

verve

MARCH 2024

An uplifting
monthly election
of life, style and
happenings.



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Editors' Notes



Fran Ninow

Co-editor

Hard to believe - but April is approaching and we can't help but feel a surge of excitement knowing that we're on the brink of celebrating 20 incredible years in the magazine business. In a world where digital screens dominate, our dedication to print remains unwavering, for we are convinced that amidst that sea of screens, print stands out, offering a unique rhythm to media consumption - one that captivates readers and allows content to truly shine.

As the air grows autumn crisp, we're reminded that Easter - soon to be upon us - is not just a time of reflection but also a season of new beginnings. For me personally, Easter conjures memories of children on school holidays, a time when as a family we shared moments of togetherness, too many chocolate eggs, and the toasted tastiness of hot cross buns. From convent childhood days where I was encouraged to think of what I was going to give up for Lent, then later to the anticipation of family birthdays, anniversaries, and a wedding celebration about to happen, my Easter is frequently a season of significance and memory-making.

In this wonderful March edition of *Verve* we invite you to immerse yourself in a colourful mix of unhurried reportage - including a lingering, super-healthy Easter feast; a celebration of some of the inspiring people in real estate; interesting and effective wellness trends; some stunning west coast hikes; and the A to Z of river cruising. Oh, and of course, there's our usual fabulous home of the month and a gorgeous selection of beautiful things made well.

Don't forget to keep up to date with all things *Verve* via our lively *Verve Weekly* newsletter (subscribe at: vervemagazine.co.nz/subscribe/). In closing I wish you all a month filled with love, laughter, and some of those simple pleasures that make Easter truly special.

Fran x

Up Front



Jude Mitchell

Co-editor

Jude's mantra for the month: *positivity*

We either choose to live a life full of positivity and always endeavour to look on the bright side, or we can choose to live an ordinary life that can sometimes be full of negativity. The life for me needs to be full of positive energy. Having an open mind is important. I'm happy to say that my life has never been ordinary, it has been full of challenges which I am sure many of you have had, too. Somehow, we get through these times.

I always feel I need to seek out the good in every situation, practise gratitude, and let optimism be my daily companion. Remember, a positive mindset is a powerful tool that can transform challenges into opportunities. On the other hand we also have to remember that if we are feeling a little low, we need to go with it, as there seems to always be something at the end of the rainbow that will get us through these low times.

I have to mention *Verve's* upcoming 20th anniversary. It's a pretty significant milestone in the publishing industry, especially for one run by two women. Fran and I have been so determined over these 20 years to make this publication more beautiful each month, and I feel that we have achieved this. We continue to publish each month with each issue having incredibly interesting editorial. Jamie Desplaces has been with us for the past 12 of those years. He is a wonderful writer, a very special person, and I just want to say a big thank you for always being there for us!

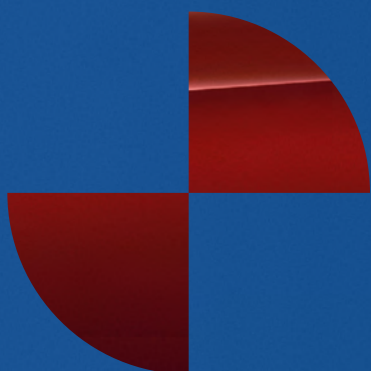
I hope you enjoy this issue.

Jude xx

THE BMW

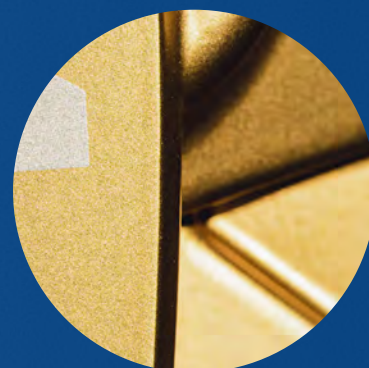
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Up Front

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An A–Z of European River Cruising

WORDS – ELEANOR HUGHES



- A** Ancient bridges, palaces, castles, fortresses, cathedrals, abbeys... Spot them from the river or on an onshore excursion.
- B** Bordeaux: Home of medieval villages and vineyards which have produced wine for 2,000 years. Explore the Bordeaux region from the Garonne River.
- C** Cuisine: Savour European flavours – crepes, pastries, cheeses, sausages, schnitzel, goulash.
- D** Danube: Europe's second longest river at 2,850km and traversing ten countries, it is its most cruised.
- E** European river cruising began around the 1960s on refitted barges. It wasn't until the late 1990s that vessels were purpose-built.
- F** France has the Seine, Loire, Rhone, Dordogne and Garonne Rivers flowing through it giving plenty of opportunity to explore by boat.
- G** Germany's Rhine, Main and Danube Rivers lead to cobbled, medieval streets dotted with churches and cathedrals, Bavaria's breweries and beer gardens, and Rhine Valley vineyards.
- H** History: Europe has centuries of it.
- I** Inclusive: From departure to return, cruise costs are usually all inclusive and can be a more affordable option than those of car hire and petrol/train travel, accommodation, food, and time navigating and planning.
- J** Journeys: Cruises range from three nights to a massive 49 nights, through 15 countries.
- K** Kick back: Cruising has many advantages – no battling traffic, train or bus delays, or finding accommodation or parking.
- L** Local guides tell the stories and history of their towns/sites... better than a guidebook.
- M** Museums: Europe has over 15,000 with many accessible from a cruise stop.
- N** Nature: Take a biking or hiking excursion into the countryside... to fortresses, along the river, through wine regions.
- O** Opera: Enjoy it? Make sure your cruise includes Paris or Venice, home of two of Europe's most opulent opera houses.
- P** Palaces: From the Danube explore Vienna's Schönbrunn Palace and Liechtenstein City Palace, or Salzburg's Hellbrunn Palace and Mirabell Palace. From the Seine, France's Palace of Versailles. They have gardens to wander too.
- Q** Quaint sights include: Miltenberg's half-timbered buildings on the Rhine; Durnstein Abbey's blue tower on the Danube; and Rouen's Rue des Chanoines, an unspoilt medieval street, on the Seine.
- R** Roman Ruins can be found on a Vienna walking tour, at Budapest's Roman City of Aquincum, and in France at Tournon. France also has the Roman aqueduct of Pont du Gard in Avignon, and Arles' Roman Amphitheatre.
- S** Scenery: It's ever-changing. Towns, hilltop villages, forests, vineyards, flat fields, gorges...
- T** Tired of exploring? Stay on board and enjoy Europe from a deckchair.
- U** UNESCO World Heritage sites: Germany has 52, France 49, Austria 12. Cruises cover a few.
- V** Variety of excursions. Attend operas, shows, and cocktail parties, visit vineyards, paddle a kayak, or take a cooking class. The list is endless.
- W** Widens your horizons with different cultures and new experiences.
- X** Xmas Markets: Don't be deterred by the cold! Cruising Europe's Christmas markets is worth it.
- Y** Young: Some cruises exclude under eight year-olds, some under 12.
- Z** Zoom from place to place... nope! It's leisurely all the way.

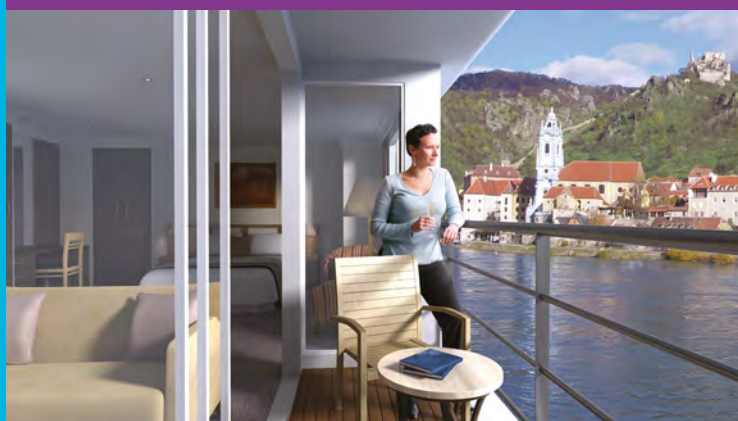
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TRAVEL
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In Short

Verve's monthly round up of what's new, interesting, and happening... in a paragraph!

Stop the Clock

We all have days when we feel older – or if you're lucky, younger – than we actually are, and, as it turns out we may just well be. While our chronological age simply represents how many times we've orbited the sun while hitching a ride aboard our beautiful blue planet, our biological age concerns the rate at which our bodies are physically ageing – and unlike our chronological age, we are able to reverse (or increase) it. There are sites such as Find Out Your Biological-Age (biological-age.com) which estimate your biological age through online quizzes, but an epigenetic test is required for the most accurate assessment. First developed by University of California researcher Steve Horvath in 2013, the tests, available as home kits, analyse DNA collected from saliva, blood, or urine samples and though they can't predict how *long* we will live, they will reflect how we are living and allowing us to adjust our lifestyles accordingly. There's now also an AI model that can estimate your biological age from images of your face, tongue, and retina.

What a Raquet!

In 1969, Mexican Enrique Corcuera modified his squash court to incorporate elements of platform tennis and unwittingly created the brand-new racquet sport of padel. Now challenging the similar pickleball as among the world's fastest growing sports, padel is enjoyed by over 25 million people in around 90 countries: famous fans include the Princess of Wales and Andy Murray. "There's obviously a bit of crossover to tennis," Murray tells CBS. "But it's probably a little bit easier... it's fun, it's competitive, it's good exercise." Usually played as doubles, padel takes place on a space around a third the size of a tennis court, and one which is completely surrounded by walls of glass and mesh which, like squash, the balls are allowed to bounce off. In European countries like Spain and Italy, it is the second most popular sport (after soccer), and here in New Zealand the first court opened last October at Mount Wellington's Riverside sports club. Another has since opened at Remuera Rackets Club, with more planned around the country. Find out more at padelnewzealand.org.nz.

Board Senseless

The pandemic and its aftermath were significant drivers in the resurgence of board games, and their popularity are continuing to explode. The industry, currently worth in the region of \$28 billion, is forecast to be worth \$55 billion by 2030, with the USA leading the charge with nearly a third of the share. Surprisingly, as they're known as the digital natives, research has shown up to 38% of Gen Z to enjoy board games – and the popularity is mirrored in New Zealand with board game cafes – and even competitions – springing up across the nation. Cakes n Ladders, Auckland's "premier board gaming cafe" provides a sprawling library of offerings to hard-core gamers, families, and couples, while the very first jigsaw racing competition was organised by the New Zealand Masters Games in Whanganui in 2021. The curious and already converted should mark 1 June (always celebrated on the first Saturday of June) in their diaries: it's International Tabletop Day when gamers around the world meet and unite to celebrate the wonder of all games.



DESIGN CONCEPTS

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Dumping the Shark

Some might be surprised to learn that last year's horror-comedy movie, *Cocaine Bear* was (very loosely) based on the true story of an American black bear that ingested a duffel bag of dumped drugs. If the notion of an unstoppable ursine isn't terrifying enough – how about the idea of a junkie *Jaws*?! It turns out that sharks off the coast of Florida might be acting “crazy” because they're feasting on bales of cocaine dumped overboard by smugglers. Researchers have observed sharks swimming wonkily and swimming in tight circles as if fixated on something that wasn't there. Dummy cocaine packages were also placed next to dummy birds on the surface of the water, and, to the scientists' astonishment, the sharks headed straight for those rather than their traditional prey. Smuggling is such an issue in the area that bales regularly wash ashore. Common toothy types in the region include the tiger, hammerhead, and bull sharks; great whites are also known to visit the local waters.

Not So Sweet

And so from addict sharks to humans that can't get enough of sugar – research has shown that the sweet stuff might be even more addictive than cocaine and opioids, and harder to kick than cigarettes! Despite negative consequences like weight gain and hormonal imbalances, Cassie Bjork, RD, LD, founder of Healthy Simple Life, tells Healthline that sugar “activates the opiate receptors in our brain and affects the reward centre, which leads to compulsive behaviour”. Every time we consume sugar, she adds, we're causing the brain to become increasingly hardwired to crave it and “building up a tolerance like any other drug”. Research has shown rats to prefer sugar to cocaine so much so that they'll even self-administer electric shocks to get it, and, perhaps most worrying of all, that sugar consumed by way of processed food has the potential to cause our bodies as much harm as cigarettes.

Breaking Bad Habits

Among the first steps towards making positive behavioural changes is to understand the basics of how our brain actually works – and then go about rewiring it. That's exactly what renowned habit researcher Dr Gina Cleo did with her new book, *The Habit Revolution: Simple steps to rewire your brain for powerful habit change*. Billed as ‘beyond Atomic Habits’, the tome is the result of decades of research and covers topics such as how to master motivation, how to break free from the cycle of unwanted habits, and how to create habits that stick. Interestingly, Cleo even goes so far as to say that willpower is overrated as a method for getting things done. “If you're someone who values high-quality, evidence-based information and practical tools, you'll love this book,” she says. “Whether you're looking to break free from unwanted patterns or enhance your daily routines, this book is a guide to creating lasting, positive change.”



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Mid-country Modern

WORDS —
LAURA TWIGGS

PHOTOGRAPHY —
GREG COX

ARCHITECT —
HENRI COMRI





This modern home set in the Banhoek Valley in the heart of the Cape Winelands brings together the homeowners' — Dane and Chris — love of colour, quirky collectibles, and passion for the outdoors in a showcase of their remarkable creativity.



Previous page: Le Corbusier-inspired architecture gains contextual relevance with its lime-washed walls.

Left page: The back of Johannesdal displays it's strong linear cube-like architecture.

Bottom right: The entrance houses Dane's collection of wall-mounted ferns.






This page: In the entrance hall, the arrangement of colourful decorative ornaments and bright Turkish carpet is grounded and contextualised by the addition of a wall-mounted old and cracked wooden table-top.

Right page: In the living area, a large bright yellow niche housing a curated collection of objects is a playful focal point although the raw pine-beamed ceiling is allowed to dominate.

Over page: “Everything happens here,” says Dane of the dining and kitchen area. In keeping with their sole design rule of “no fixed cupboards”, this space has an antique Burr cut Mahogany wardrobe reinvented to store crockery.

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“Everything happens here,” says Dane of the dining and kitchen area.









Get the look with Resene

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- Resene Heartwood

Left page: Chris and Dane's scullery has direct access to their herb and vegetable gardens and often doubles up as a floral studio.

This page: The main bedroom's unpainted plywood wall provides an earthy contrast to the vibrant Turkish carpet.

Over page: Considered use of colour makes this bookcase a dramatic feature on the upstairs verandah.







This page: The wooden water spout feeding into the swimming pool is Dane's favourite feature. After Great Dane Sebastian, of course.

Right page: The garden outside the kitchen and scullery displays a pergola above and a small outdoor sitting area.

“We spend a lot of time in the garden and are mostly outside,” says Dane. “We like things that are honest and true to our roots and lifestyle.”



Rolling Stone

WORDS —
JAMIE CHRISTIAN DESPLACES



With the announcement that Australia is set to ban engineered stone kitchen worktops, we thought it would be a good opportunity to take a look at some of the fabulous alternatives out there, so sat down with Kitchens by Design managing director John Russel.

"It's important to consider all materials, design aesthetics, and the practicality of all surfaces when making choices," John tells Verve. "Sometimes the most timeless of kitchens or kitchen surfaces are the legacy ones like granite or marble, not the latest trends, or newest products."

Regarding sustainability, John says that this may vary from company to company depending on where they source their materials, and how they manufacture them: "Before deciding on a product, it would be important to consult with one of our designers and research each company to ensure you choose the right benchtop that will suit your kitchen as well as being eco-friendly."

Natural Stone

Including the likes of marble, granite, and limestone, this is a beautiful, hard-wearing option, but one that comes with higher cost. "Natural stone offers a stunning and authentic

option, especially if a client wants something with a little drama," John says. "Natural granites and marbles are highly desirable surface solutions as these unique natural stones are incredibly beautiful and eye-catching. A beautifully veined stone can be very striking and work well in both modern and traditional kitchens, significantly impacting the overall look of the kitchen."

Solid Surface

Solid surfaces are typically made from a blend of acrylic, polyester resins, and natural minerals like aluminium trihydrate to create a non-porous surface that is resistant to stains, bacteria growth, and moisture infiltration. The handsome looks are enhanced by seamless integration, and the benchtops come in a wide range of colours, patterns, and finishes, allowing for customisation to suit any design aesthetic – they can even be moulded for curved edges. Check out the options at Corian and Durasein.

“Sometimes the most timeless of kitchens or kitchen surfaces are the legacy ones like granite or marble, not the latest trends, or newest products.”

Laminate

Forget the beige, brown and orangey 1970s incarnations, laminate worktops are having a moment. Advances in technology – and colour options – means homeowners can choose from dozens of realistic prints, textures, and hues. Laminex and Ultralaze offer scratch-resistant acrylic panels in matte and gloss finishes. “Fenix, a relatively new form of high-pressure laminate, is another interesting choice,” says John. “Since December 2021, Fenix materials are carbon neutral, driven by a long-term sustainability strategy started 10 years ago.”

Stainless Steel

A love-it-or-hate-it option, stainless steel offers a modern, trendy, industrial-inspired look, while being durable and among the easiest to clean. On the downside, stainless steel worktops are prone to scratching and denting – so take care with those abrasive cleaning products and weighty pots and pans!

Concrete

Consider concrete countertops for another industrial-inspired aesthetic, and one that’s sure to stand out. Certainly not an option for DIYers, concrete benches have to be pre-cast or formed and poured on site and

can be customised with the likes of integrated sinks, drain grooves, and chopping boards, and in a range of colours and finishes. Can also be sized to eliminate joints, and the hardwearing, heat-resistant nature of concrete makes it ideal for outdoor kitchen spaces as well. Concrete contains around 30% crystalline silica, which is comparable to granite.

Porcelain

“Porcelain products like Dekton and Florim are widely used, the textures and sophisticated patterns replicating natural granites and marbles,” says John. “Porcelain is an ultra-compact surface that is heat and fire resistant as well as highly scratch and UV resistant, making it the perfect choice for both indoor and outdoor kitchens. Available in large-format slabs, because it is so strong, it can be produced in thinner profiles than other materials, making it ideal for modern designs.”

Recycled Glass

A relative newcomer to the market, recycled glass countertops are forged using repurposed glass bottles and other objects that would otherwise head for the landfill. Due to their artisanal design – they are usually handcrafted – each slab promises

to be wholly unique. When properly manufactured, recycled glass worktops are highly durable and resistant to scratches, heat, and stains, and are generally easy to clean with mild soap and water. Recycled glass may also be incorporated into low silica stone benchtops.

Wood & Bamboo

Nothing adds warmth to your kitchen quite like a wood benchtop – which is why it’s also a popular choice for bathroom vanities. Among the most versatile materials on the list, the various types of timber with their own unique colours and grains means that there’s something for every kitchen design. “Recycled timber or wood certified as sustainably harvested are good choices,” says John, “but they still need to be sealed with an appropriate product.” Also growing in popularity are bamboo panel benchtops which are hard, durable, and with a beautiful grain that complements many an environment.

Form & Functionality

Elevate your kitchen with this beautiful benchtop.

As the heart of the home, the kitchen is typically the most used room in a household. It's where our day begins; where we prepare meals made with love; and where we meet for informal glasses of wine. It goes without saying that this space should be both practical and aesthetically pleasing – and Laminex New Zealand's elegant HIMACS surface fits the bill. Laminex's technical manager Murray Christensen tells us more.

What is HIMACS?

HIMACS is an acrylic solid surface product (like Corian) made from two-thirds natural minerals, non-toxic pigments, and acrylic. HIMACS is smooth, silica-free, non-porous, durable, and easy-to-care for and maintain, making it a perfect choice for benchtops, splashbacks, and wall linings. Unlike some acrylic solid surface products on the market, HIMACS doesn't contain polyester fillers which impacts overall performance.

What sets HIMACS apart from other kitchen surfaces?

With HIMACS you can have a top of any size and not worry about visible joints and patterns not matching. HIMACS uses a specially formulated glue adhesive in the process of adhering slabs together which provides a seamless, inconspicuous joint – another reason why the tops are hygienic and easy to clean. You also have peace of mind that HIMACS is repairable in the unlikely event of a chip or scratch, as the natural pigments and minerals that make up the design are spread through the entire thickness of the slab so HIMACS can be restored and remodelled by a professional to extend its life. For people wanting to make a feature of their kitchen top, HIMACS can be curved, and there are certain colours that can be backlit too.

What are the effects of this seamless design in terms of hygiene and maintenance?

With the seamless joint and the surface being non-porous, there are no crevices or surface texture where harmful bacteria and mould can reside, thus making the surface very hygienic and easy to clean. It's why it's a popular choice in settings where hygiene is imperative, like hospitals.

HIMACS is similar or better than natural stone in certain properties. How does this impact the fabrication phase and the life of the product?

Unlike natural stone, marble, engineered stone, and porcelain products which require special cutting equipment, HIMACS is crystalline silica free, this means that any adjustments and alterations can be processed onsite with no health risks from airborne dust particles. HIMACS does not require sealing, waxing or special cleaning products. HIMACS outperforms



natural stone with regards to stain resistance and is easy to clean and maintain using household cleaners.

HIMACS is a more environmentally friendly material than other kitchen surfaces. Can you detail some of the environmental elements?

HIMACS is made from alumina trihydrate which is extracted from the natural mineral bauxite (not quartz which generates silica). Bauxite is also used in aluminium manufacturing thus giving the byproduct a meaningful use rather than going to landfill. HIMACS has a long lifespan because the surface can be renewed and damages repaired, so there is no need to replace. This is why HIMACS has green building programme certifications like Declare and contributes to Greenstar.

Are there any misconceptions about HIMACS?

Because it is made from acrylic, it has flexible properties, meaning it can be bent and curved, and some believe that's all it can be used for. HIMACS is stunning in flexible designs, but at the same time HIMACS is a quality top that looks as beautiful when it is not curved or in geometric form. It has the same heat resistance as marble, but better hygiene and stain resistance and can have a supported overhang for a breakfast bar. The design flexibility is unlimited.

Lastly, how is HIMACS priced?

You'll be pleased to know that it can be cost comparable to some engineered stone and porcelain surfaces, however the total price is relative to the complexity and final design – such as colour choice, size of top, quantity of slabs required, and labour. We always recommend owners contact a kitchen maker or solid surface fabricator to obtain a formal quote/consultation.

View full HIMACS range at laminex.co.nz

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NEW ZEALAND



A Golden Hue Over the Waitematā

Sitting atop the cliffs in Northcote Point is a kitchen with a hue to rival the sunset.

When functionality is key in a new kitchen, design can seem second-tier. However, after engaging with Kitchens By Design and Elite designer of the NKBA, Marianne Gailer, these homeowners got more than they expected.

Downsizing from a family house, this Northcote Point couple desired the creation of a forever home, something uniquely theirs – featuring a beautiful, functional kitchen with a high-quality finish. The vision was a kitchen that delivered seamless integration between design and functionality, with exquisite aesthetics offering simple sophistication.

Based on word of mouth and the company's excellent reputation, the homeowners sought out Kitchens by Design. "After meeting with Marianne at the Showroom, we got a great sense of her design vision and quality of the product that they could deliver, so we hit the ground running," says the homeowner.

The existing home and surroundings were important, and the design of the kitchen needed to seamlessly blend into its surroundings. Pantry space was a big consideration as the current one was not fit for purpose. "Marianne worked closely with us to understand what we needed in the way of storage solutions, kitchen layout and most importantly a functioning pantry.

"But we didn't just want a functional kitchen, we wanted a beautiful one too, with a key design feature or something interesting that would stand out," says the homeowner.

A large feather artwork featured in the living space called 'A Sacred Place' by Alexis Neal became the inspiration for the

stone selected for the kitchen. "Marianne had just seen this new stone from Cosentino and felt it perfectly complemented the artwork. Although we were apprehensive at first, once we saw the big sheet in the warehouse, we fell in love with it too.

"Everything was then designed and built around the Dekton Reverie benchtop – Marianne's expertise and professional opinion made a huge difference."

The 'Golden Hue' kitchen features a striking ZOMODO Rio Bronze sink and tap, picked to integrate flawlessly with the Dekton Reverie benchtop and create warmth as it overlooks the water of Waitematā Harbour. Multiple Space Step plinth solutions make it easy to reach higher cupboards while creating additional storage. The pantry is fully lined with Original Oak Melamine that elevates the space and adds to the colour palette, with functionality being delivered in the form of top shelves, lower pullout drawers and a utility shelf with charging points.

Working with Kitchens by Design resulted in a modern and timeless kitchen, designed specifically for the homeowners by highly accredited Kitchen Designer Marianne Gailer. "Everything was easy, nothing was a problem and Marianne was always available. The craftsmanship is exquisite, and we're so pleased we used Marianne's recommended manufacturer, builder and installers – the quality is unmatched from Kitchens by Design."

Design is individual to you and your space, so if you are looking to create your dream kitchen, give Kitchens by Design a call on 09 379 3084, or visit the Newmarket showroom located at 9 Melrose Street, Newmarket. For inspiration, take a look at some fabulous projects at kitchensbydesign.co.nz.



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resistant and protected by a 10-year warranty.

Providing homes with a healthy, stylish, and hard-wearing product has been their mission since 2008. TriStone is available through the Trends Kitchens Manukau team, located at 26 Cavendish Drive. Their showroom is open Monday – Saturday with products on display as well as samples.

For further information or to order samples please see tristone.co.nz or contact the Manukau team on 09 973 6670.

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100% Acrylic Solid Surface Benchtops



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for anything less. Choose from a range of painted coil or lifelong copper, using Continuous Spouting for your next respout or new build project will ensure a rainwater system that is not only functional but meets even the most complex of designs.





Wonderwall

How does Nu-Wall compare with other cladding products?

Because it's lightweight and durable, and won't rot, delaminate, or crack, Nu-Wall is the ideal cladding material. Also, the low maintenance requirements compared with other products in terms of painting and repairs and so forth means it is the most cost-effective option out there.

How long will Nu-Wall last, and what guarantees do you offer?

There is a Nu-Wall 100-year guarantee that the aluminium substrate will remain weather tight. The surface coatings have separate manufacturer warranties depending on the coating grade and against integrity and colour loss up to 25 years.

In what lengths is Nu-Wall available?

All Nu-Wall profiles can be supplied up to 6.5m long, with some profiles being able to be supplied longer—up to 8.3m in some cases. For many projects, profiles are supplied in custom lengths, calculated to minimise unusable waste.

Is Nu-Wall suitable for marine or harsh environments?

Absolutely. With a choice of baked powder coat or anodised finishes in several grades, Nu-Wall suits the toughest conditions. Remember that Nu-Wall won't rot, crack, or delaminate.

Is Nu-Wall resistant to impact damage?

Yes, with a buttressed wall thickness of 1.5mm, Nu-Wall is resistant to all but a determined attack. Rugby balls and the like will have no effect. Cricket balls could dent the surfaces.

What colours are available?

Nu-Wall comes in approximately 90 standard powder coat finishes, but that's just the start. Just about any custom colour is available to match your taste or interior design.

What thermal properties does Nu-Wall have?

Like most cladding, Nu-Wall relies on the insulation in the walls to maintain the internal temperature. Corrugated iron roofs are the same, insulation is essential to create a comfortable temperature gradient.

Does Nu-Wall get hot in the sun?

Yes, it can. Like any metal surface the temperature can get hot, especially in summer. The insulation stops the heat entering the home just as the heat from a corrugated iron roof is insulated from inside the house.

Are there other applications for Nu-Wall?

Yes, Nu-Wall is used for soffits, counter fronts and cabinets, doors and screens,

and suspended ceilings. Also, sectional garage doors are offered in Nu-Wall by most garage door manufacturers in New Zealand.

Is Nu-Wall noisy in the rain?

No, the rain doesn't have enough impact on a vertical surface to cause any noticeable noise.

If damage is done to my Nu-Wall cladding, such as a car backing into it, how is it repaired?

This can be answered in two ways. For a slight dent or scratch the repair can be done in a similar way to automotive panel beating – touch up paints are available and body fillers can be used on the cladding if necessary. Where serious damage has occurred and the panel is ripped, the wall can be disassembled from the soffit down and the damaged panels replaced. Nu-Wall is assembled using screws, not nails, so all undamaged products can be re-used without replacement.

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Summer Living



1



2



3



4

- 1. [Design Warehouse](#) Edge Wicker Dining Side Chair
- 2. [Design Warehouse](#) Angus Reclaimed Teak Bistro Table
- 3. [KAYU Studio](#) The Leather Sling Chair
- 4. [Refined Living](#) Artwood Orlando Lounger Vintage
- 5. [Trenzseater](#) Cap Ferrat Armchair
- 6. [Refined Living](#) Artwood Cross Outdoor Table
- 7. [Refined Living](#) Artwood Santa Monica Dining Chair
- 8. [Trenzseater](#) Desalto Mac Table



5



6



7

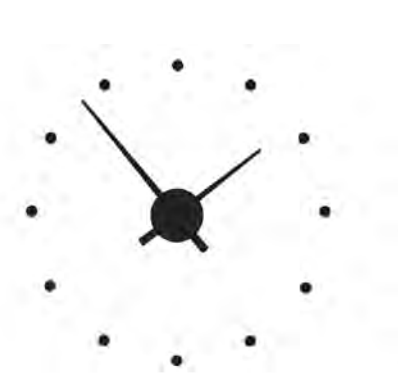


8

Design of March

STYLING —
BELLA SAMPSON





Lightology
Oj Wall Clock by Jose Maria Reina



1stDibs
Artemide Gople Mini Ceiling Light



Collectioni
Warm Blue Sofa



Matisse
2 Fauteuil Grand Confort, Petit Modèle, Deux Places



Resene Only Blue Wallpaper
Collection 102636225.1



Lightology
Solaris Pendant Light



1stDibs
Goldcoast Blue Study by Donna Marxer



Santa & Cole
TMM Floor Lamp



The Design Library
Tully Bookcase Ebony



Bauhaus
Camerich Betty Desk



Cuchi
Teak Abstract Column



Green Room Studio | greenroomstudio.co.nz

Green Room Studio, spearheaded by award-winning interior architect Samantha Elliot in Auckland, embodies a design ethos of simplicity and functionality. Influenced by architectural luminary Frank Lloyd Wright, Samantha advocates for organic architecture, creating spaces that harmonise humanity and the environment. With a passion for minimalism and holistic practices, she crafts well-balanced, sustainable homes that enhance overall wellbeing, drawing inspiration from mid-century architecture at its best.

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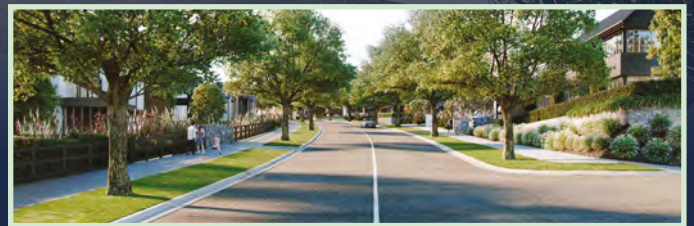
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For Real

*Verve meets the agents
behind the real estate!*





Heather Walton

Real estate agent and author Heather Walton released her book, *Rags to Riches to the Real Me*, in 2022, and few know their stuff quite like her having been in the industry her entire working life. “I was a legal executive in several property firms for about 15 years and went on to work in a development company preparing all our commercial lease proposals, I then owned a property consultancy firm,” she tells Verve. “After taking a break to have my son, I re-sat my licence about 15 years ago. The rest is history.”

What do you love most about your job?

“It would have to be the beautiful homes I get to sell and the beautiful people I get to meet. I’m also at a point in my life and career where I do have significant value to add to the sale process and I just love it when a client sees the value I bring and lets me go for it. I enjoy using all the years of property and commercial law coupled with interior design flair and taste to create the perfect robust marketing campaign.”

Can you give an overview of the various options for ways of selling a home?

“There are five methods of sale. I always lead with a deadline campaign which is one of three things: auction, set date of sale, or tender. That way we all focus on a deadline to obtain a sale – always unless sold prior – and if by some strange reason we don’t sell on deadline day, then the remaining two options are to put a price on it or continue price by negotiation. No one property is one size fits all and that’s what I love about owning my own company and being a licensee agent rather than just a salesperson. It means we can pivot, always do the best for our clients while keeping them safe and the property price integrity protected.”

Heather says that “total, open communication from day one” is essential. “Set the parameters and expectations, agree on the

type and frequency of communication, do what you say you are going to do,” she continues. “Be graceful and grateful at all times.”

And remember that the client is always right.

“I bend over backwards for my clients. If I ever feel too stretched, then I put more support on so that we don’t compromise our customer service. There’s annual gifting, touch points throughout the year on special occasions, and my newsletter. I’m very generous with my gifting.”

When asked about memorable advice, Heather doesn’t miss a beat: “Listen more speak less.”

“If necessary, allow time and space to process,” she adds. “Always keeping the vendor’s interest top of my mind has stood me in great stead. I’m a very quick operator and I’m a touch typist so I move at a rate of knots which is quite rare. I’m a legal one stop shop so can process offers very quickly with my iPad that I carry at all times with an electronic pen. Keep the parties loving each other the whole time – even if it gets tough, it just creates a nicer process in the end when the stress and pressure of the deal is over. One last comment: sometimes, if it’s not feeling right, it’s better to walk away.”

What do you hope people take away from their experience working with you?

“I strive to leave every daily interaction better than I find it. It’s harder than you think, and I start again every day. We are so privileged to be involved in some of the most important and stressful times of people’s lives so for them to say that we did a good job, or that we made things easier or more pleasant for them in some way, makes me feel like I’m winning.”

“Always keeping the vendor’s interest top of my mind has stood me in great stead.”

How do you unwind after a busy day?

“My animals and family are my world. My husband is my bestie and we have two darling American schnauzers who are always so pleased to see us. Our entire lives revolve around them. Pilates keeps me fit and strong, and my husband and I start and end every day with a meditation. Golf and grandbabies somehow get squished in too. The goal is teaching my granddaughter to play golf, killing two birds with one stone!”

What’s your favourite room or space in your own home?

“That’s easy – my wardrobe. And it literally has its own room, the size of a king bedroom. Whenever I appraise a home, I’m always curious to see the wardrobe. It’s often overlooked and given a box tick rather than making it the most important room in the house. I know that sounds over the top, but I love and respect the beautiful things that I have carefully collected, or been given, and displaying them with pride makes me happy. It can make or break a sale in the market that I sell in. Although I have to say, as I get older, it’s less of a big deal as I much prefer quality to quantity. I think it helps me be a great salesperson when I love a home and can see myself living there.”

What inspired the design and decor of your home?

“Firstly, many years and many renovations learning what I love – like parquet marble tiles and beautiful, wide board Forté flooring. Also finding an interior designer who is fresh and up to date. I’ve worked a lot with Kate Thode in Remuera and, since moving to Matakana, Jordy Cochrane from Board and Batten. They’re both so talented.”

Has a house you’ve sold ever inspired something in your own home?

“One of my favourite things was an underground wine cellar which I sadly couldn’t replicate! My favourite thing at present is our huge outdoor loggia living space which provides a great extension to our home, and we simply live out there in the

warmer months. Heaters also allow us sit out late into the night. At one end is a fabulous cocktail bar and my hubby had a gas strut window designed similar to one you would find on the back of a Riviera launch – he feels right at home! So, I do love our bar area and homes with these big areas to enjoy wonderful entertaining options year-round.”

If your house is burning down, what do you save?!

“First and foremost, my animals. My favourite piece of furniture, which I would struggle to tuck under my arm, and is our stunning cabinet by Sarsfield Brooke. Kate sourced it for us and it’s to die for. It becomes a conversation piece whenever we move it, and we have moved a lot. Otherwise, I’d grab my Karl Maughan painting!”

Finally, any quotes or mottos that you live by?

“Pressure makes diamonds – it’s a favourite quote from my book!”

Find out more about Heather at theheatherwalton.com. Her book, Rags to Riches to the Real Me, is available on Amazon.

“I think the word trust can be overused, especially in real estate. But I hope people connect with my integrity.”

Pene Milne

NZ Sotheby's International Realty sales agent Pene Milne fell into the real estate industry almost by accident after leaving a career in nursing and senior health management 23 years ago. She moved from Tauranga to Auckland “where I didn't know anybody” and chased every lead or snippet of intel multiple times, “because I literally had no contacts”.

“I put my map book on my lap – there was no GPS in those days – and literally drove around until I felt that I had a handle on the city,” she says. “Auckland has been very kind to me. I love the diversity of my days and the people I meet. First and foremost, it's about the people.”

Her abundance of repeat custom, Pene tells *Verve*, is what most humbles her: “I've been doing this for 23 years now, and people have been so loyal, and that has meant a great deal to me personally.”

How do you feel the industry has evolved over those 23 years?

“I'm not sure that the fundamentals of real estate and marketing have changed too much. The digital age has changed the speed and way we approach things, but I think that the fundamentals of real estate 101, are pretty simple. And the methodologies of auction, for example, are still just as relevant today.”

What do you hope that clients take away from their experience with you?

“That they were able to make decisions with confidence, that they feel the best result was achieved. I think the word trust can be overused, especially in real estate. But I hope people connect with my integrity. Though I love the long-standing relationships that have blossomed, in business I understand I'm there to achieve the best result for them in any market and that they can have absolute confidence that I am straight with them,



even if it's something they don't want to hear. But they need that information to make the right decision at the right time and move on with their lives with clarity to the next adventure, the next chapter.”

What lessons have you learned during your career?

“That the best four-letter word in real estate is ‘next’. You just can't give up, you must learn to deal with both the highs and the lows. Whatever is happening, it is ultimately on me to manage.”

How do you keep balance outside the office?

“I focus on exercise, good nutrition, and good movies!”

Tell us about your home.

“I have a home in Remuera, that's about 30 years old, and a classic really. I appreciate the original design, so didn't want to change that integral style during renovations. I love acquiring really special, quality pieces of furniture that I know will be around for a long time, items that aren't disposable but become part of your life.”

What's your favourite part of the house?

“There's more than one! I love my living area because it's so comfortable and opens up to my garden. But my favourite room is the main bedroom because it's my retreat after a busy long day. That's the place that I can really get great rest, with lovely views and I wake to the morning sun.”

Heaven forbid it was to catch fire, what things would you try to save?

“Firstly, my dog of course! I'm also really organised and have a good library of photos – I always print off the special ones. People don't really do that anymore in the digital age, which is a great shame. Oh, and I also have a cupboard full of memorabilia, so would definitely try to salvage that too!”



Luke Crockford

Luke Crockford of Ray White is one of the city's most recognisable – and respected – real estate agents for good reason. "I've been in sales and marketing all my life, and before heading into real estate I'd completed 10 years at George FM, doing all of their advertising and marketing," Luke tells Verve.

Luke got into the business after being approached by a couple of pals already in the industry. "They felt that I would be very good at it because of the empathy that I have and gift for connecting with people.

"For me, real estate was all about being part of the journey to help change people's lives, and to deal with them in a genuine way throughout what can be, a stressful process."

Being on that journey is what Luke loves most about his work.

"I have built a repeat and referral business, you can't explain the buzz when you have helped somebody achieve a fabulous result. It's a process that's not as easy as you think, so my creative side gets to flourish with each campaign as they are all different. It's also exciting when you get a call from a Vendor or Client, asking for help to sell their next home or investment property, and being able to share my local knowledge."

Luke has lived in Ponsonby and Grey Lynn for nearly 30 years and has seen a lot of changes: "My local knowledge combined with 10 years' experience in real estate is so beneficial to me and my clients, and referrals are a huge part of my business."

In a market that was decreasing by 15% in some areas in the past year, Luke was able to achieve the top 2% in NZ by reaching Elite Status and also placing him in the top 6% across Australasia. "It was a huge highlight and reflection of all the work I have been putting into my career to date," he says.

How do you approach building and maintaining a relationship with your clients?

"Simply by being approachable, authentic, and available to help throughout any part of their real estate journey, regardless of whether they are selling or buying. I am open to anybody calling me anytime and I am always happy to help."

What do you hope people take away from their experience with you?

"That they received a genuine, honest, professional service which resulted in a stress-free transaction or process, enabling them to be able to make clear decisions about their future."

Any valuable lessons you've learned that you can share with our readers?

"Transparency is always best. Don't get in the way of the proven process. Allow the buyers to make the offers, allow the vendors the opportunity to sell."

Any favourite mottos or quotes that you live by?

"'Did you say...?', 'He who hesitates is lost', 'You should have been here yesterday', and 'You don't know what pressure is until you play for five bucks with only two bucks in your pocket.'"

“My local knowledge combined with 10 years’ experience in real estate is so beneficial to me and my clients, and referrals are a huge part of my business.”

But as much as Luke loves his work, nothing, he adds, brings as much pleasure as his charity work with his local Grey Lynn community. “I have proudly supported Richmond Road School in Grey Lynn for nine years now by making an annual donation every year, down to buying the singlets for their basketball teams,” he says. “I also look at giving a huge opportunity and benefit to others, which comes from my upbringing.”

Further good causes include helping Westmere Primary School raise money for the Māori Unit and sponsoring local golf tournaments such as the Rotary Club, which raised \$25,000 for the Ronald McDonald Air bus.

“For me it’s all about the little things,” says Luke, “giving back and supporting the community any way that I can.”

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Market Expertise

A chat with Paige Gemmell of Ray White Orakei.



How long have you been in real estate?

I have over 27 years' experience in sales and marketing. The past three years have been dedicated to the real estate industry, leveraging my background in advertising, sales and media across major publishing brands. My focus has been on helping clients achieve their property goals through tailored marketing solutions that highlight each home's unique style and characteristics.

How easy is it to secure listings?

Securing listings in Auckland's dynamic real estate market can be both competitive and rewarding. Success lies not just in obtaining a listing but in establishing trust and rapport with prospective homeowners. Transparency, goal alignment, and understanding clients' needs are paramount from the outset.

Is home staging still prevalent in this rampant market?

Home staging remains prevalent in this vibrant market, playing a crucial role in enhancing property appeal to potential buyers. At our branch, Ray White Orakei, we prioritise staging to ensure our listings stand out and attract the right buyers.

How do you build a client relationship to ensure their needs are met?

It begins with building trust and rapport from the initial meeting, ensuring transparency, and aligning goals. Throughout the process, I prioritise effective communication, active listening, and personalised solutions to ensure a seamless and satisfying experience for every client.

What do you enjoy most about real estate, and what is most challenging?

The most enjoyable aspect of real estate is helping clients achieve their property goals and making their dreams a

reality. However, managing the complexities and emotions of each transaction, from negotiations to market fluctuations, presents its challenges.

What do you find most challenging when giving prospective clients property tours?

Giving prospective clients property tours requires tailoring each experience to their unique preferences and requirements, necessitating careful planning, active listening, and showcasing property features that resonate with their needs and aspirations.

What would your dream home look like?

Recently, my family and I completed a two-year renovation to create our dream forever home nestled in the charming neighbourhood of Meadowbank. It's a two-storey, four-bedroom, two-bathroom sanctuary with a captivating cathedral-like front composed entirely of glass and features a landscaped oasis with resort-style amenities, a spacious kitchen island, and thoughtfully designed bedrooms to maximise storage space.

How has working in this industry shaped you?

Working in real estate has shaped me profoundly, demanding resilience, empathy, and adaptability. It has deepened my appreciation for what I do and allowed me to prioritise family time effectively, enriching both my professional and personal life. As a mother, balancing work and family is my top priority, and real estate has enabled me to achieve this balance effectively.

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A Real Legacy

There's often at least a little hyperbole when someone claims to have a certain career coursing through their veins, but for Brendan Goodwin it's almost an understatement.

"So, I'm actually a fourth-generation real estate agent!" the down-to-earth realtor tells Verve. "My great grandfather came from Ireland, and he was one of the first real estate agents in Auckland."

Now, premier real estate firm, Goodwins, continues that family legacy, founded by Brendan's father, Ashley Goodwin, more than half-a-century ago.

"I have fond memories of going to auctions with Dad while I was still at school," recalls Brendan. "It's always been part of my life."

Though Brendan has only relatively recently joined the family firm - making the switch from commercial law, with previous roles in Melbourne, London, and here in Auckland - he has already made some serious waves. He won Business Development Manager of the Year at the REINZ awards in 2019 and 2020, and was a finalist in 2023 for the REINZ Residential Salesperson of the Year - Rising Star awards. Such recognition adds to Goodwins' already impressive portfolio which includes them being the exclusive accommodation partner for *American Magic* in the 36th America's Cup in 2021 and assisting INEOS Team UK and Prada's the *Challenger of Record*. They now also serve as property partners for Kea, the global Kiwi business network.

The Goodwins team - whose core now comprises Brendan's wife, two sisters (the eldest, Catherine, is the CEO), and brother-in-law - previously has been ranked number one in New Zealand 13 times under a national franchise.

"Although Dad is officially retired, he's still very much around, and still does the auctions - he loves it," says Brendan. "He's an absolute fountain of knowledge - there's nothing he hasn't seen and dealt with in this industry."

It must be difficult to not end up talking shop at family gatherings?

"It is, as much as we try not to! But us all working together means we never have to catch up. We're so tight, we even go on holidays together. Professionally, it means we also have a whole different level of trust in each other - which means that clients can have the utmost trust in us, too."



What skills do you feel you've brought from your previous career in commercial law?

"From a practical perspective, I can give you a very specific example. I just received a reference from a buyer because I was able to sit with her and draw up a contract on the spot. She wanted to make an offer with some conditions, and I was able to negotiate and document the deal. I'm also acutely aware of trying to make things as simple as possible and having that legal background and understanding can really help with that."

"I really enjoy building relationships with people. Figuring out how we can create the best plans for each individual to help people on different stages of their investment journeys, which are all so subjective. It's a process that I find very rewarding, often on an emotional level."

Brendan says that he can at times be his own worst critic, but something his wife Aleina said has always stuck with him.

"She told me that I always answer the phone. That every day I come in and chip away at my goals. I guess I do like to set lofty goals - I wanted to win the Business Development Manager of the Year, for example. And I felt that we were more than capable of doing the America's Cup job, I didn't see why that opportunity had to go to a really big real estate agency. It's about creating relationships, something I pride myself on."

Aleina - and his two toddlers, Jacob and Leila - are clearly Brendan's anchor inside the office, and out. His happy place, he says, is crashed out for family cuddles on their sprawling sofa ("with the centrepiece, it's about the size of a queen bed!") at the end of a long day. He makes sure to regularly update the family photos hanging on the walls, creating fresh memories, he says, as his young children develop and age. So, there's only one question left to ask: does Brendan hope that his two tots continue the family legacy one day?

"Oh god, I mean, it's always something that you wonder! But I think a lot of it comes down to personality. Some industries suit some people better than others. It's reassuring to know that they'll always have that option, and I certainly would not encourage them to not do it. I just like to create opportunities, give guidance, and allow people to make up their own minds."

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Rags to Riches

Have you ever woken up
one day and asked yourself,
“How did I get here?”

“This cannot be my life. This is not how I saw things panning out for me. I don't deserve this. My life doesn't seem to have any purpose.” Then, have you tried to think through how to get off the rollercoaster or treadmill that seems to have become your life? Change seems just so hard, doesn't it? You will eventually start to make excuses about lack of money, responsibilities with children, and judgment from friends and family. You start to tell yourself it's not that bad, things will get better, and that you're simply overthinking things. This sends you back to square one, back on the treadmill where you start trudging through life again. Sadly, this is not living or enjoying life; it's simply surviving.

“Every time you hit rock bottom you might recognise that you are, again, in that familiar hole you've dug for yourself. You wish to have the strength to step off the treadmill of survival and onto a sparkling new road that leads to far more happiness - the happiness you deserve. But, feeling defeated, destined to go through these constant ups and downs, you continue to bury the dark secrets of your past or present, hiding them from everyone so as not to be judged. Potentially, these hidden secrets are too painful or scary to address, and you want nothing more than to forget them. You may have attempted to face the pain, failed, and now think that there must be something wrong with you. However, everyone deserves happiness, forgiveness, love, and compassion, starting with yourself. Healing is possible.”

Heather Walton is a self-taught expert at jumping on and off treadmills and rising from adversity. Throughout her life, she faced poverty, abuse in many forms, lack of education, struggled being a solo mum, and bankruptcy to name just a few hurdles she overcame. Throughout all of these struggles, she didn't just survive, she thrived. Heather's life mission was to change her story's ending, and she was incredibly determined to write it on her own and make it a magnificent story of success. However, her drive to change the course of her life was also

motivated by her drive to help others who had gone through or are going through struggles to do the same and live the life we all want and deserve.

In *Rags to Riches to the Real Me*, Heather will show you that you can start over at any age and heal your life. You can rewrite your story with a happy ending. By following the 21 simple step-by-step exercises and making a daily ritual to recreate a life worth living, you can become someone that you can be proud of.

There is nothing more empowering than to look back on your struggles or trauma and know that it did not define you; they simply gave you a few scars or characteristics that made you into the strong resilient person you can become. You will feel uplifted, inspired and have a deep understanding, knowing in your heart that you CAN thrive and live your best life possible.

Settle in to hear Heather's story and how she changed her life from a life of rags to a life of riches in every sense of the word: financially, emotionally, and spiritually. Learn from her journey and then do your own deep dive to implement the exercises into your daily routine to create your own rags to riches to the real you story.

Purchase your copy of Rags to Riches to the Real Me: Overcoming Adversity Through a Lifelong Quest for Success and Happiness from
amazon.com.





Your Dream Home Awaits

A new St Heliers development brings luxury living to the beach.



Real Estate

Fancy living in the heart of one of Auckland's most desirable seaside suburbs? Now's your chance, with the eye-catching Sonata development ready for residents. Sleek architecture, elegant furnishings and uninterrupted views over the Hauraki Gulf and Rangitoto Island combine to offer a boutique, serene haven for those looking to escape the city. Verve sat down with Andrew Weipers of Reside Projects to get the details.

Why did you choose the bustling, vibrant neighbourhood of St Heliers to build Sonata?

We felt the bay had long been under-catered to in terms of high quality, multi-unit architecture. We knew there was a large



downsizer population looking for quality homes, and the appeal of the village, community and beach atmosphere was a huge motivation.

How did you land on the decision of five single-level homes?

We wanted residents to feel like they weren't sacrificing anything from their large family home. Sonata features single-level living with home-like proportions and no immediate neighbours.

The European-inspired architecture has so many interesting features. How did designers achieve this look?

Through careful and meticulous planning! To achieve a modern yet nautical feel, we included a curved design. With such a breathtaking view to the north, east and west, the use of glass – which is double glazed and thermally treated – was a must. Our buyers have commented "who needs art when you have that view?".

Tell us about the interior colour scheme. How did you manage to create a natural yet modern feel?

Our interior designer was fantastic; she advised us on all the modern design trends. Inspired by the beach, we chose sandy tones and used marble to mirror the colours of the water. It's sympathetic to its surroundings and helps create a sense of calm in the space. We made little tweaks to the layout during construction to ensure they're as efficient as possible.

Let's talk kitchens. What are some of the features residents will love about this space?

We used Italian-made Poliform Kitchens, which boast iconic glass shelving and timber veneer draw inserts. The integrated appliances are a combination of Gaggenau and Liebherr. The butler's pantry has its own dishwasher and waste disposal, perfect for entertaining and hiding clutter.

Every element has been considered, right down to the fire display. What do these finer details add to the finished product?

We've partnered with who we think are the best in the business: ECC designed the lighting; Studio Italia the kitchens and wardrobes. These partnerships have brought such a wealth of experience and a keen eye for detail. The finished product is a testament to all involved and a culmination of many hours of collaboration and thought!

Talk us through the apartment plans.

Each home has three bedrooms, three bathrooms, a laundry, media room and main living area. The master suite is on the northwest corner with a prime view of Rangitoto and the wider bay. It has a large ensuite and wraparound walk-in wardrobe.

What can nature-lovers expect from the property's outdoor spaces?

A generous balcony space on the northernmost point of the building, perfect for lazy Sunday dinners.

Is there parking available?

There are three car parks and you can bring your Tesla – electric car charging is available.

What kind of security is on offer?

Our resident's safety and comfort is paramount, so there are CCTV cameras throughout the building and access to the complex and each individual floor is by swipe cards only. Visitor access to each apartment is controlled through video intercom.

Will residents have enough space for all their things?

Storage was one of the big things we prioritised. No space has been wasted! Every room has storage, and there's also a large locker in the basement. We knew our owners would be downsizing and didn't want them to compromise on space.

Above all else, what sets Sonata apart from other neighbouring developments?

An uncompromising commitment to quality and design. This is a landmark development; there's nothing like it in NZ. Quality is an over-used word, but this development competes with any high-end project being built and delivered worldwide.

How can people get their hands on one of these exclusive homes?

Give Barfoot and Thompson's Paul Neshausen a call! 021 345 887. barfoot.co.nz



A True Remuera Landmark

In search of a new family to make happy memories within its elegant walls, iconic Cotter House is up for sale.

Built in 1862, stately Cotter House is a Remuera landmark, one that has seen family gatherings, stylish functions and heads of state meet within its walls.

Sitting elegantly on a prime site and commissioned by settler Joseph Newman, the residence was based on the latest European designs of the time, and crafted in the Gothic revival style using only the best local tradesmen. The

second owner, Mr Thomas Cotter, added a large ballroom to the home's footprint in 1910, further cementing its role as the place to be seen as the new century began to gain traction.

Since then, Cotter House has been a grand family residence, a girls' school, a private hotel, and more. Rolling Stone Keith Richards famously stayed there while he recovered from a head injury



falling out of a palm tree in Fiji, the property recommended by his Remuera-based neurosurgeon, Andrew Law.

The residence's current owners, Kim McWilliams and Tom Bowden, purchased the home in 2020, after seeing it was up for sale and keen to check out the renovation. The pair share a love of historic properties and had attended events at Cotter House, but agree that they really weren't looking to buy.

"We made the mistake of taking one of the children," laughs Kim, "who immediately fell in love with it and picked out her bedroom. The biggest one in the house!"

With six children between them – four of whom were still living at home – the blended family saw immediately it was wonderfully fit for purpose. "We loved that the recently completed renovations had been done to a very high standard, with great effort made to match the original architectural style," says Kim.

Having previously renovated old houses, the pair agree they would not have been keen on embarking on yet another renovation – especially one of this size.

"It's a wonderful home for larger families as no one is ever in anyone's else's pocket," says Kim, "and also for someone community minded as it represents so much to the people of Remuera."

Tom adds that it's also the perfect arrangement for multi-generational families, "as it has five bedrooms that include one in a completely self-contained apartment".

The swimming pool has been one of the most used parts of the home over the summer months, while multiple living spaces abound. Options include the formal dining room and formal lounge, plus another lounge and a games room, with pool table and full bar. When we speak Kim is in the ballroom, "where we spend a lot of our time. It flows out to the veranda and pool, and has seen a lot of parties over the years". There are over a hundred palms on the property that now benefit from a full irrigation system, and a well-tended vegetable garden.

The couple are now down to just one child at home, so are ready to move on from Cotter House, which they refer to as "the perfect chapter for us in the final years we would have a



full house of kids wanting to come and go". Kim says they have loved hosting many charitable and other events in the home and being an integral part of the Remuera community, and both will miss the ever-growing abundance of fabulous dining in the new Village Green development "and the three-minute walk to the supermarket!"

Marketed by Leila MacDonald of Barfoot & Thompson Remuera, the experienced agent calls handling the sale of Cotter House "a true privilege": "It really is the most fantastic family home in the most incredible location. I can't wait to introduce a new family to one of Remuera's most stately homes, a true community icon."

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Home Run

Are you considering purchasing your first home? Or a new home? Congratulations!



This is an exciting milestone, but it's essential to navigate the process with careful consideration of the legal aspects involved. At Dawsons Lawyers, we specialise in providing expert legal guidance to homebuyers, ensuring a smooth and legally sound transaction. Here are some key legal considerations to keep in mind:

Understanding contracts: Although it's easy to get swept up in the excitement of finding a home you love, it's important to have a lawyer review the Agreement for Sale and Purchase before you sign. Our experienced lawyers can review and explain the terms of the sale and purchase agreement, ensuring that you fully comprehend your rights and obligations before signing any documents and are able to include necessary conditions such as finance, building report and LIM conditions.

Property due diligence: Before bidding at an auction or satisfying the conditions of the contract, it's essential to conduct thorough due diligence on the property. Our legal team can assist you in reviewing property titles, conducting searches for any encumbrances or restrictions, reviewing council LIM reports, and identifying potential legal issues that may affect your ownership rights.

Financial assistance programmes and KiwiSaver: There are various government assistance programmes available to first home buyers in New Zealand, such as the HomeStart grant and the First Home Loan scheme as well as the ability to withdraw your KiwiSaver funds to assist in purchasing a home. Our lawyers can help you understand the eligibility criteria and navigate the application process to access these valuable financial resources.

Mortgage and financing: Securing financing for your first home purchase is a significant aspect of the process. We can work with you to review mortgage agreements, liaise with your mortgage advisor or bank, and ensure that you understand your repayment obligations and any potential risks associated with your loan.

Legal documentation and settlement:

As your lawyer, we prepare and review all necessary legal documents to complete settlement of your purchase, including the transfer of title, mortgage contracts, and any additional agreements or disclosures required by law. We'll guide you through each step of the settlement process, ensuring that all documents are properly executed and recorded.

Property disputes and resolution:

In the event of any disputes or legal issues arising during the purchasing process, our lawyers are here to provide prompt and effective resolution. Whether it's negotiating with sellers, resolving title defects, or addressing any other legal challenges, we'll advocate for your best interests and work towards a favourable outcome.

At Dawsons Lawyers, we understand that purchasing a home can be a stressful time, and we're here to provide the expert legal guidance you need to make informed decisions and protect your interests every step of the way. Contact us today to schedule a consultation and learn more about how we can assist you.

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DAWSONS
LAWYERS

All Seeing

WORDS —
PAUL LEUSCHKE

Architectural design is being on site.

Why would you pay for an architect to be on site (it's called contract observation)? Because they're the only professional looking after your best interests.

You are forced to pay the council to be on site, yet the council has a history of not looking after your interests - think leaky homes and, more recently, the flooding.

I have had a building inspector while on site ask if he could delete the slab thickening under a load bearing wall. The slab thickening is standard practice to code and if removed the floor was doomed to fail. Even more worrying was that the builder didn't seem to understand this either.

The contractor is the expert builder and the sub-contractors, electricians, plumbers, etc the experts in their fields.

Architects and the other consultants supply them with drawings and documents, and they build it. I am still amazed my little drawings on paper somehow gets turned into a full-sized building, how do they do it.

We all have our roles, but builders don't make design decisions, architects do.

Builders and sub-contractors are businessmen, there to make a profit and as they should - it's hard and often dirty work. Architects may listen to their advice but don't always take it because architects see the whole project, not just bits. Architects see the end result before it's built. They know what is important to the client and why things are drawn in a certain way.

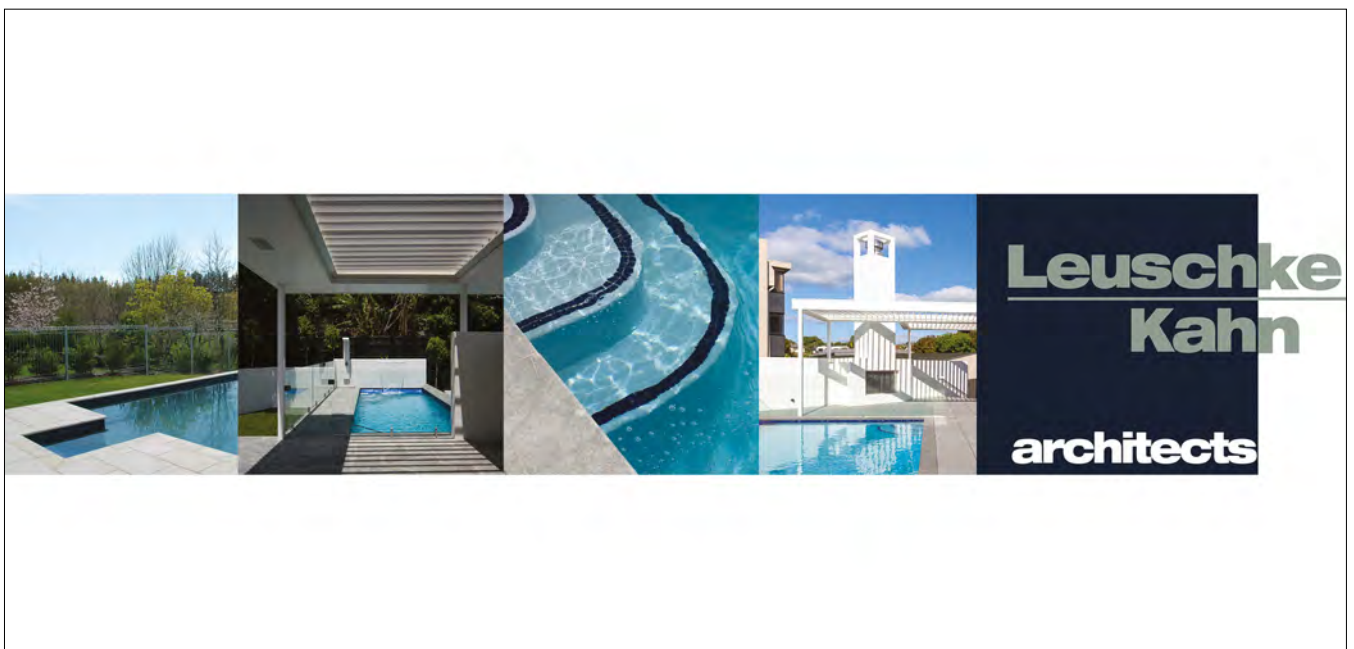
We have removed floorboards to discover the original floor below. The builder wanted to reinstate the false floor, but we

advised using the original floor level to increase the ceiling height in a low ceiling area. The builder was just reinstating while we saw an advantage for the client.

Architects communicate with clients so clients can make informed decisions. We also communicate with builders, sometimes very loudly and bluntly which clients would find hard to do. Recently I was told I had given a builder an email spanking which I found amusing.

Despite *Grand Designs* saying anyone can build, it's stressful and the architect takes a lot of that stress of decision making away from you.

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WORDS —
JAMIE CHRISTIAN DESPLACES

Don't Worry, Be Healthy

Verve takes a look at what will be hot in the world of fitness, spas, and wellness in the coming year.

Keeping Fit

Exercise trends for 2024 include group exercise classes, virtual reality gyms and all manner of outdoor pursuits, with Nordic walking being among the most interesting – and accessible. Described by Harvard Health as combining “cardiovascular exercise with a vigorous muscle workout for your shoulders, arms, core, and legs” it’s said to engage up to 90% of our muscles and burn up to nearly 70% more calories than regular walking. Originating in Finland in the 20th century, the activity was initially created as a summer training method for cross-country skiers. Poles are used to propel the walker forward, engaging the upper body muscles as well as the legs to result in a more intense workout. Another benefit of Nordic walking is its low impact on joints, making it suitable for people of all ages and fitness levels. Plus, it’s a great excuse to get outside, and get social!

Dental

Of course, dental care should never be simply a trend, but if you have been neglecting your teeth, then why not make this the year to get them fixed? Whitening, a non-invasive treatment, improves the colour of natural tooth enamel by removing mild to moderate stains from tooth enamel while also strengthening it. Modern, spa-like dental clinics now offer all manner of distractions for anxious patients, from sedation to soothing music to movies and TV shows, and even virtual reality goggles! And remember, dental care isn't just about oral health – it reaches well beyond the mouth, benefiting everything from the digestive system to the heart to respiratory health and even diabetes management.

Nutrition Infusions

Nutrient infusions, also known as intravenous (IV) nutrient therapy or IV drip therapy, involve delivering vitamins, minerals, and other essential nutrients directly into the bloodstream through an intravenous drip. Bypassing the digestive system, it enables higher absorption rates and faster delivery of nutrients. The infusions can be customised to include the likes of vitamins C and B, magnesium, calcium, and amino acids. The therapy is said to boost energy, support immune function, promote hydration, and aid in recovery from illness or strenuous activity. However, it's essential to consult with a healthcare professional before undergoing nutrient infusion therapy to ensure safety and effectiveness, as well as to determine the appropriate combination and dosage of nutrients for individual health goals and needs.

Pilates

So often lumped in with yoga, pilates is an uber-worthy exercise system all of its own. The holistic practice, developed by Joseph Pilates in the early 20th century and first embraced by the dance and sports communities, focuses on core strength, flexibility, and body

awareness by way of emphasising precise movements, controlled breathing, and body alignment. Practised on mats or specialised equipment, the activity helps improve posture, coordination, and stability with minimal risk of injury with benefits extending way beyond the physical – expect to experience a reduction in stress and improvement in mental wellbeing too. Pilates isn't just popular with women, either, according to the Sports and Fitness Industry Association, a quarter of participants are now men, compared with 16% in 2017.

Cold Plunge Therapy

The king – or queen – of the current crop of wellness trends but brace yourself: cold plunge therapy does exactly what it says on the tin! Though spas are the most obvious place to, er, dip your toes into this therapy, a cold plunge can also be done for free in the ocean or an at-home ice bath or cold shower. Benefits include decreased inflammation and swelling, promotion of lymphatic drainage, accelerated metabolism, improved circulation, and stress relief. Plus, there's the satisfaction of accomplishing something that is – at first at least – extremely challenging, which will also likely have a positive effect on your confidence in other areas of life. (As with many treatments, speak to your GP before indulging in a cold plunge as it could cause problems for those with conditions such as heart disease, diabetes, and high blood pressure.)

Lymphatic Drainage Facials

A lot more relaxing than the previous listing, we predict lymphatic drainage facials to be another popular pick for the year ahead. The lymphatic system plays a crucial role in removing waste and toxins from the body, and lymphatic drainage can help improve circulation, reduce puffiness and swelling, and promote overall skin health. The treatment involves a gentle massage technique designed to stimulate the lymphatic system around the face and neck area, which many believe not only targets

puffiness around the eyes but also sculpts the jawline while enhancing overall skin tone and texture. Research has also shown that this type of facial can reduce swelling after surgery and also help with conditions such as acne and eczema, and even digestive disorders.

Seaweed Baths

Seaweed has been noted for its nutritional and beauty benefits since antiquity, but seaweed baths specifically are centuries-old Celtic tradition – and, according to the *Irish Independent*, “Ireland's only indigenous spa therapy”! The practice involves taking a soak in a tub of warm water infused with seaweed or seaweed extract. The nutrient-rich marine plant leaches its goodness into the warm, soothing bathwater, alleviating stress and tension while drawing out toxins and simultaneously hydrating the skin. Other benefits include improved circulation and rejuvenation of the skin to promote a youthful, healthy appearance. For added health and relaxation benefits, consider adding some Epsom salts or essential oils.

Balneotherapy

Another ancient treatment – sometimes referred to as hydrotherapy – balneotherapy uses submersion in warm mineral water as a method of treating aches, pains, and disorders such as arthritis, fibromyalgia, muscle and joint pain, skin disorders, and stress-related issues. In addition to soaking in mineral-rich water, balneotherapy may also involve other therapeutic activities such as underwater massage, mud packs, sauna sessions, and hydrotherapy exercises. Cleopatra was a big fan of the therapy – whose name comes from the Latin, *balnea*, meaning ‘baths’ – and famously travelled to the Dead Sea to soak in its mineral rich waters, with other notable historical examples including the supposed miraculous waters of Lourdes in France, the Roman bath in British spa town, Bath, and, and closer to home, Aotearoa's spa town of Rotorua.

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Beer Bath Hydrotherapy

Perhaps the most fun sounding treatment on the list – and one that is surprisingly old – beer bath hydrotherapy has been a thing since for centuries, originating in the Czech capital, Prague. But it's not simply a case of pouring a case of your favourite craft brew into a tub but more a case of kicking back in a concoction akin to a 'beer tea', rich in the likes of hops, malt and yeast. *According to the Journal of the European Academy of Dermatology and Venereology*, beer ingredients "contain an abundance of polyphenols... shown to possess various anti-bacterial, anti-inflammatory, anti-oxidative, anti-angiogenic, anti-melanogenic, anti-osteoporotic and anti-carcinogenic effects". Such properties are said to leave the skin rejuvenated, the muscles relaxed, circulation improved, and more. Make a note of this one in for Father's Day!

Touchless Spa Treatments

Though they've been around a while, touchless spa treatments have gained considerable traction post pandemic – for obvious reasons. Perhaps the most well-known touchless therapy is reiki – from the Japanese *rei* ('universal') and *ki* (life energy) – which centres around removing harmful energies, reducing pain, and speeding healing. Sound therapy – or sound healing – uses the vibrations of voices or ancient instruments like tuning forks or Tibetan singing bowls to relieve stress; floating therapy suspends clients in a womb-like saltwater tank for the ultimate in sensory-deprived relaxation; while salt therapy – or halotherapy – involves inhaling salty air in a salt cave or salt room to help with respiratory and skin issues. More high-tech touchless treatments include infrared saunas, which heat the body through infrared light to for detoxification and improved

circulation, and even virtual relaxation therapy which uses headsets to immerse clients in a relaxing environment of their choosing.

Colonic hydrotherapy

Traditionally known as colonic irrigation or colon cleansing, colonic hydrotherapy is a procedure to flush toxins and waste buildup from your large intestine. Another therapy that dates all the way back to Ancient Egypt, this procedure is now done with warm, sterile, filtered water, with other benefits such as helping with the likes of constipation, diarrhoea, and mild haemorrhoids. Many clients find this a comfortable – even relaxing – experience that will leave them feeling refreshed and invigorated, with some reporting ongoing positive effects such as improved digestion, better skin, flatter stomachs, and less fatigue. Though some studios offer self-managed sessions, the treatment is always overseen by a highly trained technician and should never be attempted at home.

Thai Massage

Few massages hit the spot quite like the Thai version! Thai massage – sometimes called Thai yoga massage – is a traditional healing art that combines elements of yoga, Ayurveda, and traditional Chinese medicine to provide a unique therapeutic experience. Skilled practitioners use their hands, thumbs, elbows, knees, and feet to apply pressure along energy lines and specific points on the body. The practitioner may also incorporate passive stretching, joint mobilisation, and rhythmic compression techniques to release tension, improve flexibility, and promote relaxation. Thai massage is believed to help balance the body's energy systems, known as sen lines in Thai medicine, and to stimulate the flow of vital energy, or prana – 2,500

years of history can't be wrong! As well as the physical benefits, this treatment can help manage stress, and research has even shown it to help patients recover from strokes faster.

Gold Massage

The health benefits and antimicrobial properties of gold (and other precious metals like silver and platinum) have been long documented, with Ancient Chinese doctors and Indian Ayurvedic practitioners encouraging the ingestion of gold flakes. More recently, gold injections have even been used to treat – though not cure – rheumatoid arthritis. So, it's little wonder that gold has also found its place in therapy rooms. Gold massage uses gold-infused oils and tonics to improve skin texture, reduce inflammation, promote relaxation, improve circulation, and impart a radiant glow to the skin by way of facials and body massage.

Waterless Pedicures

Also known as dry pedicures, waterless pedicures are said to be both more hygienic and better for your nails than the traditional practice. Rather than first soaking the feet in water this method focuses on dry techniques and specialised products to cleanse, exfoliate, moisturise, and beautify those tootsies! During the procedure, the feet are typically cleaned using a gentle cleanser or wipe, followed by exfoliation and cuticle care, nail trimming, shaping, buffing, and moisturising. Not only is this pedicure better for the client, it's better for the salon and the environment also, saving up to 50 litres per treatment. It's also faster, and, some believe, more effective as the products can penetrate the skin more effectively without the dilution of water.



reformfitness.co.nz

Renaissance of Reformer

signs of slowing. A once novel addition to Newmarket and Mount Maunganui (2015), Reform is appearing in the streets and feeds of New Zealanders, a now trusted identity in the movement market.

Offering a dynamic style of Reformer pilates, Reform toughens up the best elements of classical reformer by adding light-to-medium weight training. Developing real strength, balance, coordination, and better overall conditioning, it sets clients up to age strongly and get longevity from their efforts. Renowned for its low impact, the work is not forsaken. Humbling even for advanced practitioners, the classes are designed for mixed-level groups to find their individual work rate and build from there.

While it might seem this phenom has crept up on you, it's most certainly vying for your attention now – a community must-have as necessary as the local gym and cafe. The renaissance of pilates, in part due to the global obsession with health and wellbeing. Having unearthed what has long

It's a naive fallacy that pilates is an upbeat riff on yoga.

A peppy, hybrid fusion of stretching and dance-like movement accompanied by hype phrasing around core strength as backpain relief.

This misconception renders the flexibly challenged null and void, benched alongside the uncoordinated. When the truth is, while the hype phrasing has its relevance, pilates is for everyone. It's because of this, Reform has illustriously integrated itself into the New Zealand community and in 2024, shows no



been known in some circles, Reform is the true pro-ageing movement, safeguarding clients against the degeneration of muscle, joint health, and mobility.

There are currently 16 Reform studios franchised across the country, individually operated by a diverse range of owners from different backgrounds. Mount Maunganui-based pioneers Lane and Jane Gibson are growing a healthy, New Zealand-owned enterprise. Having entered the Auckland market in 2015, there are now seven established studios with two more on the horizon, the population of the mega city exceeding supply. Stemming from diverse backgrounds, six unique women share puzzle pieces of knowledge to form a collage rolodex of experience, opinions, and suggestions.

These successful businesses operate within the framework of the Reform Franchise, each owner bringing their unique character to their four walls. At the core of their studios, impactful workouts are delivered with energy and enthusiasm. There are no gimmicks, no challenge from week to week; the classes speak for themselves. And the women behind them, speak candidly on their Reform journey...



Kelly (Co-owner of Takapuna studio and the New Zealand Franchise manager)

What inspires you in your Reform role?

Our studios are made up of talented men and women who teach as independent contractors under the umbrella of Reform. While Lane and Jane help facilitate our business success, we in turn facilitate the many unique trainers to be their best assets too. It's so rewarding to see them flourish and take pride in their person, growing in ways they never thought possible. This role is incredibly rewarding and something I take pride in everyday on the job. I know it sounds cliched, but we're changing lives over here and it makes me so proud of my peers. I'm inspired by the clients who make time for themselves, juggling either their hectic family schedules or heavy work demands. I'm equally inspired by the many trainers that give this incredible act of service to our community.

I jumped at the opportunity to own the beautiful Takapuna studio and thank my lucky stars every day! It's an incredible franchise to be part of, led by the most down-to-earth legends. I've dabbled in many industries and feel my acquired skills are challenged and encouraged to thrive within this opportunity. I enjoy the dynamic nature of business ownership as the days flex between the various roles that sustain a thriving studio.

Rochele (Owner of Commercial Bay and Vic Park Studios)

Why did you make the transition from a corporate career to business ownership and how has it changed you?

Throughout my 15-year corporate career, I was constantly searching for something that was more meaningful and fulfilling. We spend so much of our lives working, and I felt like there had to be something out there that I was passionate about and didn't feel like work.

During the lockdowns both my husband and I tried to work full-time jobs from home while looking after our two small children and I made the decision to resign. I started doing some consulting work and shortly after an opportunity came up to buy a reformer pilates studio. It was an incredibly scary decision at the time but with the benefit of hindsight it has hands down been the best decision of my life! I am so passionate about what I do, helping my clients at the studio and developing the team of instructors that work for me.

Having a young family, the autonomy I have over my working life is invaluable and I love being able to make decisions and move things along quickly without layers of bureaucracy and red tape! I feel like I am finally making a positive contribution and feel fulfilled and

energised by my work! Working alongside a group of strong female leaders and fellow studio owners has also been an absolute highlight!

Sam (Owner of Silverdale and Parnell Studios)

What do you love about being a business owner?

There are many aspects of being a business owner that are rewarding and fulfilling!

I love the people aspect of being a business owner. Supporting our team of trainers is super rewarding; I love being able to empower a range of personalities all with their own passions and goals.

Being a business owner has helped me to grow as a person in many ways. It is a continuous learning process and I have been able to develop a range of new skills including the fun stuff like meeting and engaging with our wonderful clients and keeping a studio looking beautiful, to the not-so-fun but important stuff like accounting and payroll!

The lifestyle, whilst it can be hectic, provides great flexibility and autonomy in managing my work-life balance. I am still able to look after my 17-month-old at home and feel very lucky to be able to do so.

Finally, I love that the Reform studios are owned by a network of amazing, strong leaders, many of them female. We are a very supportive group, always only one phone call away if we ever need advice, want to throw around new ideas, or just to catch up over a wine.

Owning a business definitely comes with its challenges but also offers a unique opportunity to make a positive impact on people's health and wellbeing which is really the cherry on top of the cake. Reform is pretty special, and I am stoked to be on this wild ride.

Robyn (Co-owner of Takapuna Studio)

How has pilates reshaped your perspective on professional work life?

Shortly after completing my first degree in South Africa in 2017, I was confronted with a sense of dread when faced with my conventional 9-5 workday. Given the substantial portion of our lives dedicated to work, I knew that my worklife needed significant change. I wanted a profound love and affinity for whatever I chose to commit so much of my time and energy towards.

Facilitated by my career counsellor, I was introduced to a friend residing in Auckland, my soon-to-be home. A single afternoon spent in her company was enough to ignite a fascination with pilates, despite not having yet experienced a session! The light in her eyes, the passion in her voice – this was exactly the way I wanted to feel about my chosen career.

I'm so grateful and fortunate to have discovered pilates. It's so much more than physical exercise and has been the catalyst for my appreciation of movement. I now have the pleasure of teaching and helping empower clients to feel strong and content within their bodies by doing something that has immeasurable benefits.

Debbie and Gemma
(Co-owners of Ormiston Studio)

What inspired you to open Reform Ormiston?

After both serving our community in separate Emergency Services, we found ourselves facing burnout and looking for a change in careers. A strange turn of events and some mutual connections led to us meeting and completing our Instructor training together.

With a mutual desire to continue serving our community (from the top of the cliff, not the bottom) and having both found respite in Reformer Pilates



“I’m inspired by the clients who make time for themselves, juggling either their hectic family schedules or heavy work demands.”

ourselves, we identified the positive impact we could have on the East Auckland community and thus Reform Ormiston was born.

Having both come from stressful and demanding careers, we understood the valuable roll that exercise plays in improving mental health and general wellbeing and so challenge traditional norms by creating a space that is not just about physical fitness, but also about mental and emotional wellbeing. We pride ourselves in being so much more than just a pilates studio, and believe every client should leave feeling better than when they arrived.

Discover the Cleansing Power of Colon Hydrotherapy!

Are you looking for a natural and effective way to rejuvenate your body and revitalize your health? Look no further than colon hydrotherapy!

What is Colon Hydrotherapy? Colon hydrotherapy, also known as colonic irrigation, is a gentle and safe procedure that involves flushing out toxins, waste, and built-up debris from your colon using purified water. By gently cleansing the colon, this therapy helps to promote better digestion, enhance nutrient absorption, and support overall well-being.

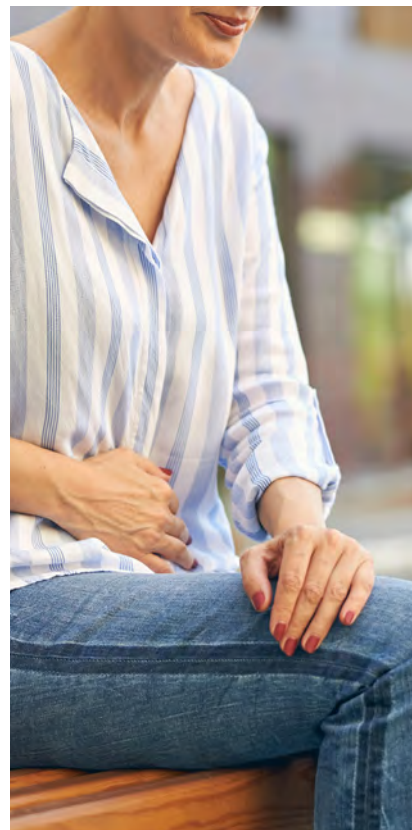
Benefits of Colon Hydrotherapy:

Improved Digestion: Say goodbye to bloating, gas, and constipation as colon hydrotherapy helps to regulate bowel movements and promote a healthier digestive system. **Detoxification:** Rid your body of harmful toxins and waste materials, leaving you feeling lighter, refreshed, and energized. **Boosted Energy Levels:**

Experience a renewed sense of vitality and energy as your body functions more efficiently after a thorough colon cleanse. **Enhanced Nutrient Absorption:** By removing obstructions in the colon, you can optimize the absorption of essential nutrients, promoting better overall health. **Weight Management:** Support your weight loss goals by jump-starting your metabolism and eliminating excess waste that may be hindering your progress.

Why Choose Us? At Colon Care Centre, we prioritise your comfort, safety, and well-being. Our experienced therapists are dedicated to providing personalised care in a relaxing and discreet environment. We use state-of-the-art equipment and adhere to strict hygiene protocols to ensure a positive experience for every client.

Don't let toxins and waste weigh you down – cleanse your colon and embrace a healthier lifestyle with colon hydrotherapy!



Book your session today at coloncarecentre.co.nz



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Drips Founder, Jen Ng and
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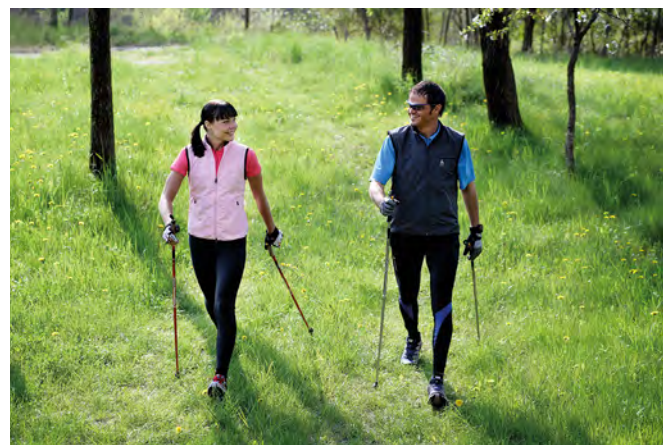
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We all know dental care is essential, the gateway to overall wellbeing, but let's be honest - dentist visits can be anxious. What if you could look forward to the dentist, breezing through a painless injection and experience dentistry in a new, stress-free way? Take control of your oral wellness today and experience the difference yourself at Re- Dental Clinic.

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NORDIC KIWI – NORDIC WALKING

Nordic Walking is a fitness activity which uses specifically designed poles to enhance and intensify the natural way of walking. It's essential to learn the correct technique, as the well-performed Nordic Walking action incorporates the upper body, improves posture and engages 90% of muscles, giving a 'total body workout'.

nordicwalking.co.nz

Mid-life Movement



Meet Studio Three Pilates owner - Viv Gallagher and find out why she is so passionate about women finding the right movement in midlife and beyond:

In our Studio Three community we have a largely female, mid-life demographic which is partly due to the fact that we have been around for over a decade and also perhaps because, at 60 myself, I am able to understand the challenges that women can face as they move through the stages of perimenopause, menopause and postmenopause. This period can span over a decade of a woman's life when she is often at her busiest juggling, family, career, relationships etc. So, finding the right exercise type and balance in your early forties can really impact how well your body will be in your 60s and beyond.

So many women fail to connect the dots between their menopause transition and their unresolved injuries and aching joints. Frozen shoulders, rotator cuff injuries, back, knee and sciatica pain are just some of the many conditions that we are seeing more frequently in female clients turning to pilates to help in their rehabilitation. Changing hormone levels, along with associated changes in our weight, cholesterol, blood pressure, blood sugar levels and cortisol (our stress hormone) can all increase inflammation in our body and impact joint health and integrity. This then leaves women more vulnerable to midlife injuries, musculo-skeletal problems and poor recovery from exercise if they are not doing the right quantity and type. Rather than feeling energised by exercise they end up feeling exhausted!

Pilates Reformer is such a great option for everyone and especially for midlife women if they have sore or inflamed joints or are carrying extra weight, as the machine allows them to safely strengthen while supporting the spine and joints. Think of pilates as your foundation for good quality movement, connection to your breath, muscle activation and control, muscle strength, mobility, flexibility and postural awareness. Laying and maintaining these foundations is integral to being able to do all the other physical activities and sports that you want to enjoy injury-free into your later years or just simply being able to run around with your kids or grandchildren.

At Studio Three we focus on quality of movement and setting our clients up for success. Our classes are limited to a maximum of 8 to ensure our experienced team can look after each person in class and accommodate varying ability levels. We also offer private or duo sessions to suit.

WIN your own private Pilates Reformer class with Studio Owner Viv and up to seven of your friends valued at \$320

Entering is simple. Visit vervemagazine.co.nz and click **WIN** then follow the directions. Follow us on **Facebook** and Instagram @vervemagazine.



Smoother & More Confident You!

Finesse Face and Body Clinic is proud to be the **first truSculpt iD provider in New Zealand**, as part of an exclusive partnership with Cutera.

truSculpt iD is the latest technology available to permanently and non-invasively remove body fat. "We have been leaders in non-invasive cellulite and body contouring treatments in Auckland for 22 years," says Sue Crake, owner of the Remuera Salon.

How does truSculpt iD work?

truSculpt iD uses a unique form of monopolar radio frequency energy that penetrates evenly and deeply and is able to treat deep into the entire fat pad - from skin to muscle. Once the applicators have been placed on target fatty areas, heat is dispersed evenly, causing irreparable damage to the fat cell walls which the body metabolises and removes permanently over the next 12 weeks. Real-time temperature control and monitoring sensors ensure a constant and therapeutic temperature is maintained for 10 minutes ensuring maximum fat disruption, resulting in 24% fat reduction with every treatment. Patient comfort is ensured through the highly engineered skin adhesives and temperature control which keeps the skin cooler than the underlying fat.

How is truSculpt iD treatment performed?

The initial consultation is performed to assess and discuss your concerns and desired aesthetic goals, then a tailored and customised treatment plan will be created. A total of six handpieces can be used per 15-minute treatment, and multiple areas can be treated on the same day. Once medical consent is completed skin adhesives are attached to the skin overlying the fat pocket followed by the handsfree applicators. The treatment area is wrapped in a cummerbund to minimise movement of handpieces during treatment. After 15 minutes of warmth is distributed into the tissue, the adhesives, handpieces and cummerbund are removed and the patient can return to normal activities.

How do I know if I am a candidate?

truSculpt iD is the latest in non-invasive fat removal procedures in minimising treatment time, maximising results and comfort whilst reducing downtime (there is none!). truSculpt iD is a great treatment for targeting stubborn fat pockets that are resistant to diet and exercise, or for a more global debulking option. truSculpt iD is not restricted by BMI or skin laxity concerns, making it a great alternative to cryotherapies. To learn more about if you're a suitable candidate, book a free consultation with Sue at Finesse.

How many treatments will I need?

Your initial assessment and personal goals will determine the best course of treatment tailored to you, however patients will only require one treatment. Whether one or two treatments are required, all patients will see an effect at 12 weeks.

Is the treatment painful?

No! Patients report the treatment feels like getting into a hot bath. The heat at first can be a little intense, but just like a bath you become accustomed to the feeling and adjust to the treatment. There is no pain, no downtime and no massage required. Patients can return to normal activities immediately after with most patients only experiencing some mild redness on the treatment zone which subsides in a couple of hours.

How long before I see my results?

Clients will begin to see a change in their silhouette from 6 – 8 weeks post treatment, but maximum results are achieved at week 12. Changes in skin quality, tone and texture are usually seen earlier. Each area can be treated once per 12-weeks but other areas can be treated before then.



truSculpt iD Benefits

- NZ MedSafe approved for permanent reduction of up to 24% fat (*shown through ultrasound clinical trials)
 - 15-minute treatment (half the time, and twice the treatment area vs cryotherapies largest applicator)
 - No discomfort & No Downtime – resume normal activities immediately after
 - Customisable and flexible treatment opportunities depending your body and goals
 - No BMI restrictions
 - Male & Female suited
 - Skin tightening – post partum suitability
- Treatment areas: abdomen (upper, mid and lower), flanks (love handles), upper back fat, lower back fat, inner thighs, outer thighs, arms and under the chin.



Before



12 weeks after one treatment



Before



12 weeks after one treatment

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truSculpt[®] iD
SCULPT YOUR BEST BODY



Introducing La mère Diana Body Oil:

A tribute to strength, bravery, and bowel cancer awareness.

Immerse yourself in the powerful and grounding essence of La mère Diana Body Oil, a delicate blend that gently envelops your skin in a light, fragrant veil. Enriched with the most powerful of essential oils - myrrh, vetiver, frankincense, and sandalwood - this earthy scent exudes confidence, calm, balance, centring your emotions while leaving your skin plump, hydrated, and radiant with youthfulness.

Inspired by the strength and bravery of individuals like Diana (Carlie's late mother), the namesake of this exquisite body oil, each purchase contributes \$1 to Bowel Cancer NZ, supporting essential awareness and research initiatives.

Make a difference with your choice of skincare and stand united in the fight against bowel cancer for a brighter, healthier future. Experience the beauty of giving back with La mère Diana Body Oil.

Ageing Gracefully

Melissa Gladding of Facetime shares a few secrets.

What are the secrets to ageing gracefully? How can you ensure your best is yet to come? In my years of hands-on experience in the beauty industry I've guided many women through the process of finding the perfect balance and formulating forward-thinking plans to maintain and delay.

1. Skincare

Expert advice and sunscreen are crucial for effective skincare. Use age-defying products tailored to your skin type and goals to combat UV damage, preventing collagen breakdown and premature ageing.

2. Advanced Skin Treatments

Collagen Induction Therapy (CIT) naturally firms, tightens, and evens skin tone by stimulating healing

responses. With minimal downtime, it's safe and effective for all ages, every 4-6 weeks.

Enzyme Therapy uses transfer messenger enzymes to strengthen skin integrity, promoting oxygenated blood flow for immediate results you can both see and feel.

3. Working Out

Anything that's good for your body is good for your skin. Exercise benefits both internal and external health. It boosts blood flow, delivering oxygen and nutrients to the skin, and energises lymphatic drainage, detoxifying the skin for a nourished, radiant complexion.

4. Hands and décolleté

The face, hands, and neck receive the most sun exposure. While facial care is



prioritised, neglecting the hands and décolleté can lead to visible signs of ageing. Extend facial skincare to these areas for consistent results.

One last word of advice... women who age gracefully have something big in common: confidence.

facetimeclinic.co.nz

Revelation

Something so good can't be kept secret!



Forlle'd | Louise Gray, Professional Skin Care Therapist

As a professional skincare therapist, I've had the privilege of guiding my clients through myriad skincare products. Yet, there has been something uniquely captivating about Forlle'd.

Rooted in Japanese heritage and propelled by cutting-edge scientific research, Forlle'd embodies the essence of Japanese skincare rituals. With a commitment to purity, efficacy, and holistic wellbeing, ancient wisdom has been married together with modern innovation to create a transformative product.

As you could imagine, it was with true excitement that I read the back of these labels. Boasting potent blends of ingredients, they have been meticulously crafted to rejuvenate, protect, and defy ageing. Here are some of my favourites – and yes, they are closely guarded in my bathroom cabinet.

First and foremost, the essence of cellular regeneration, with **Forlle'd's Hyalogy Platinum Essence**. Infused with the finest micronised platinum particles, this essence works wonders by stimulating cellular metabolism. Platinum, known for its antioxidant properties and effectively neutralising free radicals, thereby promotes cellular rejuvenation. Coupled with hyaluronic acid, a hydration powerhouse, this essence ensures optimal moisture retention, plumping the skin and diminishing fine lines. Can I physically bath in this?

For ultimate hydration I would select **Forlle'd's Hyalogy P-effect Refining Lotion or Hyalogy Platinum Lotion**. The **Hyalogy P-effect Refining Lotion** is enriched with low molecular weight hyaluronic acid and essential amino acids; an intensely moisturising lotion

that penetrates deep into the skin, designed to replenish moisture reservoirs, and fortify the skin's barrier function. The inclusion of glycosaminoglycans, fundamental building blocks of healthy skin, further enhances cellular regeneration, leaving the skin supple and radiant.

But if you are wanting or needing it all, then **Forlle'd's Hyalogy Platinum Lotion** will elevate your skincare regime: a sublime elixir designed to impart a radiant and youthful glow. Crafted with precision, this luxurious lotion combines the regenerative properties of platinum with the nourishing benefits of ceramides. Ceramides, integral components of the skin's lipid barrier, shield against environmental aggressors. This ensures optimal defence against premature ageing. Additionally, oligopeptides stimulate collagen production, fostering firmness and elasticity for a revitalised look and feel.

Ready to nourish and protect? **Hyalogy P-effect Reliance Gel**, is a wonderful gel that's carefully designed for rapid recovery of the skin, ensuring immediate rehydration while increasing the skin's ability to retain moisture throughout the deeper layers. This multi-tasking gel can be used both for the final stage in daily skincare regime or as an instant rejuvenating mask.

But once again, if you are wanting or needing more, it would be time to step up to **Hyalogy P-Effect Nourishing Cream**. This indispensable nourishing cream is particularly suitable for dry, sensitive skin. It moisturises, nourishes and softens skin in seconds, provides immediate relief from unpleasant sensations of dryness, and is ideal for use during cold and windy weather.

I should have started with the cleansers, but as these two are both game changers I have decided to finish with them because, they are that good!

Working together the **Hyalogy P-effect Clearance Cleansing** is a first-stage cleanser designed particularly for the skin exposed to stress and pollutants. It is highly effective in dissolving oily surface impurities such as those found in makeup and produced by the skin itself. Moving then onto **Hyalogy P-effect Re-Pururance Wash**, your second-stage cleanser, is a soft foam designed to dissolve and cleanse skin impurities. With anti-inflammatory, healing and refreshing effects, the skin is thoroughly prepared for the further benefits that Forlle'd delivers.

But beyond the realm of skincare, as I have mentioned, Forlle'd's origins trace back to Japan. A country revered for its commitment to skin science and health. Japanese skincare rituals are deeply ingrained in tradition and prioritise purity and efficacy. Forlle'd seamlessly integrates this heritage with cutting-edge technology, resulting in products that transcend time and deliver unparalleled results.

For me, Forlle'd represents the epitome of skincare innovation. Harnessing the power of platinum, hyaluronic acid, ceramides, and oligopeptides it inspires confidence and luminosity in every individual who embarks on this transformative journey – is it time you start yours?

*Louise Gray Skin Care,
Shop 2/224 Kapa Rd, Mission Bay
09 528 9010
louisegray.co.nz*

Beauty Picks of March

Glow all March long with our sunshine-inspired beauty picks! From summer skincare essentials to hair care must-haves and sunscreen saviors, protect and nourish your skin for a radiant, sun-kissed glow.



1. Bondi Sands Everyday Skincare Gold'n Hour Vitamin C Serum
2. Caroline Lorinet Hydrating Cleanser
3. Bondi Sands Everyday Skincare Begin Again Vitamin B3 Serum
4. Bondi Sands Everyday Skincare Thirsty Skin Hyaluronic Acid Serum
5. Becca Project La mère Diana Body Oil 30ml
6. Shea Moisture Coconut & Hibiscus Curl Enhancing Smoothie
7. Becca Project Wonder Candle
8. Caroline Lorinet Gentle Refreshing Toner
9. Caroline Lorinet Pure Vanilla Hand Sanitiser
10. Becca Project La mère Diana Body Oil 100ml
11. Shea Moisture Coconut & Hibiscus Curl & Shine Shampoo
12. Shea Moisture Coconut & Hibiscus Curl & Shine Conditioner
- 13+14. Linden Leaves Skin Refining Cream Cleanser

Simply the Best

Clinic 42 is unique in that ours is a high-performance work team.

Our doctors are well known, but we would like to proudly introduce you to our amazing nursing team who function and perform at the highest level.

Practitioners often approach the clinic looking for positions. Over the 25 years it has been running, it has gained a well-deserved reputation for offering a team atmosphere where goal-focused nurses can build on their cosmetic injecting skills alongside – and develop specialised expertise from – the doctor-led team.

The skills available at both doctors and nurses mean that patients are offered an unparalleled level of expertise and technical skills that is beyond most practices in the country.

Unfortunately, the old adage of use it or lose it is also true, which is another reason Clinic 42 is so uniquely fortunate. At Clinic 42, we're spoilt for choice when it comes to the range of patients we see in any given month.

While some of the nurses our doctors meet when working as national trainers may end up having to brush up a year or two later on skills they have learned through workshops, having been unable to put their learning into practice as the type of patients they see, or the type of treatments requested, are limited.

As da Vinci once said, "Poor is the student who does not surpass his teacher" and who better to trust with your patients than a practitioner you have trained yourself and who shares the same ethos and aesthetic? After all there are only so many hours in the day and that you cannot treat all your patients all at once!

Our nurses at Clinic 42 receive one-on-one training with our doctors who ensure that they are performing at the best of their ability and at the top of the cosmetic industry.

All our nurses have been injecting for numerous years and are experienced not only in performing procedures, but in assessment skills and helping patients decide on the best treatments.

This month we were lucky enough to add Lauren Burtun to the team which already comprises Clare Gallie and Erin Vogel.

The year is off to a quick start with industry and internal trainings, including one-on-one sessions for the nurses, and the entire Clinic 42 team is looking forward to travelling to Queenstown later this year for the NZSCM Conference.

But don't worry, there is still plenty of time for our nurses to carry out treatments as well as offering free consultations which are a great opportunity to discuss new treatments, or for those who have not had treatment before, to have all questions answered.

*If you're interested in finding out more about any of the treatments available at Clinic 42, booking an appointment, or a free nurse consultation, visit our website **clinic42.co.nz** or contact our reception team at 09 638 4242 or **reception@clinic42.co.nz***

Have you heard about *Cool Body Fat-Freezing?*

Questions answered by *Yvonne Marvin*, practitioner for *Cool Body* clinic.



What is fat freezing? It's the cutting edge cryolipolysis technology used in Cool Body clinic. Effectively freezes fat cells without damaging surrounding tissue. After treatment the frozen fat cells gradually breakdown and are eliminated over a 12 week period. Results maybe visible as soon as 3/4 weeks.

Is it safe? Our equipment is a clinically proven way to reduce localized pockets of fat. It has been tested worldwide. We are the first clinic in NZ to have these machine. We have two machines so we can do four areas at once. We now have been treating areas on clients for at least 5 yrs with fantastic results.

Which areas can you treat and how many can I have done at once? Anywhere from chin to ankles, apart from the breast area. You can have a maximum of four areas treated at once. However, please note that there is a limit of four treatments per month.

"If you can grab it, it's fat!"

How long is a session? The machine is applied for approximately 70 minutes within this session, which lasts a total of 90 minutes from the time you walk in the door till you walk out.

Does it hurt? When you first put the machine on the areas your treating you may feel the suction then it disappears because the area is frozen. The targeted area will feel numb. Most clients have a sleep!

How long until I can return to work and exercise? Yes, you can go back to work immediately after the procedure. No, it doesn't hurt; you might feel slightly uncomfortable. Yes, you can exercise after, including walking, cycling, swimming, and weights, after 24 hours. Begin gently and gradually resume normal activity.



During the 6-week period, we focus on spot reduction, not overall weight loss. It's shown above how the program targets visceral fat around vital organs, promoting a healthier lifestyle through physical activity. To book a consultation, call me for free on 021 923 430. If this procedure is for you, I guarantee results.

Find out more

We guarantee full-body contouring using **Cool Body Fat Freezing Technology.**

To book, call 09 360 0055 or call Yvonne on 021 923 430 for a **FREE CONSULTATION**

Contact us

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COOLBODYNZ@GMAIL.COM

28 COLLEGE HILL, FREEMANS BAY

Detox

WORDS — DR SARAH MITCHELL WESTON

Detoxes or cleanses are popular approaches that promise to eliminate toxins from the body.

Truth be told, your liver, kidneys, and digestive system do an excellent job detoxifying your system all by themselves – in fact, this is literally one of the liver's main responsibilities, and for the most part, it performs this function tirelessly. However, only when these organs are healthy can they be effective; a lifestyle of high stress, overconsumption of alcohol or unhealthy foods, and poor sleep may compromise their ability to detox efficiently. If in doubt, there are several lifestyle and diet modifications – and maybe a few dietary supplements – that can help boost your body's detoxification processes. And what better time to start than the new year! Here are some helpful tips...

The first step.

It's essential to reduce or eliminate known toxins that you're regularly exposed to like alcohol, smoking, pollution, and ultra-processed foods.

Hydrate!

Drink plenty of filtered water – generally speaking, about two litres for women, three for men. Plus, consume hydrating meals and foods such as smoothies, soups, fruits, veggies, and herbal teas.

Prioritise deep sleep.

Sleep helps detox your brain, aka clearance of neural waste products via the glymphatic system. Restorative sleep also optimises detoxification processes in the rest of the body.

Eat your fibre!

Ensure all meals contain fibre in the form of fruits, veggies, wholegrains, or pulses. Fibre helps keep the contents of the

digestive system moving, preventing toxin buildup. Plus, fibre acts as a prebiotic, fuelling our good gut bacteria.

Supplements.

Some research shows a supportive role for certain supplements in the body's detoxification processes. These include milk thistle (silymarin), turmeric (curcumin), broccoli sprout, and artichoke leaf, which variously possess anti-inflammatory, antioxidant, and liver protecting properties. Omega-3 is also a potent anti-inflammatory which can be sourced from either diet or supplements. Additionally, the amino acid glycine supports detoxification pathways, and is a major component of collagen peptides.

Ultimately, the most effective detox is a long-term investment in healthy food, exercise, and sleep. If in doubt, or you feel you need personalised advice, talk to an expert! Look out for qualified and professionally registered dietitians or nutritionists such as belle époque nutrition to help guide you through a safe and effective long term detox strategy.

Belle Epoque Nutrition
benutrition.co.nz



Health on Tap



Keep on top of your resolutions by making “*healthier*” more convenient for you.

resolutionretreats.co.nz

Did you start the new year like many of us do with the greatest intentions to create new health resolutions that would last the year this time? January has come and gone, and before we know it, we can feel like we’re suddenly relishing the last weeks of daylight savings and welcoming in the second quarter of the year with a blink of an eye.

Like many things in life, focusing on small yet achievable steps to help form new habits can be the significant difference between our health resolutions resulting in real changes rather than familiar feelings of guilt or disappointment when we set goals which feel too out of reach.

Who better to ask than Joeline Ranby, founder and wellness manager at Resolution Retreats - New Zealand’s best wellness retreat - for her tips on ways we can make our health resolutions stick. We were delighted to discover the secret is in convenience.

“A great place to start is focusing on making healthier more convenient for you and making unhealthier less convenient,” she says. “Some of these may seem simple, but you will be surprised how many of us have an empty drink bottle at our desk, in our car or in our handbag!”

“By focusing on making healthier habits more convenient, you'll find that healthier choices slip into your day more effortlessly.”



Here are some of my habit tricks for navigating the Convenience Conundrum:

Effortless meal mastery. Invest as little as 30 minutes weekly to prep meals or meal elements. Having nutritious options at your fingertips makes healthy choices easier and a no-brainer. Even doing a bit of chopping and organising as you unpack the groceries is a great first step. Meal mastery helps to reduce food-waste and save you money too.

Snack smart. Keep a curated stash of favourite fruits, nuts, boiled eggs, and yogurt within reach, making it easy to opt for these over less healthy snacks. For most of us, it's not that we don't enjoy healthier snacks, they just tend to be less convenient unless they're prepped and ready to go. Focusing on protein will also ensure you feel fuller for longer and reduce those afternoon sugar crashes/cravings.

Digital detox, a wellbeing escape. Trade screen time for activities you love, enhancing your happiness, wellbeing, and relaxation. Whether it's personal time, creativity, or indulging in a hobby, prioritise activities that contribute positively to your health and happiness. Not investing in our happiness can leave us frustrated and resentful and looking for a pick-me-up in unhealthy but more convenient quick fixes.

Mindful eating, your daily pause. Transform mealtime into a personal care ritual. Chew and savour each bite, preventing overeating and promoting better digestion. Extending your meals beyond 20 minutes enhances satisfaction and allows your body to extract more nutrients from your food. Try to avoid distractions like electronics at mealtimes as well.

Hydration habit, your stylish statement. Carry a chic reusable water bottle – it not only reflects your taste but ensures hydration is always at your fingertips. The easier the bottle is for you to take a swig, the better – try a bottle with a quick-sip option. And most importantly, make sure it's topped up; you can't drink out of an empty water bottle!

Catch the first sleep train. Prepare your body and sleep environment in advance, don't wait until you're tired. Start getting ready for bed at least one hour before your intended sleep time. This can include limiting your use of electronics, showering earlier, brushing your teeth, etc, so that when you start to feel sleepy, you can head straight to bed. Many of us wait until we are feeling too tired before starting the getting-ready-for-bed ritual, after which we may have missed the sleep train altogether.

Out of sight, out of mind. Put away items that distract you or pull you into unhealthy habits. For example, having a jar of cookies on your benchtop will be a constant reminder that the cookies are there for the taking. Putting them away doesn't necessarily mean you won't have the cookies, but without the constant visual reminder, you're less likely to indulge as often.

Meal planning. One of the most effective ways to improve your nutrition is by thinking about meals and snacks in advance and what is required to make those happen. Meal delivery options such as My Food Bag's Fresh Start subscription not only assist in taking the guesswork out of what you're having for dinner but also offer lunch and snack options, TOO. Their clever nutritionists do a lot of the work for you in picking balanced and delicious recipes and sending them your way (they have even featured some of our retreat recipes!). If you've got a particularly busy few weeks coming up, take a look at their express options for meals ready in less than 15 minutes.

“By focusing on making healthier habits more convenient, you'll find that healthier choices slip into your day more effortlessly. These new habits begin to stack up, replacing those unhealthy habits that once felt more convenient.”



Retreats of Luxury

A quest for wellness

WORDS —
MILLY NOLAN



PHOTO: AMANOI, NINH THUAN, VIETNAM

Embark on a global wellness odyssey with Verve's curated selection of the world's most luxurious retreats.

From the deserted Arizonian Hinterland to the majestic foothills of the Himalayas, bid *adieu* to stress and open your heart to spiritual growth and optimal wellbeing. These harmonious havens offer holistic rejuvenation that seamlessly blend

state-of-the-art treatments with awe-inspiring natural beauty and ancient traditions. Abandon the chaos of the world, surrender to a touch of indulgence, and treat your mind and body to the respite they truly deserve in these paradisiacal escapes.



COMO Parrot Cay, Providenciales, Turks And Caicos
 With 1,000 unspoiled acres on a private island, four miles of white sand, and sunlit residences, the award-winning COMO Parrot Cay stands as one of the Caribbean's finest. Renowned for the COMO Shambhala wellness programme, indulge in enzyme-rich cuisine, yoga, pilates, and holistic therapies including reflexology and Ayurveda. Enjoy adventurous activities like fishing, diving, and windsurfing or relax by the infinity pool overlooking the ocean. This holistic haven promotes mental quietude, physical wellbeing, and spiritual balance through Asian-inspired treatments.



Vivamayr Altaussee, Austria
 Sitting in an idyllic location directly on the shores of Lake Altaussee, Vivamayr Altaussee is one of the world's leading detox retreats blending five-star comforts with a state-of-the-art medical centre and breathtaking mountain views. Guests undergo a medical check-up and receive a personalised regimen based on

modern Mayr Medicine principles, focusing on activating the body's self-healing powers for a sustainable lifestyle change. Mornings begin with a gut-cleansing tonic, followed by fitness classes, yoga, and lakeside strolls. Treatments encompass colon cleansing and holistic therapies for overall wellbeing.



Ananda in the Himalayas, India

Perched in the spiritually enriched Himalayan foothills on a 100-acre Maharaja's Palace Estate, the globally-acclaimed Ananda stands as one of the world's premier health retreats. Anchored in ancient Indian traditions, Ananda offers a well-balanced programme providing a holistic journey for healing, cleansing, relaxation, and revitalisation. Each day begins with sunrise yoga, leading to holistic treatments, meditation classes, cookery lessons, Vedanta talks, and scenic hikes. Programmes span Ayurvedic rejuvenation, stress management, yogic detox, weight management, and Dhyana meditation.

Kamalaya, Koh Samui, Thailand

Once dedicated to Buddhist meditation, Kamalaya is now a leading Thai wellness sanctuary, specialising in transformative healthy holidays. Recognised for its award-winning wellness programmes addressing detox, stress, burnout, healthy living, and yoga, the sanctuary is guided by an international team of naturopaths tailoring personalised experiences. The cuisine, epitomised by the 'Detox' plan, presents delicious organic meals devoid of dairy, meat, fish, poultry, egg, and wheat. Immerse yourself in lap pools, saunas, foot massage stations, and Ayurvedic treatment rooms, all overlooking the serene ocean.





SHA Wellness Clinic, Alicante, Spain

A sought-after destination for the European jet set, SHA Wellness Clinic is perched on a mountainside overlooking the Mediterranean Sea. Merging western medical expertise with eastern alternative therapies, the clinic offers a diverse array of treatments, from Chinese medicine to stem cell therapy, featuring specialised units in anti-ageing, energy health, and regenerative medicine. The wellness

area indulges guests with facials, massages, body treatments, and water therapies, including a rooftop pool and a hydrotherapy circuit. At SHAMADI eatery, three seasonal diets take centre stage, emphasising cereals, legumes, vegetables, and fish while excluding meat, eggs, dairy, and artificial sweeteners.

COMO Shambhala Estate, Ubud, Bali

Nestled deep in the dense forestry of Bali's Ubud region, COMO Shambhala awaits luxury travellers seeking health and healing. This five-star wellness retreat blends ancient therapies with modern offerings, including Ayurvedic treatments, personalised fitness programmes, and mindfulness sessions. The opulent COMO Suite, complete with a personal assistant includes daily activities and wellness consultations - providing a lavish haven for those embracing a lasting lifestyle change. The dedicated wellness team guides guests in unplugging, connecting with nature, and exploring Balinese culture, ensuring a holistic wellness journey in a serene setting.



**Mii Amo Sedona,
Arizona, United States**

Surrounded by rusty red mountains and rock formations, Mii Amo Wellness Resort in the Arizonian hinterland is the ultimate spa destination for inner transformation. Located in one of Sedona's powerful energy vortexes, Mii Amo possesses a unique ability to facilitate profound wellbeing. Celebrated for its holistic approach, this boutique wellness retreat offers highly personalised and unique experiences tailored to guest's needs – whether seeking solace, connection, discovery, healing, indulgence or recharging. From traditional massages, insightful astrology readings, walking meditation through mazes to invigorating yoga and pilates classes and rejuvenating sleep therapy sessions with experts, Mii Amo ensures an enriching and personalised escape for every individual.



**Aro Hā Wellness Retreat,
Glenorchy, New Zealand**

Overlooking Lake Wakatipu, set against the awe-inspiring backdrop of the Southern Alps, Aro Hā Wellness Retreat seamlessly blends luxury and wellness within an environmentally conscious haven, beckoning seekers of rejuvenation and self-discovery. Crafted for solo travellers, couples, or companions, this multi-award-winning health retreat invites guests to embark on an immersive wellness journey, shaping both body and mind. Activities such as sub-alpine hiking, breath work, vinyasa yoga, daily massage, dynamic movement, healing bodywork, infrared sauna and daily mindfulness practice provide the ultimate physical and emotional overhaul, ensuring an overall feeling of wellbeing and clarity.



Song Saa Private Island, Cambodia

Accessible by private boat from Sihanoukville, Song Saa resort on the Koh Rong archipelago offers a carefree tropical paradise. With spa and wellbeing retreats, choose from themes like 'stillness,' 'blessing,' and 'healing.' Spread over pristine isles, the eco-luxe escape features 27 thatch and stone villas, each with private pools and stunning views. Song Saa

boasts conservation credentials, locally sourced food, and a 'spa with no walls', where treatments take place nestled in nature. Customise your wellness journey with tailored activities, including yoga, personal training, stand-up paddleboarding, and meditation sessions, designed to meet your unique needs and desires.

Amanoi, Ninh Thuan, Vietnam

Situated in the expansive Nui Chua National Park in Vietnam, which spans over 29,000-hectares, Amanoi Spa House is an island paradise. With clifftop dining, a lakeside Aman Spa, and a secluded golden sand beach, the resort seamlessly blends outdoor exploration, cultural immersion, and serene relaxation. Designed for those who wish to dedicate their stay to wellness, two exclusive Wellness Villas feature private pools and terraces, complemented by the attentive care of spa therapists for a truly rejuvenating experience. The open-air mountaintop pavilion sets the tone for a tranquil experience amidst lush peaks, where time seems to slow down in blissful seclusion.



That's Over the Top



1. [Camila Coelho](#) Trista Oversized Cardigan
2. [Norma Kamali](#) Oversized Single Breasted Jacket
3. [Paris Georgia](#) 08 Fringe Cardigan | Black
4. [Paris Georgia](#) 08 Motorbike Jacket | Black & Tan
5. [Ganni](#) Cropped Faux Patent-Leather Jacket
6. [Helsa](#) Serena Cable Cardigan
7. [Bottega Veneta](#) Asymmetrical Draped Cotton And Silk-Blend Top
8. [Lamarque](#) Theia Jacket
9. [Toteme](#) Army Oversized Leather Jacket
10. [Rick Owens](#) Cropped Leather Jacket
11. [Róhe](#) Pussy-Bow Silk-Twill Maxi Dress
12. [Norma Kamali](#) Oversized Moto Jacket

Everyday Glamour



1. Boss Green Metallic Midi Skirt
2. Alaïa Pencil Denim Skirt
3. Diotima Web Skirt
4. Paris Georgia 08 Liquid Skirt | Dark Green
5. Rick Owens Gray Long Coda Maxi Skirt
6. Enza Costa Puckered Pencil Skirt
7. Ezr Double Layer Skirt Short
8. Dries Van Noten Blue & Pink Wrap Midi Skirt
9. Max Mara Brown Rimini Faux-Leather Midi Skirt
10. Paris Georgia Remmy Tuck-Detailed Maxi Skirt

10



Trending Fad

Dive into the current fashion landscape in 2024 as six key trends emerge, each symbolising a unique blend of comfort, style, and self-expression.

1. Denim

From skirts to jumpsuits, denim is a blank slate for diverse forms and intricate stitch patterns. Unconventional cuts and unique embellishments are transforming denim into a canvas for artistic expression.

2. Florals

Often associated with the delicate and traditional, florals are undergoing a dramatic transformation, breaking free from the confines of their conventional light-hearted motifs. The latest trend is characterised by bold, oversized prints that command attention, creating a striking visual impact.

3. Shiny

Another one to make a dazzling re-entry are all things shiny – after all, it's not just magpies who like shiny things. Think beyond sequins; this is about high-gloss materials, metallic finishes, and iridescent fabrics.

4. Trainers

In recent years, the fusion of comfort and style has become increasingly significant, culminating in the rise of relaxing trainers and sports shoes as a prominent trend. Once relegated to the realms of exercise and casual comfort, they have transcended their traditional boundaries.



IMAGE: CAMILLA AND MARC AW24

5. The Trench Coat

Long celebrated as a quintessential element of classic style, the trench coat is experiencing an exciting transformation. Designers are enhancing its usual limitations, offering a spectrum from timeless to avant-garde.

6. Female Fringe

This trend surpasses the standard haircut and evolves into a broader fashion phenomenon. The fringe will make a statement on various pieces and accessories, adorning skirts, jackets, and handbags with their playful, edgy essence.

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The Truth Is Out There

WORDS —
JAMIE CHRISTIAN DESPLACES



“A lie can travel halfway around the world while the truth is still putting on its shoes,” so goes the famous Mark Twain quote. Except, ironically, it wasn’t Mark Twain who came up with it.

The quip is thought to have descended from a line by Anglo-Irish satirist Jonathan Swift, born nearly 200 years before Twain. It's a fitting analogy for our relationship with truth, which is more complicated than you might think.

The Invention of Lying

According to *National Geographic*, birds are "among nature's most gifted liars", with the blue jay able to imitate the call of hawks causing rival birds to flee from food sources, while the cowbird sneaks its eggs into other birds' nests to trick them into raising their young.

The eastern grey squirrel will pretend to bury nuts in several places to confuse its fellow rodents before settling on a final hiding spot, and opossums are capable of faking death whenever threatened. The female bolus spider can even emit an odour that's the exact chemical copy of a pheromone released by a female moth so that the arachnid can lure, and devour, male moths.

While such moves might make the creatures appear Machiavellian masters, their actions are what's known as functional deception, meaning they do it without really knowing why. In order to be true liars, intentional deception must be carried out which requires an awareness of other creatures' capabilities to interpret one's actions – known as theory of mind. Some studies have shown potential for apes to possess theory of mind, while dogs signal intentions to play – or fight – with certain poses, implying that they too are aware of how their actions are being interpreted by their fellow canines. However, animal researchers disagree on whether any study truly proves theory of mind, with Greg Bryant, cognitive scientist at UCLA telling *Discover Magazine* that even chimpanzees' theory of mind is "questionable" at best.

There is of course only one beast that excels at lying in its purest form: us.

The Evolution of Lying

Another famous phrase that's often misquoted is "survival of the fittest" from Charles Darwin's *Origin of Species*. What the naturalist actually wrote was that the species that were most likely to survive were not the strongest or most intellectual but those that were the most adaptable to change. Fittingly, lying may be an integral part of this.

A study published in the *Proceedings of the Royal Society B* concludes that though lying might have negative connotations, evolutionarily it was essential for progress. "Tactical deception," write the study authors, "[or] the misrepresentation of the state of the world to another individual, may allow cheaters to exploit conditional cooperation... this most Machiavellian element of human behaviour may be the product of one of our most beneficent characteristics – our tendency to seek mutually cooperative relationships."

Other research has shown that "prosocial" lies – that is, mistruths intended to benefit others – are an efficient way of building trust. Emma E. Levine, a professor of behavioural science at The University of Chicago Booth School of Business, tells *Time* that people's primary interest in receiving information is in benevolence, and that they "care about whether you have good intentions a lot more than whether the person is being honest". Other times when it might be best to bend the truth include when giving constructive criticism or during interactions with people with whom we are not so close. "In more competitive relationships or first interactions, honesty is a lot more precarious," adds Levine, and "can damage relationships and reduce trust".

No matter the reasons,
it's generally accepted
that the general
population fibs 1-2 times
per day on average.

Truth of the Matter

A recent study published in the *Canadian Journal of Behavioural Science* found 11 main motivations for lying, including to avoid feeling judged or shamed; to avoid punishment; to impress; to protect oneself from retaliation; to make others happy; impulsiveness; and simple compulsion. Interestingly, the majority of lying (64%) was done for altruistic reasons; with secretive (60%) and prosocial reasons (43%) also scoring highly. Thankfully, bottom of the list – though still, worryingly, accounting for around 10% – were compulsion and getting a kick out of conning others. Those that scored highly in honesty and humility were obviously less likely to lie, while individuals high in emotionality (increased anxiety and emotional sensitivity) lied to avoid unpleasant or awkward situations and were also more likely to lie for altruistic reasons. Extraverts and the impulsive were more prone to lie for selfish reasons and less likely to keep secrets.

No matter the reasons, it's generally accepted that the general population fibs 1-2 times per day on average. On the flip side, we are also very poor at detecting lies – with success rates not much better than that of chance. Though we teach children not to lie, in her book, *Deciphering Lies*, German philosopher Bettina Stangneth argues that it would be unwise to release children into the world unarmed with the knowledge that they may be lied to. Children generally begin to learn to lie around the age of four – once they've developed that theory of mind – but it takes a good few years before they're any good at it. Research has shown that the most convincing liars are generally young adults aged between 18 and 29, and that after 45 we lose the 'ability' to fib (or perhaps by then, we just can no longer be bothered with the bulls**!).

Beware of Lying Minds

Though emotionally it might sometimes be easier to tell a lie – even if only a white one – cerebrally, it's more complex. “First, we must become aware of the truth; then we have to invent a plausible scenario that is consistent and does not contradict the observable facts,” writes psychologist Theodor Schaarschmidt for *Scientific American*. “At the same time, we must suppress the truth so that we do not spill the beans—that is, we must engage in response inhibition.” Next, we must assess the reactions of the listener, being prepared to make plausible additions or adaptations to our storyline, all before we get to the ethical gymnastics of mentally squaring our misdeed.

Brain-imaging scans have not only proven that lying requires more cognitive resources, but that, just as with any other unpleasant encounter such as loud noises, unpleasant smells, or violent imagery, our grey matter has the ability to adapt and become desensitised to it.

“When lying no longer stirs up negative feelings, we are able to increase the magnitude of our lies,” warn Brett Beasley and Christopher Adkins for the Notre Dame Deloitte Center for Ethical Leadership. “Recognize that your choices do not just shape the outside world. They also shape your inner world – the world of your mind, character, and emotions – in ways we are only just beginning to observe.”

Taste & Drink

Wine columnist and connoisseur DENNIS KNILL gives his views on Brancott's new range of lighter-alcohol wines.

Sales of light and non-alcoholic wines are growing in New Zealand at such a rate that Brancott, one of our largest award-winning wineries, is meeting increased demand with their masterstroke selection of low-alcoholic wines.

For many wine lovers, low- and non-alcoholic wines taste like most other glasses of wine. Table wines are high in sugar and calories and because alcohol has a certain mouthfeel, low- and non-alcoholic wines are overshadowed by this and miss the mark when it comes to depth, flavour, and balance.

With the alcohol content by volume in table wines ranging from 13.5% to 16% and 15.5% to 25% in fortified wines, the challenge for winemakers is how to remove alcohol from fermented juice without impairing the mouthfeel and taste, balance, and quality. In winemaking, the fermentation of grapes not only produces alcohol but also aroma, flavour, texture, and complexity. The process is not easy to master and it's expensive but achievable through the process of distillation, temperature, evaporation, condensation, and blending techniques.

On tasting these two wines, I was pleasantly surprised. Both reflected true individuality of what lighter alcohol wines are all about while setting the benchmark for other wineries to follow. And at \$25, they are well priced and will charm you.



'21 Brancott Estate Flight pinot gris; RRP \$25.

Although 20% lighter in alcohol, this is an easy-drinking wine full of fruity flavours and aromatics and delicately balanced with a clean and crisp freshness on the palate. Serve with fish, a playful selection of seared seafood, chicken risotto, pork, and veal.

'22 Brancott Estate Flight sauvignon blanc; RRP \$25.

While lighter in alcohol and colour, the flavour has not been compromised, with herbaceous citrus and a lively crispness showing dryness and lots of character. Pair with seafood, chicken, turkey, salmon, pork, and summer leafy salads.



Let's Eat Out

DENNIS and ROSAMUND KNILL

Bollywood meets bistro with an authentic approach to traditional Indian cuisine at 1947 eatery.

There's good reason to visit this interesting eatery. Tucked away in Federal Street, the main decorating motifs are a restful brown and black with a collection of artefacts reflecting a majestic India in the days of the British Raj.

Tandoor meats with sealed-in juices and spices combine the best attributes of Indian cooking. From a menu made up of imaginative dishes from Punjab, Delhi, and Bombay, the bill of fare includes snacks, small dishes and mains from the tandoor and pot. We began with street samosa chaat (\$15) topped with yogurt, chutney and crunchy noodles; wannabe drumsticks (\$16) fried chicken with Szechuan sauce; pav bhaaji (\$22) spiced vegetable mash served with toasted butter buns; and dahi kabab (\$18) spiced yogurt patties knighted with a sesame sauce. Moving onto mains, our bade miyan (\$34) tandoor roasted chicken thighs simmered in a tangy yogurt gravy and a fried egg and lamb pepper curry (\$38) tender lamb cooked in tamarind and rich spices were aided with some delicious breads, filling the mouth with fire and warming all the way down.

Dessert, while limited, delivered more than you would expect. Jalebi (\$20) crispy pretzel soaked in a sugar syrup and saffron with sliced pistachios was a hit. Others included Gajat ka Halwa (\$18) carrot pudding served with vanilla bean ice cream, and Gulab Jumum (\$18) fried donuts served with paneer, pistachios saffron and coconut coffee cream.

The wine list showed care with an exceptional selection of local and imported beers.

And the verdict? There is no ambiguity here. 1947 eatery plays a straight bat with classy dishes plated with quality herbs and spices that's proof that good Indian regional food with honest pricing never goes out of style. Other than one small detail, the overall experience was deemed more than satisfying. Improving the poor lighting would make all the difference and a welcome contribution to the restaurant's charm.

Menu: 8; cuisine: 8.5; wine list: 7.5; service: 8.5; décor: 7.5; value for money: 8.5.

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Terraces Tempts Again



Last year *Verve* visited Glendowie's hidden gem fine dining eatery, The Terraces, and loved every mouthful.

So we couldn't get there fast enough when recently invited back to find out what's new and what to expect for the coming season, beginning March.

"Head chef Ranjit Badwal drives every aspect of the creativity from the kitchen," says hospitality manager Lloyd Lewis. "He changes the menu on the first of every season, and, as always, I anticipate the venison to be among the most popular dishes, while our signature curry platters are always well received."

Further imaginative highlights awaiting as light meals and smaller plates include wild pork and pistachio terrine; fresh fish crudo, barley and grilled broccolini salad; and black pudding hash. Mains include Hawke's Bay hind lamb shank; beef short rib bourguignon; pizzas; and longline-caught market fish. Caramel fondant, parfait popsicles, and a classic Eton mess are among the temptations for dessert.

"March and April will see us doing a caviar special, served with blinis and crème fraîche," adds Lloyd. "The caviar is French farmed – just the thing to spoil yourself along with a glass of champagne!

Without losing sight of who we are, the idea of having such a decadent dish on the menu as a special is just something a little 'out there' for anyone who might like to push the boat out for no other reason than just that – pure decadence!"

All meals are crafted using the freshest of produce – locally sourced whenever possible – and enjoyed at the St Andrew's Village site with floor-to-ceiling windows providing jaw-dropping views of Waitematā Harbour and Half Moon Bay.

"Despite our location, we are now getting bookings from all over Auckland," beams Lloyd. "As always, we strive to provide high-quality service and are excited about the updates for our new wine and cocktail lists."

But there's more to The Terraces than its creative menu and drinks list, entertainment options abound by way of live performances and various private function options.

"Our first three-course dinner with live jazz, featuring renowned Kiwi acoustic guitarist Mark Mazengarb, violinist Jess

Hinden, and New York jazz singer Katie Martucci, sold out fast," says Lloyd.

"Following on from this huge success, I am looking to do another similar jazz dinner event, possibly in June. We will be posting updated information closer to the time on our new-look website."

The website will also feature a request for private events which will go straight through to the event manager.

"We offer fully exclusive hiring of the venue, or alternatively, smaller private semi exclusive dining options," Lloyd says. "Whether for a significant birthday milestone or perhaps to celebrate the renewal of wedding vows, get in touch – we can't wait to hear from you!"

The Terraces is located within St Andrew's Village at 207 Riddell Road, Glendowie.

Find out more at
theterracesrestaurant.co.nz.



Easter Gathering

Introducing the flavours of nature, the essence of nourishment, and the artistry of nutrition. The collection of recipes on the pages ahead embody the spirit of an Easter gathering infused with wellness.

As Aro Ha commemorates a decade of holistic living and retreats, we're thrilled to unveil their culinary masterpiece, *Plant to Plate*. Beyond a mere cookbook, it's a celebration of food as the cornerstone of vitality, community, and transformation. Each recipe is crafted to guide you from mere sustenance to a profound connection with your body and the world around you. Join us in savouring this exquisite journey from soil and plant to the table.

Plant to Plate by Aro Ha Wellness Retreat - where every bite is an invitation to embrace wellness.

Enjoy.





Zucchini Loaf with Apple Butter

(1 tin + 1 Cup Apple Butter)

A recipe that requires a little more time, this is a great one to indulge in on the weekend or to prepare on Sunday for the week ahead. The zucchini adds a soft texture to the loaf and meets the tangy apple butter perfectly.

Wet

1 ½ Tbsp flaxseed, ground
150ml water
135 ml maple syrup
750g zucchini, grated
1 ½ tsp vanilla extract
6 tsp lemon juice
1 lemon, zest
120ml coconut oil, melted

Dry

2 cups almond flour
1 ½ cups brown rice flour
1 cup tapioca flour
4 Tbsp psyllium husk
1 ½ tsp baking powder
1 tsp nutmeg
1 ½ tsp salt
1 tsp cardamom
1 ½ tsp cinnamon
Pinch of cloves
1 cup walnuts, chopped

To Serve

Apple butter
Fresh or stewed fruit
Edible flowers or sprig of mint

Directions

Preheat the oven to 160°C. Grease and line a loaf tin.

In a large bowl, combine all the dry ingredients.

In a separate bowl, combine all the wet ingredients except the coconut oil. Fold this wet mixture into the dry ingredients, adding in the melted coconut oil here, and then gently mixing everything until it comes together. Pouring the oil afterwards ensures that it won't harden if any of the other ingredients are cold.

Pour the mixture into the lined tin. Bake for an hour and 30 minutes, or until firm.



Recipe extracted from *Plant To Plate* by Aro Ha Wellness Retreat, \$149.99.

Apple Butter

(1 cup)

Taking applesauce to a whole new level, this is a creamy and decadent spread to pair with your zucchini bread. It is a great way to use abundant apples - we recommend making a big batch and freezing it in portions, pears also work well here. Start the recipe the night before by soaking your cashews.

Ingredients

½ cup cashews, soaked overnight
2 large apple, peeled, cored, and cubed
2 tsp maca powder
2 cinnamon stick
2 Tbsp lemon juice
¼ cup water
Generous pinch of ground cinnamon
½ tsp vanilla extract
2 tsp salt
1 Tbsp coconut oil, melted

Directions

Rinse and drain the soaked cashews.

In a medium saucepan, place the apples along with maca powder, cinnamon stick, lemon juice and water. Cover and cook for approximately 15 minutes. Remove from heat, remove cinnamon stick and allow to cool.

Once cooled, blend the apples with cashews, ground cinnamon, vanilla, salt and coconut oil in a high-speed blender until smooth, it will be a thick consistency. Keep refrigerated up to a week or freeze.



Mediterranean Buckwheat Tabbouleh

(serves 4 sides)

This is a classic and simple summer salad to add to your repertoire. It's best to cut up all the ingredients into similar sized pieces. We replaced the traditional bulgur with buckwheat to make this gluten free, as well as to add nutrients and protein. We like to serve our tabbouleh at room temperature – the flavours are more pronounced when they are not chilled. Make sure to only dress the salad moments before serving for ultimate freshness.

Salad

25 firm cherry tomatoes, quartered
1 cucumber, halved lengthways and seeds removed, finely chopped
½ cup pitted olives, drained and quartered
¼ cup loosely packed flat-leaf parsley, finely chopped
¼ cup loosely packed mint, finely chopped
1 spring onion, finely sliced
1 cup toasted buckwheat, optional

Dressing

½ cup extra virgin olive oil
3 Tbsp lemon juice
1 Tbsp garlic clove, minced
Zest of one lemon
Pinch of salt
Pinch of black pepper

Directions

Toast buckwheat on a dry skillet for 5 minutes until golden brown, remove from heat and allow to cool.

Dice the tomatoes and cucumber into similar sized ½ cm pieces. Chop herbs, olives and spring onion.

Gently combine the tomatoes and cucumber with the remaining salad ingredients in a serving bowl.

Combine all the dressing ingredients in a small jug with a whisk or place the ingredients in a small jar with a lid and shake vigorously.

Pour the dressing over the salad and enjoy immediately.



Recipe extracted
from *Plant To Plate*
by Aro Ha Wellness
Retreat, \$149.99.



Red Rice Salad

(serves 4 sides)

A beautifully wholesome dish with a colourful twist – we use red rice for extra vibrancy. This salad is filling yet refreshing and could easily become a satisfying main by adding some extra leafy greens. Serve warm or cooled. In the summertime we like to use fresh fruit rather than dried, especially when the Otago apricots are in season or when we have wineberries from our garden.

Salad

1 Tbsp avocado oil
1 cup red rice, dry
500ml water or stock
1 cup roasted whole almonds
2 Tbsp chopped dried fruit -
raisins, apricots or sultanas
½ cup fresh herbs - mint, coriander
and/or parsley
2 Tbsp red onion, finely diced
¼ cup black beans
½ cucumber, deseeded and cut into
half moons

Dressing

½ regular garlic
1 ½ tsp ground cumin
1 tsp dried oregano
¼ cup red wine vinegar
1 Tbsp maple syrup or honey
1 Tbsp fresh lime juice
½ cup extra-virgin olive oil
½ tsp salt
Generous pinch of ground cloves

To Serve

Toasted pumpkin seeds
Lime wedge
Edible flower
Micro-coriander



Recipe extracted
from *Plant To Plate*
by Aro Ha Wellness
Retreat, \$149.99.





Plant-Based Shepherd's Pie

(serves 4)

Comfort food at its best — a hearty and warming dish full of protein. We've replaced the traditional mince element of the pie with mushrooms and lentils, they create a rich and nutty flavour. Horseradish is our secret ingredient to extra savouriness — often this contains milk products so be careful to read the label carefully for a dairy-free option. We top the pie with mashed potato, made wonderfully decadent with the addition of truffle oil.

Bottom

1 Tbsp High-heat oil
(macadamia or avocado)
1 Tbsp fresh sage leaves (1 tsp dried)
1 medium red onion, julienned
1 Tbsp garlic, minced
½ Tbsp horseradish, crushed
1 medium carrot, finely diced
1 celery stalk, finely diced
1 Tbsp red wine vinegar or cab sauvignon
vinegar
500g tin chopped tomatoes
¼ Tbsp chipotle, in sauce
(can omit if avoiding spice)
½ cup peas, broadbeans or edamame
(fresh or frozen)
1 cup walnuts, minced in food processor
or finely chopped
1 ½ cup mushroom, minced (shiitake,
button, etc)
Dash of liquid smoke (optional)
Dash of maple syrup (optional)

Top

2 potatoes, boiled and mashed
1 Tbsp nutritional yeast
Pinch of salt and pepper
1 Tbsp coconut oil
Splash of nut milk
Dollop of truffle oil

Directions

Begin by heating a medium sauce pan, once warm add oil and quickly fry the sage. Add onions and season with a pinch of salt and pepper, pan fry until soft about 5-10 minutes. Add garlic and horseradish, fry for 2 minutes. Add carrots, celery and cook for an additional 5 minutes until soft.

Deglaze pot with vinegar. Add tomatoes and chipotle, cook down for about 15 minutes. Add peas.

In a food processor mince walnuts and mushrooms. Add to pot with remaining ingredients if using, remove from heat. Allow to cool.

Separately, bring a big pot to a boil, add potatoes. Boil until potatoes are fork-tender, approximately 10 minutes. Strain once ready. Use a potato ricer or a hand masher to mash potatoes. Add remaining top ingredients.

In individual cast-iron skillets or in a small baking dish, begin by ladling in your bottom ingredients. Then either pip your potatoes or dollop them on top.

Can be prepared ahead of time, when ready to enjoy pre-heat oven to 180°C.

Bake until top is golden brown, about 30 minutes. Spray some olive oil, add a pinch of pepper and some microgreens. Pair with a salad and complete the meal.

To serve

Micro-greens
Edible flowers
Pinch of white, red or black pepper
Side Salad



Recipe extracted
from *Plant To Plate*
by Aro Ha Wellness
Retreat, \$149.99.



Louise Slice

(makes 24 pieces)

This slice is a wonder-treat at Aro Ha - everyone loves it! It plays deliciously with different textures and flavours and utilises the berries from our garden. Any berry will do here, but we like them sour to balance out the sweetness of the slice - raspberries and blackcurrants work best. We've even tried with plums, which was equally delicious. Alternatively, enjoy as a snack in the afternoon with a cup of tea.

Ingredients

Jam

3 cups berries
½ cup chia seeds, whole
2 Tbsp water
1 Tbsp lemon juice
½ tsp ground cardamom
Pinch of freshly ground black pepper

Base

¾ cup buckwheat
⅓ cup skin-on almonds, walnuts or pecans
⅓ cup coconut flour
10 Medjool dates, pitted and soaked in hot water
¼ cup coconut oil, melted

Crumble

1 cup blanched almonds
½ cup shredded coconut
¼ cup coconut sugar
¼ cup coconut oil (solid)
1 tsp cinnamon

Directions

Preheat the oven to 160°C. Line a rectangular tin with baking paper.

Start with your jam layer, place all jam ingredients in a small pot and cook over low heat for 7 minutes for fresh berries, 10-15 minutes for frozen berries, or until berries are gently bubbling and warmed through. Mash the mixture to help break up the berries. Remove from the heat. Set aside to firm up for 30 minutes, or until a jelly-like consistency is achieved.

To make the base, place buckwheat, nuts and coconut flour in a food processor and blitz to form a flour. Remove and set aside.

In the food processor, blend the dates until smooth - you can soak them in a little hot water for a few minutes before blending for a smoother paste. Return the flour to the processor and pulse to combine everything. Slowly drizzle in the melted coconut oil while the processor is still running until mixed. Press this into the base of the lined tin and set aside.

Meanwhile, make the crumble by combining the almonds and coconut in a clean food processor and blitz until crumbs are formed. Add in the remaining ingredients and pulse again until everything is well combined.

Spread the cooled jam evenly over the base layer in the slice tray. Sprinkle the crumble over this layer and press it down a little into the jam layer. Bake for 25 minutes at 160°C or until gently browned and the sides are bubbling. Remove and let cool.

Place in the fridge and allow to chill overnight before slicing and serving.



Recipe extracted
from *Plant To Plate*
by Aro Ha Wellness
Retreat, \$149.99.



No-Bake Hazelnut Truffles

(makes 8 balls)

This decadent combination of roasted hazelnuts and rich chocolate is a treat for any occasion; a delicious snack, after-dinner delight, or even perfect for a birthday celebration. Hazelnuts add a complex flavour profile, but also benefit us with many minerals, vitamins, antioxidants, and healthy fats. Reminiscent of an Italian chocolate treat, this is a healthier alternative to add to the repertoire.

Ingredients

160g hazelnuts
50g almond meal
1 ½ Tbsp maple syrup
1 ½ Tbsp coconut oil
2 Tbsp raw cacao powder
2 Tbsp coconut cream
2 tsp vanilla essence
Pinch of salt

To Serve

Raw chocolate for coating

Directions

Preheat the oven to 180°C.

Roast the hazelnuts in a baking tray for approximately 10-15 minutes, until golden. Take out of the oven and de-skin by rolling in a clean tea towel.

Keep a handful of the hazelnuts aside for later. Place the remaining nuts in a food processor along with the almond meal, maple syrup, coconut oil, cacao powder, coconut cream, salt and vanilla essence. Blend until it creates a sticky but textured paste.

Roughly chop the hazelnuts that were set aside – these can be larger pieces. Divide the paste into 30-35g sections, you should have about 8 pieces and then form them into balls add a pinch of the chopped nuts. We suggest slightly flattening each piece of mixture in your hand before placing some nut chunks onto it and forming a ball around them – the nuts will add a layer of crunch throughout the truffle.

Place the rolled balls on a tray and place in the fridge to cool while preparing the chocolate.

Allow the chocolate to cool to about 26 - 28°C before coating the truffles. We use a fork to hold the truffle in place while dunking it in the chocolate. Sprinkle with a little bit of remaining hazelnut dust to garnish and then place back in the fridge to harden before enjoying.

Store refrigerated in an airtight container for up to a week, if they last until then.



Recipe extracted
from *Plant To Plate*
by Aro Ha Wellness
Retreat, \$149.99.



Aro Ha Raw Chocolate

(150ml)

Our incredibly simple Aro Ha chocolate encompasses all the goodness of raw cacao – a true superfood – with none of the additives and sugar that get added to most. Raw cacao comes from the cacao plant – *Theobroma cacao*. This Latin name means ‘food of the Gods’ and the indigenous South Americans knew instinctively that cacao nourished them on many levels. Modern research has identified that cacao is packed with iron, magnesium, calcium and is rich in flavanols and polyphenols which reduce inflammation, it improves blood flow, regulates hormones and improves our moods. Here’s how to make your own delicious food of the gods at home.

Ingredients

85g raw cacao butter
55g raw cacao powder, sifted
20g coconut nectar, maple syrup
or other liquid sweetener of your
choice

Directions

Heat the cacao butter in a double boiler until melted. Remove from heat and add in cacao powder and coconut nectar. Whisk well until smooth and glossy.

To make chocolate bark, line a small tray with baking paper and pour the liquid chocolate onto the paper in a puddle. Sprinkle with toppings of your choice and place the tray in the freezer to set for 30-60 minutes (we find the freezer does a better job than the fridge and sets the chocolate much faster).

Alternatively, you can make individual chocolates by pouring the melted mix into silicone moulds and set in the freezer. If using the chocolate to dip, wait until it has cooled down between 26°C and 28°C.

Evolve

You can sprinkle toasted chopped nuts, hemp hearts, bee pollen, pinch of salt or dried fruits on top of the chocolate before setting in the freezer. Or you could add a drop of food-grade essential oil such as orange or peppermint while you whisk in the cacao powder and coconut nectar.

What's On in March

WORDS —
BELLA SAMPSON



AUCKLAND ARTS FESTIVAL
IMAGE: ANGELIQUE KIDJO
PHOTOGRAPHY: SOFIA AND MAURO

**AUCKLAND
ARTS FESTIVAL**

7-24 March

Aotea Centre

Auckland Arts Festival aims to uplift, unify, and inspire through a world-class collection of performances and events. Held across Tāmaki Makaurau, this celebration of art and culture delivers over 200 unforgettable experiences over the 18-day calendar.

aaf.co.nz

**BOOT SCOOTIN'
BOOGIE**

8 March

Aotea Square

Comedy dance duo, Tom Sainsbury and Lara Fischel-Chisholm – or, Buck Diamond and Holly Day – present this hilarious, one-night-only interactive show. Raid your closet for your best cowboy get-up and join the square dancing stars for this camp country comedy!

aaf.co.nz/event/boot-scootin-boogie

PINK

8-9 March

Eden Park

Pink continues to prove herself an incredible vocalist and an artist who truly gets the meaning of 'putting on a show'. She brings two decades of hit songs from her nine studio albums, charisma, and talent for aerial acrobatics to the stage, distinctly putting her in a league of her own.

ticketmaster.co.nz

**YOGA AND ART
IMMERSION**

every Sunday

Auckland
Art Gallery

Yoga and art, are an unexpected but fitting pair. Both encourage introspection, inquiry and expression of what it means to be human. In this aesthetically inspiring setting, you're encouraged to build your strength and flexibility, improve balance, and take a moment for yourself.

aucklandartgallery.com

**FASHION
FANTASY BALL**

16 March

Auckland
Art Gallery

Why settle for seeing the awe-inspiring Guo Pei exhibition, when you can live it? Celebrate the fantastical world of the couturier, with a fabulous evening of art, fashion, dance, music and culinary delights. With performances from the Royal New Zealand Ballet, and electric violinist Hannah Fang. Tickets include after-hours exhibition entry, a welcome drink, and curated canapes.

aucklandartgallery.com

TIM MINCHIN

20-22 March

Auckland Town
Hall

The musician, actor, writer and comedian returns with a unique offering: an intimate evening where Minchin shares insight into his approach to crafting songs. An unfunny* evening with Tim Minchin is set to be his most revealing show yet.

*Minchin and his team can't guarantee he won't amuse.

ticketmaster.co.nz

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SESSIONS**

Sundays

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saintalice.co.nz

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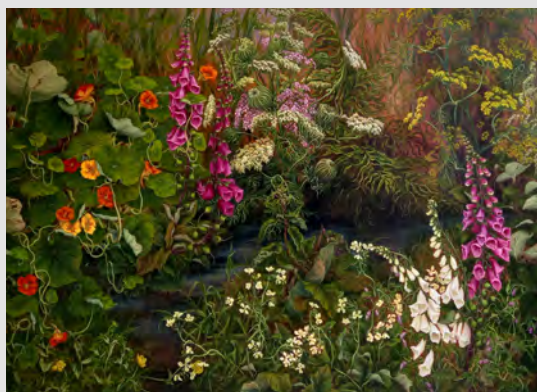


The month of March brings a kaleidoscope of floral colour to ArtSelect Gallery.

This group exhibition displays a variety of painting styles by artists from around the country and opens on Tuesday 19 March from 6pm - 8pm with RSVP's to Ngaire at info@artselect.gallery.

Artists showing include Jane de France, Julie Kwen, Karen Hitchman, Rhonda Crawford and this show has to be seen in person to appreciate the wonderful talent of these amazing artists.

Contact me, Ngaire, on 021 415 449 or email info@artselect.gallery to register your interest early or to arrange a preview of any available works of art.



ARTSELECT
GALLERY A

19A Osborne Street, Newmarket, Auckland 1023 +64 21 415 449 Tue - Fri 10:30 - 4:00 Sat - Sun 10:30 - 3:00

Email: info@artselect.gallery

Web: www.artselect.gallery

Social: [artselectgallery](https://www.facebook.com/artselectgallery)



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All Summerset homes are sold under a licence to occupy and are subject to availability. Image is artist impression as of January 2023.

*Exclusions apply. For full terms and conditions visit: summerset.co.nz/st-johns-moving-services-tcs

Lucy's Corner

This month Verve's star teen reviewer LUCY KENNEDY finds perfection.

Perfect Days

Rated M

Directed by Wim Wenders

Hirayama is a toilet cleaner. He weaves throughout bustling Tokyo, quiet and content with his life. Each day he follows a strict routine, awakening at the same time, cleaning the same public bathrooms, and eating lunch in the same park. Hirayama is fuelled by his love for music, nature, and literature. He has a huge cassette collection, takes photographs of trees, and reads late into the night. Through a series of random encounters with a wide range of people, we learn more about Hirayama as a person, and his past.

The humble, bittersweet allure of *Perfect Days* invites the viewer into the thoughtful, introspective life of a man who finds and truly appreciates the charm and beauty in the ordinary.



IMAGE: *PERFECT DAYS*

Subtitled in English, visually stunning and with a fantastic soundtrack, Wim Wender's *Perfect Days* is a reflective film about the beauty of life, human interaction, and the importance of art and literature. It's about seeking meaning in the delightful minutiae of life. I recommend this film to the introverts, the readers, the lovers of music, those who find themselves in need of some solace.

In cinemas now - 5/5 stars

Instagram: @lucykennedyreviews

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- > Photography > Making a Braided Rag Rug > Contemporary Calligraphy > Making an Artist's Book
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The Art of March



ARTWORK: JOHN RENOLDS – *THE MOON AND THE FLOWERS #3* – COURTESY OF STARKWHITE

CURATED BY—
AIMÉE RALFINI

Savour these halcyon days of March
as they linger with tungsten warmth,
like a buttery chard upon the tongue.

Soon its hues will curdle to rust, and nip your palate as you search for its softness,
and the autumn winds will bristle with the rustle of the leaving season.

MASTERWORKS GALLERY <i>A Sequence Or The Breaking Of</i> Aaron Scythe On until – 9 March	<i>A Sequence Or The Breaking Of</i> reflects a shift from Scythe's previous explorations to make way for a reconsidered approach to his practice. In this new body of work, he explores ways to break from past sequences of making, and at the same time, how the process of breaking sequences can lead to creating new sequences. Scythes' ceramics offer a refreshing cultural fusion of East, West and Māori influence. <i>71 Upper Queen Street, Newton.</i> masterworksgallery.co.nz	STARKWHITE QUEENSTOWN <i>The Moon and the Flowers</i> John Reynolds On until – 16 March	Reflecting on a haiku by Japanese master Issa, this new exhibition by Reynolds moonlights on themes of passing time, lunar cycles, and the pungency and maddening beauty of our fleeting world. Known for paintings rich with literary, art historical, and architectural references, Reynolds's practice frequently interweaves everyday and epic references. Over three decades John Reynolds has established a practice investigating mark making and some of the greatest enquiries of our time. He employs aspects of drawing and alternative types of representation for poetic effect. <i>1-7 Earl Street, Queenstown</i> starkwhite.co.nz
Editor's choice: ARTSELECT GALLERY	<i>Looking Forward, Looking Back</i> Barbara Ruhdorfer Solo Exhibition Until 16 March Elegant Floral Group Exhibition Opening 19 March 6-8pm – 27 April <i>19A Osborne Street, Newmarket</i> artselect.gallery	SANDERSON CONTEMPORARY <i>Damien Kurth</i> Damien Kurth 20 March – 14 April	Kurth examines ideas and subjects through meticulously rendered 'trompe l'oeil' paintings of everyday objects from his studio. This latest exhibition does not disappoint. Through jars, bottles and paint pots, Kurth interrogates Deleuze's interpretation of the 'eternal return' – the idea that while everything returns eventually, what returns will always be different. <i>Osborne Lane / 2 Kent Street, Newmarket.</i> sanderson.co.nz
FÖENANDER GALLERIES <i>Perennial Presence</i> Andrea Bolima On until – 28 March	Andrea Bolima's paintings sit in an ambiguous zone between abstraction and representation, her works are led by sensation, inspired from memory and the natural world. Bolima paints ambiguous organic forms, of unspecific places and moments that are simultaneously personal, private and universal. Informed by colour field painters such as Helen Frankenthaler, as well as landscape expressionism such as Toss Woollaston, Bolimas' sensitive, spontaneous and colourful works give space for the viewer to include their own personal associations. <i>455 Mount Eden Road, Mount Eden.</i> foenandergalleries.co.nz	MELANIE ROGER GALLERY <i>Recent Paintings</i> Henrietta Harris On until – 28 March	This new series by Henrietta Harris delves deeper into the timeless themes of portraiture and landscape/humanity and nature, as we grapple with the ever-growing spectre of unpredictable weather and climate change. These new works capture the profound emotions that arise in the face of these changes, a mixture of awe, fear and a longing for a world that once was. <i>444 Karangahape Rd, Newton.</i> melanierogergallery.com

Box Office



ABOVE: GOODBYE JULIA

THE CONVERT

In cinemas
14 March

Tomatometer: 71%

In 1830s New Zealand, lay preacher Thomas Munro seeks redemption aboard a trading vessel bound for Epworth, a British settlement. Caught in Māori tribal wars, Munro saves Rangimai, daughter of rival chief Maianui. Facing racism in Epworth, Munro realises his role as a mere facade of civilisation. After a murder, Munro and Rangimai venture into Māori lands, confronting power struggles. As bloody war looms, Munro questions his faith and his place in the unfolding conflict. Starring Guy Pearce, Tioreore Ngatai-Melbourne, Antonio Te Maioha, Jacqueline McKenzie, and Lawrence Makoare.

CABRINI

In cinemas
7 March

Tomatometer: 100%

Get ready to be swept away by the riveting tale of compassion, resilience, and determination in *Cabrini*. This inspiring biopic from Angel Studios follows the extraordinary journey of Francesca Xavier Cabrini, the first American saint, whose unwavering commitment to serving the marginalised defied all odds. With a stellar cast led by Cristiana Dell'Anna and David Morse, *Cabrini* promises to deliver a cinematic experience that will leave audiences spellbound. It is a compelling story of hope and humanity, not to be missed.

GOODBYE JULIA

In cinemas
14 March

Tomatometer: 100%

Embark on a journey into the heart of Sudan with *Goodbye Julia*, a cinematic masterpiece that weaves political tension with domestic drama, marking Sudan's debut in Cannes' official selection. Director Mohamed Kordofani's narrative prowess intricately unravels through Mona's conflicted emotions, portrayed flawlessly by Yousif. As Mona navigates guilt and lies, her relationship with Julia, brilliantly portrayed by Riak, unfolds against a backdrop of societal divides and personal struggles. Experience the raw emotions, gripping twists, and rich cultural tapestry of Sudan in a film that transcends boundaries and sheds light on the complexities of human connection and identity.

THE MOUNTAIN

In cinemas
28 March

Sam, a fearless young girl raised outside of her Māori culture, is determined to fulfil her mission of connecting with her mountain in the hope it can heal her from the cancer she battles.

Along the way she meets some misfits and new kids in town – Mallory and Bronco. As they make their way through the difficult "off-the-beaten-track" route, they learn the true spirit of adventure and the magic of friendship. Directed by Rachel House.

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Set & Costume Kristian Fredrikson **Lighting** Jon Buswell **Conductor** Hamish McKeich

On the Bookshelf

Stimulating fiction – novels that will provoke conversations.

WORDS — KAREN MCMILLAN, bestselling author
karenm.co.nz | nzbooklovers.co.nz



THE WAR PHOTOGRAPHERS
SL Beaumont

In 1943, Mae works in the top-secret code-breaking Bletchley Park, but tragedy occurs when a photograph reveals a double agent. In 1989, Mae's granddaughter searches for her grandfather's killer as East German unrest escalates. SL Beaumont has done a superb job recreating the clandestine work during WWII, and we get an insider's front-row seat to the fall of the Berlin Wall in this superb novel.

*Paperback Writer's Publishing,
RRP \$32.99*



ONE OF THE GOOD GUYS
Araminta Hall

Cole accepts a remote job on the English coast, bewildered that his wife wants a divorce. After all, he is one of the 'good guys'. He meets artist Leonora and the pair forge a bond. But then two young women go missing from the eroding cliffs and Cole is a suspect in their disappearance. A psychological thriller that explores gender, violence, and power.

Pan Macmillan, RRP \$37.99



THE SECRETS THEY KEPT
Jenny Lynch

Helena's mother died when she was three, but her nan and father refused to answer questions. Helena embarks on a quest of discovery as a journalist and, in doing so, delves into her own identity. What she finds is startling and challenges the way she has been brought up by her strait-laced family. An unforgettable central heroine in a debut novel that will surprise.

Mary Egan Publishing, RRP \$38.00



DARKNESS RUNS DEEP
Claire McNeel

A brutal hate crime leaves a young man dead at a football oval and a small-town community devastated. Men's football is on hold, but when Bess returns home, she puts together a women's team. In doing so, will she reunite the town, or will the community be further driven apart? Engrossing and transformational – and you don't need to enjoy sport to enjoy this tense, character-driven thriller.

Pan Macmillan, RRP \$37.99



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OCEANIA
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Six tips for your 2024

Escape to Italy

With Italy's vast cultural offerings and many regions boasting a variety of gastronomic delights and scenic wonders, getting your travel plans in order can seem like an intimidating prospect.



To get the most out of your time in Italy with all the right experiences for you and your travel companions, here are a few things you should know before planning a trip to ensure a seamless adventure.

1. Know the best time to go for your itinerary

The middle of the New Zealand winter (July and August) coincides with the European school summer holidays, which means Kiwis looking to escape the winter chills find themselves among the crowds of Italy's peak tourist season in popular hotspots. So don't underestimate the difference a couple of weeks can make. While June typically promises all the benefits of summer weather, even the most well-trodden destinations are still relatively quiet making it easier to get around and see the sights and make restaurant reservations. Similarly, tourist numbers drop off quickly heading into September despite Italy's continued summer-like conditions and sunshine.

2. Get off the tourist trail

Many of Italy's towns, cities, coastal resorts, and wine regions are world renowned but have faith that Italy's lesser-known destinations are filled with equally high-quality travel experiences. From stunning small towns like Praiano on the Amalfi Coast and the lakeside town Baveno in Piedmont to the underrated wine regions of Umbria and Le Marche, there might be more to explore in Italy than you first thought.

3. Familiarise yourself with Italy's regions

With so many differences across the regions from local food and wine to landscapes and climate, where you go in Italy can depend on the type of travel experience you're looking for.

4. Shop the markets

When it comes to food and produce, Italy puts real meaning into the concept of farm to plate, and you'll see markets

popping up along streets and on piazzas across the country. Visiting the markets is the best way to learn about local delicacies from cured meats and cheeses to vegetables and locally grown fruits and vegetables, and it'll save you money compared to shops and supermarkets.

5. Book train tickets in advance

Once, you've got your Italian itinerary planned, keep in mind that train ticket sales typically open online around three months prior to travel and will always be cheaper (and less stressful) than buying at the station.

6. For the best food experiences, eat on 'Italian time'

If you're looking for a real foodie adventure on your escape to Italy, you've come to the right place, but make sure you're in sync with the locals for the most authentic experiences. Most Italians dine around 9pm, which means if you're eating earlier, you'll either be surrounded by tourists or lacking the ambience of a lively, buzzing atmosphere, depending on where you are.



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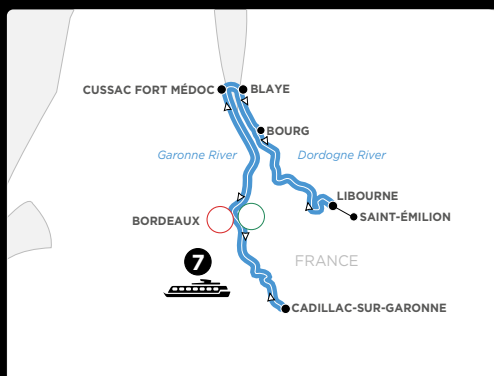


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Van-tastic!

Matty's love affairs with van life began in his youth, with coastal escapes in his mother's purple VW Kombi.



Then, venturing out at 18, he spent nine years exploring the world, finding solace and joy in van life's boundless freedom. Determined to follow his dreams, he built his own mobile home to traverse Europe, later repeating the feat in Australia, where in Byron Bay in 2021, he met Gina.

"We soon bought a 35-year-old yellow Ford Spectron together," recalls Gina. "We collected and reclaimed timber pallets from Byron Bay and Ballina industrial areas and worked on the camper fitout in their free time."

After documenting the process of building this van together, and road tripping along the East Coast of Australia, a friend of theirs reached out wanting to buy the van off them.

The couple replied with a number with a decent profit margin, and to their surprise, the friend said “yes” and paid for it soon after.

“That’s how we ‘accidentally’ started a van fitout business, Byron Bay Van Fitouts,” adds Matty who now runs the operations, and oversees their team of builders, while Gina runs the social media marketing and admin.

“We’re a team of van life lovers, with everyone in our team having their own van for road trips,” Gina tells *Verve*. “Some are even living in theirs full time. We love this way of life, and it’s an absolute pleasure and honour to create these homes on wheels for more people and families to enjoy around Australia.”

Find out more at:

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Untamed Beauty

WORDS — NIKKI ADDISON

The best of the west coast's wild black sand beaches.



PHOTO: PIHA

Journeys

128



It wouldn't be summer without a visit to one of Auckland's rugged west coast beaches. Scattered along the coast of the densely beautiful Waitākere Ranges are some of our city's (and we think, the country's) most extraordinary beaches. Despite being within an hour's drive of the city centre, these unique natural landscapes provide a breathtaking escape from the hustle and bustle of the 'big smoke'. Raw, untouched nature is at our doorstep — and we've rounded up a few of our favourites for your next daytrip.

Piha

Arguably the most famous of Auckland's west coast beaches, Piha is known for the majestic Lion Rock, a striking formation looking out to sea that reminds viewers of the fierce king of the jungle himself. To the right of Lion Rock stretches the lengthy black sand of North Piha, and to the left lies the main swimming and surfing area. It would be uncommon to visit Piha and not see surfers; this hotspot is known for its big waves and, unsurprisingly, has hosted numerous competitions over the years, including the New Zealand National Surfing Championship. With unpredictable and unforgiving waters, however, swimmers are urged to keep between the surf patrol flags at all times.

There's a lot more to Piha than its surf, though. Hikers can enjoy both short and long walks, with the most accessible from the beach being the Tasman Lookout. This 30-minute track climbs to dramatic views over Taitomo Island before leading down to The Gap, a break in the cliffs where huge waves crash against the rocks. Hikers can return the same way, or walk back along the sand at low tide. For those chasing waterfalls, Kitekite Falls is a must-try. For approximately one hour, this trail



PHOTO: ANAWHATA

This is where you go to be at one with nature, to relish in the sounds of the ocean and birdlife and nothing more.

winds through native bush and over a rushing stream to spectacular cascading falls.

Fuel up after your hike, surf or swim with an excellent eighthirty coffee from Murray Piha, and a sandwich or baked goods from the Piha Store. Those wanting a sit-down meal can whet their appetite at restaurant Aryeh, or enjoy burgers and fish and chips at the Piha RSA. Finish your afternoon with a visit to the Piha Community Library and the wonderful West Coast Gallery, or hit the courts at the Piha Bowling Club.

Anawhata

Transport yourself to a secluded paradise with a trip to Anawhata. Because of its limited access – it can only be reached on foot – you'll find this beach less crowded than its west coast counterparts. To get there, you will turn off Piha Road and follow the gravel for roughly 10km to a small parking area. The trail to the beach is clearly marked from here and takes around 30 minutes one way, leading through bush to stunning views over Anawhata Beach.

We promise the journey will be worth the tradeoff once your feet hit the sparkling black sands of this remote haven. Small (by west coast beach standards) and flanked by thickly forested cliffs with a picturesque rock formation in the middle of the beach, you'll feel a world away from the throng of



PHOTO: MURIWAI

Auckland. This is where you go to be at one with nature, to relish in the sounds of the ocean and birdlife and nothing more. Bring a towel, a book, sunscreen and a picnic – there are no dining options out here – and you're set for the day.

For a true getaway, visitors can book a stay at Keddle House, a 1930s solar-powered heritage bungalow that sleeps six. This retro gem is managed by Auckland Council and features unimpeded views over Anawhata – the perfect base for unwinding.

Muriwai

Stretching an impressive 60km and quite literally disappearing into the distance, Muriwai Beach is something to behold. With windswept dunes, shimmering black sand, powerful surf and the earthy green of Woodhill Forest, there's space for everyone. While the stunning Mokoroa Falls and iconic Maukatia Gannet tracks are currently closed – due to kauri dieback and

cyclone damage, respectively – there are other walking options available. The beach itself is ideal for strolls of any length, while a network of trails behind the dunes form an interesting loop with Coast Road that provides a great snapshot of this regional park's flora and fauna.

The adventure-minded can try their luck in the saddle with Muriwai Beach Horse Treks, play a round at the scenic Muriwai Golf Course, shred at the local skate park, or make use of the nearby concrete tennis courts. Mountain bikers can bring their own wheels into the forest for some downhill trails, and the kids will be content, too, with a wonderful playground located near the beach parking area. Surfers will delight at the neighbouring Maukatia Bay, an enclosed beach which also boasts clifftop views perfect for watching the waves.

When hunger strikes, visitors have the option of using the various picnic tables

and barbecues on offer or of choosing one of Muriwai's two eateries. Sand Dunz Beach Café has quite the reputation for its potato wedges with plum sauce, but also offers Kiwi classics including ginger slice and Longest Yard milkshakes. Further up the hill, The Muriwai Deli has your caffeine fix sorted with Coffee Supreme brews, and serves an array of decadent donuts, pastries, and stacked sandwiches. They have a weekend bar, too – so why not end your visit with a refreshing local beer or wine?



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Bunking Down

WORDS —
JAMIE CHRISTIAN DESPLACES



PHOTOS: FUTURIST BY MARC PRIGENT



While some billionaires are building rockets to escape to Mars to avoid humanity's untimely demise, others have chosen to build survival bunkers here on Earth. Some are probably doing both.

Ranging from simple underground rooms to sophisticated, fully equipped facilities, survival bunkers – also known as underground shelters, fallout shelters, and doomsday bunkers – are engineered to withstand natural disasters, nuclear wars, and, if push comes to shove, a zombie apocalypse.

Usually built for prolonged habitation, the bunkers will often boast the likes of sleeping quarters, sanitation facilities, ventilation systems, and even renewable energy sources, along with plenty of food, water, and medical supplies.

"Our vision is to build the world's most beautiful and secure contemporary fortified residences," says Jakub Zamrazil, founder and CEO of Oppidum, a Swiss-based firm that specialises in

luxury underground bunkers. "They are places of serenity and absolute safety for owners and their families. We offer clients the highest levels of service, creating beautiful places that will protect them, and their legacy, for generations to come."

Oppidum bunkers comprise three models – L'Heritage, Linear, and Futurist – and incorporate the likes of art galleries, spas, and indoor gardens, all engineered to "withstand a comprehensive spectrum of security threats" whether they come by way of warfare or Mother Nature's wrath. Though having "an optimistic view of the world", Jakub stresses that it is an "uncertain one". "Not all events are foreseeable or preventable," he says, "and it is wise to be prepared to weather the storm when necessary. An Oppidum



PHOTOS: L'HERITAGE BY MARC PRIGENT



provides peace of mind. It is a place of strength that enables our clients to preserve and protect what matters most.”

Last December it was revealed that Mark Zuckerberg is constructing a similar sanctuary – around the size of an American football field – at his Hawai’ian complex, which, all up is expected to have cost a combined \$270 million.

Closer to home, Queenstown has long been tipped as the destination of choice for overseas billionaires to ride out the apocalypse; there are also rumours of bunkers in Northland and Canterbury. The most famous example is, of course, venture capitalist and PayPal co-founder Peter Thiel, who is said to have not given up hope of building his luxury survival compound in Otago having recently had his plans rejected owing to “sufficient adverse landscape and visual effects on the environment”.

For those that feel the idea of a survival bunker is a little too isolating, the 15-storey Survival Condo offers some level of community to make those end days a little less lonely. Akin to an inverted high-rise luxury apartment block, the condo is built in a former US Airforce missile silo in rural Kansas that

was constructed during the Cold War and reaches 60 metres underground. Retrofitted with three-metre-thick concrete walls, it’s designed to survive everything from tornadoes to 12-kiloton nuclear warheads and promises to keep residents well fed and entertained by way of a library, theatre, bar, gym, pool, general store, and more. Around a dozen families can choose from luxury units starting at US\$1 million, plus an extra US\$2,500 per month to cover living expenses.

But fear not all those financially ineligible for such refuge. A recently published study by the University of Nicosia, peer reviewed by the American Institute of Physics, looked at how to best survive a blast wave from a nuclear explosion. Using advanced computer modelling, they found the safest spot to shelter is in the corner of a concrete building – the structures most likely to remain upright should the unimaginable happen – away from windows, doors, and corridors (though this all seems quite obvious sans the computer modelling). However, none of his matters should you find yourself too near the centre of the blast zone as you’d be “instantly vaporised”, anyway.

Horoscopes

PISCES

19 February –
20 March

You could have a stronger desire for intimacy, needing to feel close to people, and may try to strengthen the bonds you have with others. You come across more intense, brooding, and magnetic. Your friends may seem more emotional to you than usual, and you have an easier time expressing yourself emotionally with your friends or in a group. You may realise a dream that you've been working towards.

ARIES

21 March –
19 April

You're far more focused on your career and the direction your life is taking. You want to make sure that you're planning ahead and have all of your ducks in a row. You may feel more hardworking, focused, detached, and ambitious. If in a relationship, you can use the energy to make your relationship more exciting and you can be more affectionate.

GEMINI

21 May –
20 June

This is a time of increased learning and communicating on professional levels, and also of stronger impact, particularly in terms of what and how you communicate. You seem to be more accountable for what you say and what you know. There may be more movement, a hectic pace, or increased communications in the work you do at this time. You feel nurtured when you achieve your ambitions.

TAURUS

20 April –
20 May

This is a time when you have more mental initiative than usual, wanting to put your ideas into action. You tend to make crucial decisions and rely more on yourself and your observations when making decisions, depending less on what others think you should do. If committed, there may be some resistance to merging fully with a partner, as there is a need to remain independent, separate, and distinct, even in a partnership.

CANCER

21 June –
22 July

This is a time for clarifying and editing projects and goals. You are faced with the need to temper your enthusiasm or to slow down to avoid overextending yourselves. You may be re-evaluating relationships in terms of whether or not they are contributing to your personal growth. There could be some disagreeableness or uncertainty. You may be aloof, or distrust emotions as irrational and unpredictable.

LEO 23 July – 22 August	You might be especially interested in long-range visions, ideals, and goals. Communications and learning are favoured in a general way, and ideas are mostly well received during this cycle. You may be meeting people, and possibly romantic interests, through the internet, schooling, or travel. You have a strong need to express your personal creativity. You may display dramatic behaviour, and like to make an impact on your surroundings.	SAGITTARIUS 22 November – 21 December	There can be a new sense of optimism about the future and a greater love for making plans, as a feeling of direction and purpose is very welcome in your life right now. Conversations can be lively and helpful. It's a fine time for doing something creative, and perhaps venturing away from the usual routine, although sticking around home and doing something different can work well now.
VIRGO 23 August – 22 September	This is generally a good time for social pursuits, group projects, trying something new, joining a group, and networking. A change of pace refreshes. It is time to build networks and cooperate. There is an urge to successfully combine logic and intuition, and to understand problems taking into account the human element. There is sensitivity to people's issues now.	CAPRICORN 22 December – 19 January	You should have an easier time dealing with your career. Decisions that must be made come easier to you, and advancements you're trying to make come with less effort. This period can be excellent for romance and having fun with love. If single, you can use the energy to put yourself out there and meet new people, but you may feel like playing the field and not taking anything too seriously right now.
LIBRA 23 September – 22 October	You will have a chance to express your needs, passions, and desires now in effective ways. Important contacts can be made with people who share your intellectual interests or who introduce you to new ideas that help you to grow, improve, and expand. Projects prove successful right now, particularly those involving teamwork. Your romantic interactions can take on an intensity you normally wouldn't expect from casual encounters.	AQUARIUS 20 January – 18 February	This is a strong time for making financial plans and strategies. This can be a cycle in which you learn significant things about a partner, finances, taxes, and debts. Professionally, you may be tougher than usual now, and more inclined to follow mental or practical considerations. You may also be especially interested in motives and hidden elements of life at this time.
SCORPIO 23 October – 21 November	You are thinking both resourcefully and intuitively now. It's also a good time for dealing with problems in close relationships with the goal to heal and move past things. You can be feeling pleasantly attached to, or supported by, your loved ones or family. You are seeking out security, nurturing, and warmth, and are more likely to express these things towards others.		

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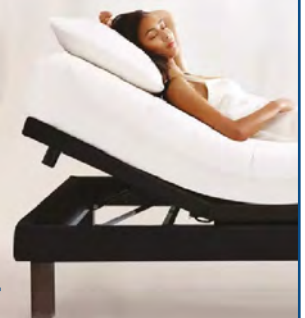
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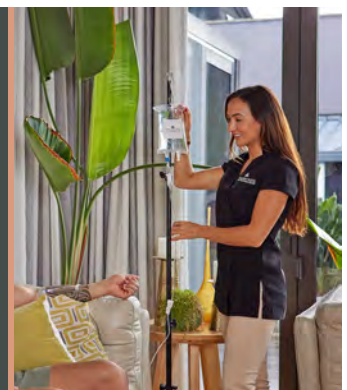


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