reach, stunning natural landscapes (an example? **The Road of the Abbeys**, www.stradadelleabbazie.it). However, if you're looking for an even more accessible taste of nature, you can visit the **Orto Botanico** (www.brera.unimi.it, map F3), a surprising historic garden in the Brera district, or the **Vivaio Riva** (via Arena 7, map E6), 3,000 square metres of land just a stone's throw from the colonne di San Lorenzo, where you can also purchase plants.



The Vibram FiveFingers Bikila EVO is the perfect minimalist shoe for mid-distance running designed to guarantee comfort and safety. Ultra-thin and lightweight, the heel is reinforced and slightly cushioned to offer support on medium distance asphalt surfaces.