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KONFEKT

The Magazine for Sharp Dressing, Drinking, Dining, Travel & Design.

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'Shōgun' star Asami Mizukawa on health, happiness, autumn rituals and Tokyo tips

Asami wears coat, silk knit jacket and high-neck jumper by Hermès

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The Rooster
Antiparos

BEST FOR: SLOW LIVING

When the breeze blows up from Livadia beach, carrying the perfumed scent of the shrubs, and the sun glows amber on the western coast of the small Cycladic island of Antiparos, your chest expands. The days seem longer and looser.

It's here that you'll find The Rooster, an understated bohemian hotel that opened in 2021. Each of its 17 low stone houses features a plunge pool, a terrace and sand-toned interiors. Its spa, called The House of Healing, offers treatments that borrow from myriad traditions – from Tibetan Ku Nye to Taoist Chi Nei Tsang massage – but also embrace the latest technology. All share an approach that prizes a sense of connection to nature and profound emotional resonance.

"Healing, to me, means touching the soul and understanding your body," says Athanasia Comninos, The Rooster's founder. Her encounter with kundalini yoga and meditation at a challenging time in her life inspired the resort's approach.

> "Healing, to me, means touching the soul and understanding your body"

"I wanted guests to share my experience," she says. "I don't offer things that I don't like and haven't tried."

The spa underwent a significant expansion that has seen it double in size. This year's additions to the programme include new facials in collaboration with Skin Design London, which promise tightening and lymphatic recovery alongside a nervous-system reset. The spa's "elemental modulation" rituals are intended to stimulate cellular renewal to boost longevity. After time in the infrared sauna and on the infrared-light bed, and having ice applied to pressure points, you'll feel a deep sense of release.

Shirodhara Ayurvedic treatments, in which oil is poured on your forehead, and the cleansing Smoking Stool ritual take place in peaceful stone huts nearby. Don't miss morning yoga in the sun-dappled *shala*; there's no better way to follow it up than by taking a dip in the turquoise sea before a breakfast of Greek yogurt and honey, with a view of the bay below. ——— **CHR**

theroosterantiparos.com