

CONDÉ NAST

RESIDENTIAL RESOLUTIONS

The closer you live to a gym, the more likely you are to work out and work off those festive indulgences... Claire Pilton champions healthy homes



Square, W1, an edger Apart from the 25-metre pool, vitality pool, four-poster daybeds, treatment suite, room, it is the crèche. How else can one exthis gl billion development you don't need to of heritage bailthings and modern architecture. Billington Square, N1, sports a rooftep pool that biring staff; the first standalone Four Seasons A Gerale H-Baird Hampsterd Manox, NW3, allows you to swim against a current at the fifted Residence is promising purchasers a world-class whe health club "veckoe the opulance of the of an adjustable peored burnot have not some standard or promising purchasers a world-class when the health club "veckoe the opulance of the level of service the like of which Landon hasn't Edwardian Baroque era, to provide a place to re- James Bond, check out the two penthouses at seen before. It's working; over half the 37 apart-lax and exercise away from the high-octane pace. Horizons, E14, where the 26th-storrey roof terments have sold prior to completion this summer. of daily life'. While Chelsea Island, SW10, com-

ies at Twenty Grosvenor cially when the facilities are on site and you can saunter out of your bedroom and into the spa.

Residents at One Crown Place, EC2, will be able to work out in a Sophie Ashby-designed steam room, sanna, gym and personal training gym, 'inspired by the old-school, vintage wood and rubber flooring look'. It will be 'a light, calm ercise with a touldler or grandchild in tow? At space', in keeping with this terrific scheme's mix remain a luxury. Each of the 12 penthouses at

Let's hope the residents do use their amenities - bines a dry gym with a roof garden designed by because, to quote Michelle Obama, 'exercise is floral couturier Neill Strain. 'Shaded areas will

more than just physical, it's therapeutic' ... espectreate a Zen-like space for yoga and meditation, which research suggests can help reduce heart rate and blood pressure. Developers are increasingly mindful to provide residents with a lifestyle choice that enhances their well-being.

Subterranean swimming pools in London are now standard, but their outdoor counterparts races are equipped with an outdoor kitchen and raised deck area - perfect for scooping up your abs and the London skyline in one breath.





I. LANDMARK PINNACLE, E14

A spell on the treadmill could become a treat in London's highest private residents' gym. There is also a studio, golf simulator & putting green, arcade room, lounge and two private dining rooms on the 56th floor. It's located at the head of South Dock on the edge of Canary Wharf, and prices start from £568,750. Knight Frank: 020 7718 5202

