



Psychologies

September 2014

Love thy neighbour: Join the revolution in your street

PSYCHOLOGIES.CO.UK

# PSYCHOLOGIES

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UK EDITION **MAGAZINE**

**MAGGIE GYLLENHAAL**

"I'm facing who I am, not chasing a fantasy"

**BEAUTY:**  
The truth behind the 'perfect' product

+

Improve your love life in 15 minutes  
*(and it doesn't involve talking)*

**HATE YOUR JOB?**  
Stop moaning, make a plan

**20-PAGE SPECIAL**

## Embrace adventure

**BRAVE NEW WORLD: LOOK AT LIFE THROUGH FRESH EYES**  
**TAKE A RISK A DAY: YOUR PRESCRIPTION FOR EXCITEMENT**

**+ TEST: HOW MUCH FREEDOM DO YOU REALLY NEED?**





Picture perfect: Visit the Santa Maria del Fiore cathedral, or check out the Ponte Vecchio bridge

*Just for the weekend...*

## Step out in Florence

Suzy Greaves is swept off her feet by the beauty of the famous Italian city, and experiences a little Renaissance of her own

'Feet tell a story about the person to whom they belong,' Italian designer Salvatore Ferragamo is credited with saying. The White Iris spa at hip Hotel Continentale is part of the Lungarno collection owned by the Ferragamo family. And as I watched my rather odd-shaped feet being prepped for the White Cloud Signature Pedicure, I wondered what story they'd tell about one of the best, but most exhausting, years of my life. In the last 12 months, my feet had done everything from run the London marathon to fill the shiny new shoes of editor at *Psychologies*. In the birthplace of the Renaissance, and after a post-divorce dark age of my own, I realised this had been my 'rebirth' year.

You cannot help but be inspired by the intense creativity of Florence. Walk out of the door and you're communing with the world's most famous paintings,

from Botticelli's *The Birth of Venus* to famous works by Michelangelo, Giotto, Leonardo da Vinci and Raphael.

When my feet got sore, I took a yoga class at the top of the hotel's medieval Consorti Tower overlooking the river Arno and medieval Ponte Vecchio. In the evening, I visited the Ristorante Borgo San Jacopo at sister property Hotel Lungarno. I celebrated the start of a new era with pre-dinner drinks in the Lounge Bar Picteau, admiring original art from Picasso and Cocteau to beautiful Italian waiters who look like Michelangelo's David. With world-class inspiration at every eye-line, you have no excuse not to start writing a new story, for those freshly twinkling feet to dance their way through.

Prices from £143 per night, price based on two sharing a Continentale room, excluding VAT and city tax ([lungarnocollection.com](http://lungarnocollection.com); +39 055 27262). For flights, see [easyjet.com](http://easyjet.com).

### HAPPY FEET



Karma sandals in gold by Carvela Kurt Geiger, £55

*After exploring all day, give your tired feet some TLC with this foot soak.*



Margaret Dabbs Hydrating Foot Soak, £20

ARTIST: TONY MARRAS/STYLING: PAULINA BENTON

WITH THE KALIXA PREPAID MASTERCARD THERE ARE NO FOREIGN EXCHANGE FEES AND YOU CAN USE IT AT HOME IF YOU HAVE MONEY LEFT