



SPA

ELEMENTAL

WELLBEING
COFFEE

PEDICURE
PARADISE

SUMMER
SKINCARE

IF YOU HAVE A FUNGUS, OR OTHER FOOT RELATED PROBLMES, SEE A FOOT DOCTOR

being painting, especially when you are doing them yourself. Colour choice is a personal thing, being Summer bright colours like pink, peach, magenta, pastel greens and blues, which can enhance the clothes, beachwear and even your own hair colour. Before painting on the colour, first apply a base infused with vitamins and minerals, as it will protect the surface of the nail and prevent it from staining the nail with the colour.

FOOT NOTES

Daily foot care is important, and greatly impacts the health of your feet long term. Always be sure to wash and dry your feet correctly every day. Sounds simple, however a lot of

people don't spend time doing this. Always wash your feet thoroughly with antibacterial soap, or a product that contains essentials oils of tea tree or peppermint. Then it's essential to towel dry feet completely, in between the toes, in order to avoid fungi and bacteria. The footwear you choose also has an impact on your overall health, especially the shoes you may be wearing for long periods of time for example while at work. Shoes should never be uncomfortable, or too tight, they should fit like a glove, and the more you can go barefoot the better.

STAY SAFE

You can get fungal infections by wearing other people's shoes, as well as socks worn by another person. Always wear your own footgear to help keep your feet healthy. Be sure to wear shower shoes at the gym, in locker rooms, and at public pools. These places tend to be breeding grounds for fungi that can lead to infections. If you have a client that has a discolored, thick, cracked, or crumbling nail this could signal a nail fungus. Having regular pedicures will keep you ahead soother type of bacteria can be avoided or treated.



reviewed

THE LUNGARNO PORTRAIT, ROMA







THE LUNGARNO PORTRAIT ROMA

When in Rome there is no better address for the weekender than, The Lungarno Portrait Roma. Boasting an exclusive and private entrance on a back street to the boutique lined Via Condotti gateway to fashion. For the lovers of fashion, beauty and glamour you could not be better situated. As with all of the Lungarno establishments, location is always one of the upmost importance.

The Portrait Roma is the crown jewel in Lungarno Collection's 5-star stay series. This leading hotel of the world transforms pure luxury into a personal individual cocoon for your wellbeing. Portrait Roma lets you experience a private mansion with the service of a 5-star hotel intricately tailored to you and your lifestyle. Portrait Roma's main concept is that it is more of a home or a pied-à-terre than a hotel. You instantly have that familiar feeling which in itself creates an atmosphere of relation and calm without stress.

With walls housing the collection of Ferragamo sketches and 1960s photos. A home from home atmosphere is created. With the opportunity to have 24-hour lifestyle and guest assistant teams (a group of six incredibly well-versed and multilingual staff members) reach out immediately upon your arrival with a thorough questionnaire and arrival form that asks for basic preferences such as pillow firmness and room temperature to the nitty-gritty such as preferred evening music.

For the whole family The Portrait Penthouse Floor is the perfect space. With 190 sqm (2.045 sq.ft) in a prime location comprising all three top floor luxury suites in Rome. Penthouse Trinità dei Monti, an Executive Studio and a Deluxe Studio including a stunning terrace overlooking via Condotti. The entire top floor of the property will be at your complete disposal to enjoy the heavenly sights, sounds of Rome. The floor has a maximum occupancy of 7 + 3 children in cot and with a total of three splendid bedrooms with private bathroom, two of them including a private sauna for absolute relaxation after a day spent in the vibrant city centre and Technogym equipment to stay in shape. This penthouse offers both seclusion and the space to host friends, family or entourage. The Penthouse includes a marvellous private terrace overlooking Via Condotti and Trinità dei Monti, offering a bird's eye view of this magical city from many perspectives.

Breakfast is served in the comfort of your room. For lunch and dinner, although there are many wonderful restaurants within walking distance, you may decide to enjoy the luxury of traditional and fresh local produce using your discrete kitchenette to prepare simple meals. You can also enjoy the beautiful open fireplace on the roof terrace open from mid-March through September, and serving a buffet breakfast, light lunch and dinner, and cocktails. A great place to start of finish your day of shopping, sightseeing, looking around the historical sights and museums. Not something that can be fully achievable in just a day as culture here in Rome has so very much to offer. Walking distance to many of these places makes staying here an ideal location.