

# THE GLOSS

MAGAZINE

APRIL 2022

with THE IRISH TIMES

## DEPARTS

FLIGHT	AIRLINE	TIME	DATE	FROM	TO
964	DL	1:04	92	FRANKFURT	
750	BA	1:04	72	LISBON	
889	AA	1:36	1	ORLANDO	
802	SU	1:36	31	MOSCOW	
432	QF	2:03	40	COLOMBO	
103	KL	2:03	91	KINSHASA	
061	UA	2:17	16	YOSEMITE	
069	LA	2:17	73	BOGOTA	
975	WG	2:38	18	WINNIPEG	
705	DL	2:38	39	SEATTLE	

## ARRIVES

FLIGHT	AIRLINE	TIME	DATE	FROM	TO
567	DL	1:00	11	JACKSONVILLE	
049	BA	1:00	57	GOMA	
238	AA	1:16	21	SAN FRANCISCO	
278	CA	1:16	76	SHANGHAI	
889	AA	1:53	52	ALBUQUERQUE	
991	DL	1:53	95	SIOUX FALLS	
631	UA	2:17	86	SACRAMENTO	
701	LA	2:17	81	PRAGUE	
96	DL	2:35	86	BERLIN	
2	DL	3:55	77	OMAHA	

[www.thegloss.ie](http://www.thegloss.ie)

All Aboard  
THE BEST RAIL ROUTES

Travelling To Dine  
Confessions of a Chowhound

THE TRAVEL ISSUE

# DREAM SUITES

*Penny McCormick prepares to catch up on some sleep at these stylish retreats*

It seems counterintuitive to travel to sleep, especially given research from Brown University which suggests that when we sleep somewhere new, one half of our brain can't shut down, keeping our subconscious alert for potential dangers (or strange people knocking on our doors). Yet, many of us are desperate - according to the *Journal of Clinical Sleep Medicine* sleep problems have risen to 40 per cent during Covid-19. No wonder sleep-themed programmes are proliferating globally, chiming with the trend for solo travel experiences too.

Book into The Cadogan, London where a session with hypnotist and sleep advocate Malminder Gill is part of its popular "Sleep Concierge" service. Fly to The Magnolia Hotel, Portugal where as part of its new Sleep Restoration programme guests have access to SleepHub devices which use scientific sound technology to retrain the brain and help improve sleep quality. Touching down in Jo'burg and decidedly jetlagged? Book The Saxon Hotel, Villas & Spa, popular with Naomi Campbell, where a sleep therapy treatment is the equivalent of four hours of undisturbed sleep. At Villa Sola Cabiati, (a sister hotel of Grand Hotel Tremezzo on Lake Garda) a hammam lipolytic treatment is a sleep ritual featuring pampering-with-purpose massages and facials using Santa Maria Novella products. In its boutique you'll find Beltrami sustainable bedlinen - the go-to sheets for luxury hotels around the world, made from the core of birch wood sourced from forests in northern Europe.

Irish hotels have also augmented their sleep offerings. In lieu of swan towels, guests will find the ten-layer "Heavenly Beds" at The Westin - their pillow-like custom mattresses complemented by plush pillows, which can be purchased along with duvet inserts and down blankets. Guests rave about the antique-style Seventh Heaven beds at Cahernane House Hotel, Killarney. At No 1 Pery Square, Limerick, homemade lavender and rosemary bath salts and "marshmallow beds" are part of the great hotel sleep experience. Inspirational pillow cards are much loved by regular guests at Castle Leslie, Co Monaghan. Guests can request a "Bath Butler Experience" as a part of any stay at the g Hotel & Spa, Galway. Said butler will draw a bath using an ESPA oil with myrrh, sandalwood, rose geranium and

frankincense, designed to soothe, nourish and send to sleep. Personally, I find I sleep better in any hotel where I can open a window and get fresh air. At Sheen Falls Lodge, the "white noise" is of its waterfalls, a natural sedative that is sadly difficult to replicate at home ... ■



Sheen Falls Lodge, from €335 for two people sharing; [www.sheenfallsdodge.ie](http://www.sheenfallsdodge.ie).



Ashford Castle's silk sleepwear is a collaboration with KDK. The Slumber and Sleep hamper, €400, includes silk PJs, eye mask and pillowcase; [www.ashfordcastle.com](http://www.ashfordcastle.com)



DEEP SLEEP IN THE CITY

## BAGGING RITES



Floral-print silk-twill straight-leg pants, €160 [www.theoutnet.com](http://www.theoutnet.com).



Pink Jaipur camisole set, €120; [www.theethicalsilkco.com](http://www.theethicalsilkco.com).

Soothing Pulse Point oil, €24, Beo Well; [www.kilkennyshop.com](http://www.kilkennyshop.com).



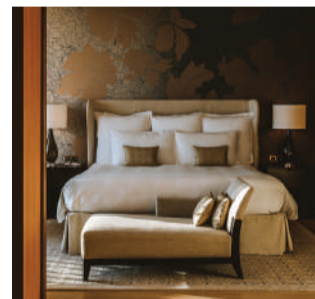
Turquoise Mary leather duffel bag, €895; [www.myrtleandmary.com](http://www.myrtleandmary.com).

The Shelbourne hotel has joined forces with Peigin Crowley's Ground Wellbeing to create an exclusive Sleep Ritual (from €165, 60-minutes), a supremely relaxing full-body treatment that involves a LOT of warm aromatherapy oils being massaged into your skin. It's soporific and deeply restorative, and the beautiful surroundings are a bonus. Even better - upgrade in a most lavish way and book the Fall in Love with Sleep escape, which adds dinner and an overnight at the hotel - don't miss pre-dinner cocktails in the classy 1824 bar - plus a yoga class in the Health Club before breakfast. You can swim too (from 6am), in the quiet pool, a hidden gem in the heart of the city. Sink into a life of luxury for 24 hours and emerge feeling vastly rested. From €850; [www.theshelbourne.com](http://www.theshelbourne.com). *SH*

## SLEEP RETREATS



**THE SLEEP RETREAT,** *Six Senses Douro Valley, Portugal.* From three to seven nights, this bespoke programme serves as a total wellness reset. It begins with a screening to provide guests with nutrition and lifestyle advice while sleep is monitored throughout the stay. Guests can indulge in the resort's facilities, from an impressive wine library to a Six Senses Spa. There are also interactive wellness workshops. From €647 per person for a three-night package; [www.sixsenses.com](http://www.sixsenses.com).



**THE ROYAL SLEEP EXPERIENCE,** *Royal Champagne Hotel & Spa, Reims.* This posh palais, a mere 40-minute TGV journey from Paris, includes a stay in a soundproofed suite with blackout curtains, a one-hour massage and a bespoke menu at the Le Bellevue Restaurant. Guests also receive a chic sleep kit. The hotel's location in Champagne country might prompt tastings at various houses - sure to aid a feeling of wellbeing. From €523; [www.royalchampagne.com](http://www.royalchampagne.com).



**BEAUTY + SLEEP RETREAT,** *Powerscourt Springs Health Farm, Co Wicklow.* The two-night retreat on May 14-15 will be led by Irish sleep expert Anne-Marie Boyhan, a certified sleep science coach, who explains: "We teach how to transform routines, enjoy meditation and come away with the tools to be the best version of yourself every day." Guests will also have a skincare workshop with facial yoga expert Agnes Gajewska. The inclusive stay costs €350 per person; [www.thesleepcarecompany.com](http://www.thesleepcarecompany.com).