

September 2017

# DEPARTURES

## Fall Fashion



The Relaxed,  
Refined  
Weekend Man

PLUS  
How to Have Almost  
Anything Bespoke



# Blackbook

WHERE TO GO & WHAT TO KNOW

EDITED BY JESSICA FLINT



## Africa Update

# WILDER THINGS

In southern and East Africa, a critical mass of boundary-pushing offerings—from a walking-canoeing-helicoptering journey in Botswana to a villa with fishing and mountain biking in Kenya, not to mention an improved way to track gorillas in Rwanda—adds a compelling, even untamed, dimension to the safari experience. Spoiler alert: There's something for everyone.

## Room to Book

LEAVE IT TO **Segera Retreat**, in Kenya's Laikipia, to bring sleeping in the bush to new heights. The lodge, owned by Jochen Zeitz (see "Cape Town Comes Up," page 38), just debuted the nearly 20-foot-by-20-foot, two-story Nay Palad Bird Nest. Made from farmed wood and actual tree branches, it has beds inside and outside, a bathroom with solar-heated water, and a 360-degree-view terrace where guests can have a picnic-style dinner and fall asleep under the sparkling African sky while lions roar in the distance. Room from \$1,150; [segera.com](http://segera.com).



The next morning, the crew reconvened at 21 Place Vendôme, steps away from the Ritz, at Schiaparelli Salons Boutique for a private tour. Elsa Schiaparelli, who was a contemporary of Coco Chanel, was the first to name her collections and to show on a runway—the catwalk exists thanks to her. The studio itself looks like a chic Parisian apartment, complete with collages made for the designer by illustrator Marcel Vertes and original sketches by Salvador Dalí, a close friend. Bertrand Guyon, the brand's current creative director, took a break from designing his fifth collection of haute couture to say hello. The upstairs salon, where clients are fitted for one-of-a-kind pieces, was filled with printed chiffon dresses, the designs so closely guarded that cameras were not allowed inside.

**T**he group broke for lunch and met up again at the department store Colette to celebrate the 150th anniversary of *Harper's Bazaar*. As Bailey signed copies of her new book, *Harper's Bazaar: 150 Years: The Greatest Moments* (Abrams), the fashion world started to stream in: Olivier Rousteing from Balmain, the designer Elie Top with his signature mustache, Guyon from Schiaparelli again. The model-actress (and Schiaparelli granddaughter) Marisa Berenson, who appears in the book, mingled with the card members, talking about her home in Marrakech and even invited someone to come by for dinner the next time she was in Morocco.

By this time, the people who had come to Paris for the BIO event were beginning to forge friendships of their own. A woman from Australia browsed perfumes with someone from Mexico; social workers exchanged contact info with people who work in tech; a few people in a corner discussed the relative merits of New York versus Los Angeles. A man who described himself as an entrepreneur who either works 20-hour days or has a lot of free time said he goes to a lot of BIO events around the world. "They consistently exceed expectations," he said. The crowd around him nodded in agreement. ♦



The entrance to the Chablé spa, which includes one of the resort's three restaurants

#### PERSONAL BEST

## VIVA LA SPA

On Mexico's Yucatán Peninsula, a new wellness resort pays homage to traditional Mayan culture—to the max.

by **Jessica Flint**

IT WAS WHEN my spa therapist blew into a conch shell; then asked me to acknowledge north, south, east, and west to balance Earth's energies; then whacked me with a stick of rosemary; and finally set some palo santo on fire that I knew that this was not going to be a regular spa day. No, this being Chablé, a new Mexican spa-resort 25 minutes from the historic city of Mérida, what I was in for was a



The resort's food, like this Yucatan-style lime soup, has a healthy emphasis.

vacation involving full-blown Mayan shamanic mysticism.

From the second guests arrive on the property, in a 750-acre reforested jungle on the grounds of a 19th-century hacienda, the focus is on ancient Mayan heritage. The spa itself is above a spring-fed cenote. (Sinkholes are healing in Mayan culture.) Guests meet with a spa attendant who asks a series of questions: What's your daily routine?



Chablé has 38 casitas with private pools.

Are you stressed? Do you sit at a desk all day? The answers lead the attendant to suggest one of three spa journeys for the guest: the Fountain of Youth (to enhance one's flow); the Tree of Life (to create balance); and Heaven on Earth (to inspire). My attendant told me to do the Tree of Life to bring about transformation, stability, and manifestation.

I started, like all guests, with a pretreatment hydrotherapy circuit involving Jacuzzis, a steam room, a sauna, and a cold plunge pool. Then the "journey" treatments—such as the Mayan Herbal Compress Massage (to rid the body of muscle tension), which I did—are meant to help guests on their odysseys.

Is this voodoo or does it actually do the body good? I can't really say, but it's worth noting that I came home super relaxed, refreshed, and healthy-feeling—not to mention espousing the Toltec wisdom I inherited from reading Don Miguel Ruiz's *The Four Agreements* while lazing by the spa's granite pool. Rooms from \$1,040; [chableresort.com](http://chableresort.com). ♦