

# EASY LIVING

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## BEAUTY

### Neck, knees and elbows

Target those tricky areas and look years younger

## FASHION

### WONDERFUL WEARABLE CLOTHES

How to spend less but LOOK BETTER

## FOOD

Clock-beating cost-cutting crowd-pleasing suppers

## PROBLEM SOLVED

### RELAX!

How to feel safe, beat pain and get rid of life's annoying little niggles

## COVER STAR

BEYOND SEX AND THE CITY  
Sarah Jessica Parker's new life chapter

# Put a SPRING in your step

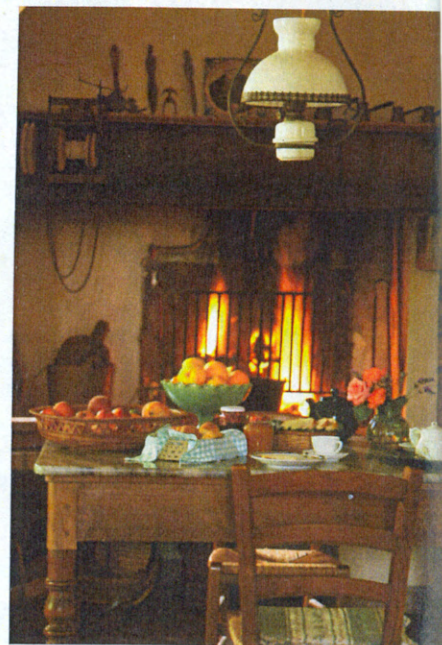
- \* Banish headaches
- \* Get gorgeous, glowing skin
- \* Dress with a whole new confidence
- \* Bring sunshine into your home





# ITALIAN inspiration

The travel experts at Alastair Sawday have been scouring Italy in search of undiscovered foodie bolt-holes for their *Go Slow Italy* guide. We had a sneak preview and picked our favourites. Prepare to pack your bags and head into the sunshine...



*Clockwise from left:*  
The rustic house is full of charm; an early morning dip in the pool is a treat in itself; spend long, relaxed evenings enjoying delicious dinners by the roaring fire

## ■ Pieve di Caminino, Tuscany

As pilgrims found shelter and warmth here 1,000 years ago, so will you. Pieve di Caminino is a former Romanesque church, its existence first recorded in the 11th century, and its setting is dramatic – the landscape forms a natural amphitheatre that on one side slopes down to the west coast of Italy; the Castiglione della Pescaia beach is a beautiful surprise for visitors, as are the sea views from here on a clear day.

You drive through the big, rusty gates and down the tree-lined drive to be greeted by the owner, Emiliano, in what must be the most beautiful ‘reception’ in the book – their private quarters lined with paintings by famous Locatelli artists. Among soaring columns, stone arches and vaulted ceilings, you may well be invited to taste the estate’s extra virgin olive oil. They have been

pressing their oil since 1872 and they serve it with toasted bread rubbed with garlic and salt. With a glass of red wine in hand, you can wander, feeling a touch diminished by the lofty surroundings.

Emiliano and his father Piero are both heritage architects, working in Florence and at studios here. The Pieve has been the subject of dissertations by seven PhD students, and the son and father have personally assisted each in their studies. But as much thought has gone into the preservation of the eco-system as of the Pieve and the apartments. Deer, wild boar, butterflies and lizards are evidence of sympathetic land management, and Emiliano has created hides in the woods where you can observe the wildlife

for yourself. Wildlife aside, the Maremma, in Tuscany’s south-western corner, is a fascinating region. It is 70 per cent forest and has the lowest population density of all Tuscan areas. “There has been virtually no bad land usage,” says Emiliano, “no big roads were built here and no airports. There aren’t even any traffic lights! Pieve is not a business, it is part of our family. I want to look after it myself, which is why

I am here 99 per cent of the time to greet guests personally. I have had the loveliest people working with me, but it is best when I do it. I light fires in the apartments, I lay out chocolates, I work hard to make sure that everyone is happy here.”

### BOOK IT

Suites (sleep 2-3)  
£122-£151. Apartments  
(sleep up to 4) from £610 per  
week. Breakfast £9.50. Call  
00 39 056 456 9736;  
caminino.com