

THE VINSON VIEW

Quality maniac and master shopper Nick Vinson on the who, what, when, where and why



NICK'S HEALTH KICKS

Nike+ Run Club and Training Club
These offer free coaching and encouragement for running and training in 23 cities worldwide, from Berlin to São Paulo. nike.com

Viva Mayr Clinic
This follows the diet first devised by Dr Franz Mayr, where a good digestive system is the key to health. After 10-14 days, leave with a flatter stomach, clear eyes, radiant skin, all visible signs of tip-top health. vivamayr.com

Ten Pilates
An intense Pilates workout, using machines, with engaging, energetic trainers, available at five locations in London. tenpilates.com

Barberyn Reef Ayurveda Resort
A recent spell at this Sri Lankan resort left me with improved concentration, stamina and sleep, plus the added bonus of being next door to many of architect Geoffrey Bawa's greatest projects. barberynresorts.com

Get the gear
I love Nike, but I am also a big fan of Z Zegna's Techmerino, a natural high-performance wool with maximum comfort. It works in any climate, so is perfect for travelling. zegna.com

01 Fifty shades of great

How Picky Nicky stays king of the quinquagenarians

This month Picky Nicky turns 50. Yes folks, that's a five not a three. Our chief sub editor Bridget was convinced it was a typo, as apparently I don't look my age. My stomach is flat, my weight rarely sways a kilo above or below 72 and despite getting lots of sun, my skin is OK and 100 per cent Botox free. It's probably because I wear lots of navy blue, as Mr Armani says that takes ten years off. But joking aside, I have learnt a few tricks to keep well and fit, despite a challenging 100 days spent travelling in the past six months alone.

I gave up going to the gym about eight years ago after moving into our apartment in Marylebone: with Regent's Park on my doorstep, running seemed like a better option. I also started doing regular intense Pilates sessions and the backache that used to appear early afternoon when pacing the halls of fairs such as Salone del Mobile became a thing of the past. Both are simple workouts to manage when you stay put in one place, but my current average is 13 days a month in London. Luckily the hills around our place in Florence are a good match for Regent's Park, with an added incline. And since I had Mr Porter deliver a spare pair of Nike trainers to the Park Hyatt in Milan (where I stay six days a month on average), I have no excuse there either, and the luggage remains carry on.

Design fairs are the biggest challenges of all, bar Design Miami with its tempting morning run along South Beach boardwalk. To cope with fashion weeks – another big challenge – I recently tried out Nike's concierge service in Paris, which sends a sprightly personal trainer to your hotel at 7am for an hour's pre-show workout in the Tuileries or along the Seine. The company also organises Nike+ clubs in 23 cities globally, offering free running and training sessions.

In 2006 I passed up my usual August beach holiday and checked in to the FX Mayr health centre on Austria's Lake Wörth for full immersion in the Mayr therapy. They fed me nothing but yogurt, soft cheese and stale spelt bread for three weeks, lost all my tests, then informed me on the last day that I was lactose intolerant. I never went back, but was hooked on the hardcore therapy and soon discovered the splendid spin-off clinic Viva Mayr nearby, where I have since returned six times for a ten-day detox, check-up with Dr Stossier and proper rest and relaxation. And when I check out, I continue to follow a few other Mayr rules: big breakfast and lunch but small supper, plenty of warm water between meals, and nothing raw after four. Plus I chew, chew, chew (30-50 times each mouthful). It makes me jump up every morning and dive into this work I love. Looking OK, that's just a bonus. ★



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Pillow talk

If you can't get to the Susanne Kaufmann spa in Austria, make do with her calming Pillow Spray, featuring soporific lavender and orange oils. susannekaufmann.com



03

Boy wonder

In honour of the late James Irvine, Michael Young designed this 'Chelsea Boy' G&T glass, produced by WonderGlass, for Salone meeting point Bar Basso. wonder-glass.com