

delicious.

FEEL GOOD FOOD

- + NEW WAYS WITH
STONE FRUIT
- + CHINESE BANQUET
- + SUGAR-FREE
ICY POLES
- + SEASONAL RECIPES
FROM TASSIE'S
AGRARIAN KITCHEN

EASY HEALTHY PIZZA!

PLUS SUPER SALADS
& PREP-AHEAD MEALS

FAST FOOD:
Potato, green
tapenade &
herb spelt pizza

PREP-AHEAD
SPELT
BASE



**CHRISTINE
MANFIELD**
Puglia feasting



MATT MORAN
Wholesome
summer baking



JAMIE OLIVER
Frozen mango and
coconut cheesecake

INSIDER



TRAVEL NEWS

Hot destinations, cool stays, travel essentials & everything in transit.



CHECK IN

1 Founded by a former royal ballet dancer, **HOTEL SANDERS** (left) in Copenhagen is a graceful leap forward in lodging design. It's a haven of mid-century furnishings, colonial touches and *hygge* (cosy) flourishes, including abundant greenery, soaking tubs and wood-burning fireplaces. The 54-room inn is situated in a vibrant cultural neighbourhood, and is the perfect lair from which to explore the Danish capital's cutting-edge restaurants. hotelsanders.com

2 Expect enhanced levels of barefoot relaxation on **CASTAWAY ISLAND** (above), Outrigger's intimate Fijian resort. After a major revamp in the wake of Cyclone Winston, the private island's upgraded *buress* (Fijian bungalows) take full advantage of their beach, ocean or garden views, while a warm and stylish indigenous theme informs the decor. Bathrooms now come with rain showers and twin vanities. The resort's four dining options, among them award-winning 1808 restaurant, have also been refreshed. castawayfiji.com

BIJOU BREAKFAST

Audrey Hepburn fans swooned when Tiffany & Co., the venerable jeweller, unveiled a tony new cafe at its Manhattan flagship recently. Finally, they could have 'breakfast at Tiffany's' like their heroine. At the Blue Box Cafe, the brand's signature colour, robin's-egg blue, is splashed on everything from the chairs to the plates. As for the menu, wannabe Holly Golightlys can dine on finger sandwiches, truffled eggs and poached salmon. There's a breakfast, lunch and tea service, but bookings are essential.



LUST RESORT

The island nation of Mauritius is known for its orchidaceous resorts, and Lux Grand Gaube is the latest temptation. The hotel has 193 sea-facing, eclectically appointed rooms, six restaurants, three pools, two beaches and a seaplane to ferry guests. With watersports galore and a polished spa, it's a getaway to immerse yourself in.

FEELING MISTY>>

Fliers will appreciate Verso's Anti Pollution, a sensual, hydrating mist that purports to shield the complexion from pollutants that trigger premature ageing. A spritz in a pressurised airliner cabin certainly feels rejuvenating. mecca.com.au



PAMPERED GUESTS at London's Lanesborough can access the hotel's sumptuous club and spa (above). The gleaming new facility comes with 'spa butlers', mint-infused showers and myriad trainers. Or, just dine at the restaurant offering health-oriented items such as zucchini spaghetti.

Edited by George Epaminondas @georgeepam

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