

# TATLER

January 2019  
£4.90

**New Year New U**  
How to be upper  
class in 2019

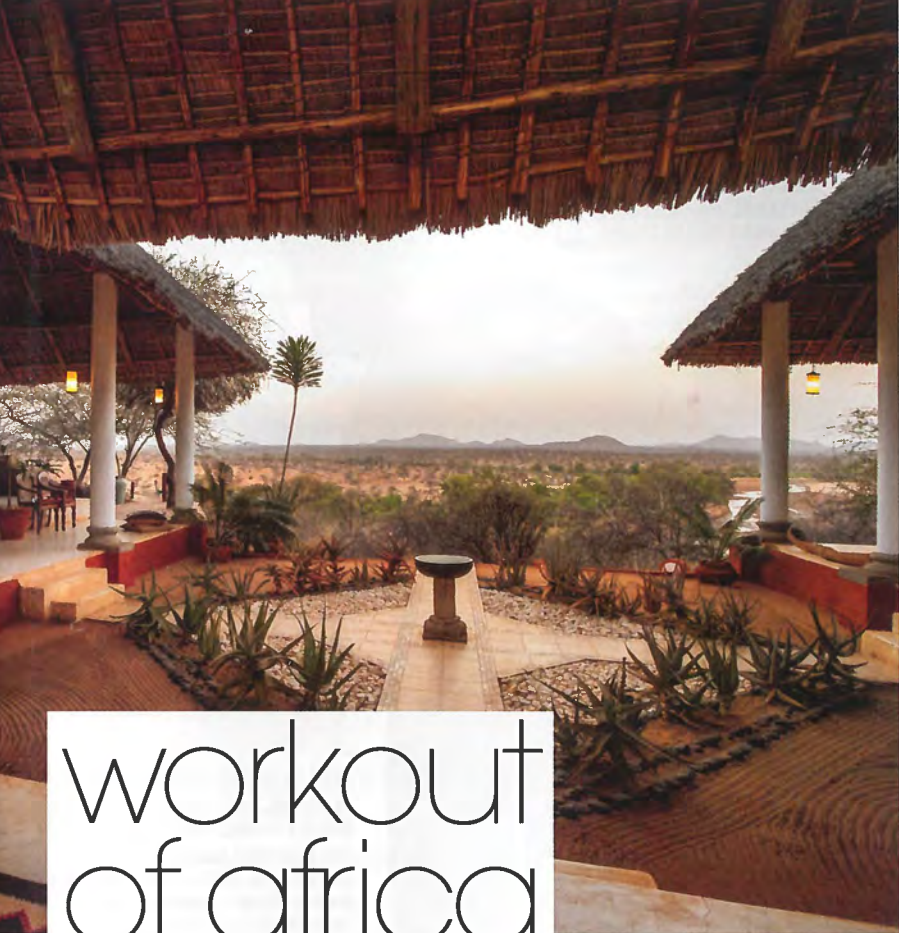
**Cruise Control**  
The very best of the  
resort collections

**The Making of a  
Marchioness**  
The Blandford wedding  
at Blenheim Palace

Kate  
Beckinsale

On men, marriage and being forever young





Left, the open-air lodge; the plunge pool; below, Francesca takes in the view

## workout of africa

**Francesca White goes beyond the plain with fitness in the wilderness at Sasaab Lodge, Kenya**

The 12-seater plane was the first surprise. It was tiny, but the pilot at Wilson Airport assured me it would deliver us safely to Samburu. The second was the luggage restriction – just one bag per person! I evidently hadn't read the small print before signing up to our Kenyan Wilderness Wellness Retreat. Frantically, I began to rearrange multiple pairs of trainers, leggings and coordinating crop tops: I was sure I would need them all over the coming days – and I was right.

I was with my boyfriend Nik, who had required little convincing to join the four-day fitness retreat. When the Cessna touched down, we clambered into an open-top jeep and were soon tearing through bushes of wild mint and acacia trees, headed for the Samburu National Reserve. Covered in dust, we shuddered to a stop in front of

Sasaab Lodge. And that's when we saw the view. You could see for miles – across the thundering Ewaso Ng'iro river, where elephants were bathing, and out to the bush beyond. The open-air lodge was whitewashed and breezy, its banana leaf-thatched roof as high as a cathedral's. As for our accommodation, it was palatial: carved from pale stone, with a mosquito-netted four-poster bed and a tiny plunge pool, into which we soon flung ourselves as a storm swept in.

Fortunately, the sky cleared in time for our first fitness session. Our instructor Karina was perky, with killer abs and a grim determination to make us sweat. But our surroundings made up for it: Karina shouted encouragement as we ran circuits in the shade of palm trees, held planks in the dry riverbed and hauled ourselves up the astonishingly beautiful Sundowner Rock (respite came at the top, in the form of a strong gin and tonic). A 45-minute 'bush run' with Samuel, a Samburu warrior, was equally exhilarating. Not only did he do the whole thing in sandals, but he runs a marathon in just over two hours.

### TREATMENT MENU

Safari Pick Me Up massage, £50 for 60 minutes

Healing Earth facial, £70 for 90 minutes

Manicure, £35

Pedicure, £35



### THE FIT LIST



My fear of meeting a lion halfway through the trek was a great incentive to keep pace and made for a heart-pounding workout.

Night falls quickly in Kenya, so we devoured plates of coconut-crusted chicken and gremolata early before being chaperoned to our quarters by torchlight. Locals describe the sounds of nature at night-time as a 'lullaby' and we slept deeply, exhausted from all the activity.

By the final day, a full-body massage was much needed and I yelped as the therapist worked the neroli-scented oil into my hamstrings. But I felt stronger, more energised and definitely calm as we left. The intermittent Wi-Fi helped, as did the sunrise salutations – but they were nothing compared to those awesome and uninterrupted views. Which was probably the biggest surprise of all.

*Book it From £1,938 per person for three nights at Sasaab Lodge (thesafaricollection.com).*

1. Universal Lip Balm Lumiere, £36, by **TOM FORD**
2. Terracotta SPF 30, £32, by **GUERLAIN**
3. Percy Light Tortoise sunglasses, £120, by **FINLAY & CO**
4. Torque leggings, £250, by **LUCAS HUGH**
5. Water bottle, £35, by **S'WELL**
6. Bal d'Afrique, £95, by **BYREDO**
7. Ultraboost trainers, £110, by **ADIDAS**



**NO SWEAT**  
Christy Turlington  
in Kenya, 1992



Right, suede jacket, £3,070, by **ERMANNO SCERVINO**. Below, Ladies In All Climates Universal Radiance powder, £129, by **GUERLAIN**. Shorts, £575, by **MARTIN GRANT** at [modaoperandi.com](http://modaoperandi.com). Boots, £690, by **DIOR**



Clockwise from right, pink-gold and black alligator watch, £24,100, by **VAN CLEEF & ARPELS**. Jumpsuit, £480, by **CITIZENS OF HUMANITY**. Paris-Biarritz shower gel, £38, by **CHANEL**. Skirt, £2,250, by **MICHAEL KORS COLLECTION**

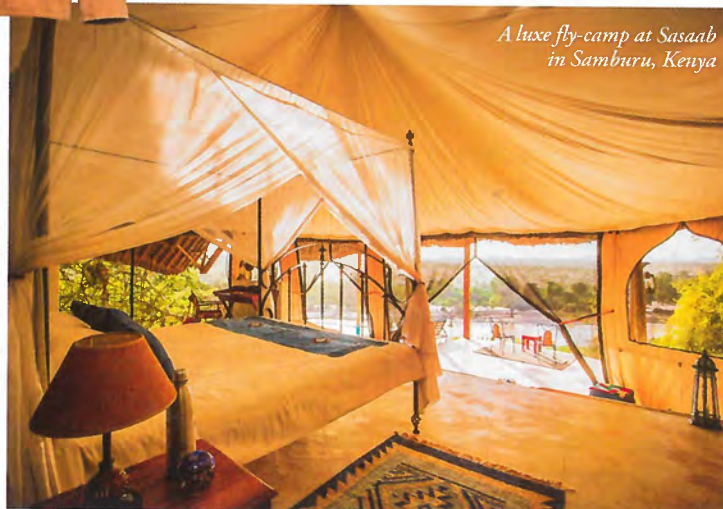


Above, Super Soin Solaire Milky Body Mist Suncare SPF 30, £91.50, by **SISLEY PARIS**. Shirt, £109, by **POLO RALPH LAUREN**. Below, bag, £545, by **STELLA MCCARTN**. Swimsuit, £235, by **MELISSA ODABASH** at [Matchesfashion.com](http://Matchesfashion.com). Sunglasses, £245, by **FENDI** at [Matchesfashion.com](http://Matchesfashion.com)

## WHAT TO PACK kenya

*Stalk the walk in Samburu with a wilderness wardrobe*

By **OLIVIA BENNETT**



*A luxe fly-camp at Sasaab in Samburu, Kenya*

Channel the utility trend in a jumpsuit, boots (Dior's are perfect) and a sports-luxe belt bag. Recline poolside in a swimsuit and oversized sunglasses. Stay fresh with Chanel's Paris-Biarritz shower gel, use sun care (Sisley Paris is brilliant) and mattify skin with Guerlain's Ladies In All Climates powder. A white shirt works with shorts for days and a metallic skirt for nights, topped with a statement suede jacket. Forgo jewels for a chic watch.