



ON BOARD

For the yachting professional on the Mediterranean

SUMMER 21

Beyonce interview

Teak a long hard look

Setting a clear course

The quay marinas

Water babies

LEGAL EAGLES The best superyacht lawyers, tax advisers and accountants

body beautiful

The latest facts, fads and tips to help keep you in ship shape condition this season



SPA OF THE SEASON

CASES DE SON BARBASSA
CAPDEPERA, MALLORCA

A feeling of comfort surrounded by nature. The Son Barbassa Spa & Wellness is located open-air in the unique environment of the finca, among lavender, orange and lemon trees which create a symphony of colours and scents. Being open-air, you can enjoy the views of the countryside surrounded by stone walls, a scenery which changes with the seasons, the only sound being the joyful song of birds. All this while you are enjoying a relaxing massage, a manicure or facial treatment.

sonbarbassa.com/en/spa-wellness/

BEAUTY MYTH

SLEEP DEPRIVATION CAUSES
DARK UNDER EYE CIRCLES

False: Sleep deprivation can lead to many things—memory lapses and weight gain among them. But you can thank your parents for the shadows under your eyes. Dark undereye circles are the result of a concentration of veins beneath the very thin skin in that area and are determined by genetics and won't change with more or less sleep.

IT'S A THING: PLACENTA PILLS

Some women have their placentas 'encapsulated' after giving birth and consume the pills, which are thought to help speed recovery from pregnancy and diminish postpartum depression. However, there's no data supporting the pills' impact. Yes, the placenta is filled with nutrients, but it remains unproven that humans derive any benefit from ingesting it. The myth has picked up great momentum due to celebrity endorsement. 'Real' medical experts obviously warn against this practice and not surprisingly.

STRESS FREE APPS



BREETHE

Learn how to de-stress and sleep better in just 5 minutes each day with a personal mindfulness coach. Breethe's guided meditation series, can help you better navigate life's challenges.



INSIGHT TIMER

The number 1 free meditation app. Guided meditations, sleep music tracks and talks led by the top meditation and mindfulness experts, neuroscientists, psychologists and teachers from Stanford, Harvard, the University of Oxford and more.

ROW YOUR BOAT

Hydrow offers three main categories of rowing workouts: Breathe, Sweat, and Drive. Within these categories, you can find workouts ranging in duration from 10 to 45 minutes.

www.hydrow.com



WHAT IS IT? MMA TRAINING

What is it? The close-contact combat sport that combines martial arts, including Brazilian jiu jitsu, Muay Thai, wrestling and boxing.

What does it promise? Strength, endurance and a great cardio workout, plus it's terrific for improving coordination.

What's it actually like? While professional MMA fights have been criticised for their violence and the risk of severe injury and even death, training in the gym is much less scary than it sounds. The class is split into three parts: punching, takedowns and groundwork. Punching involves the sort of heavy bag combos familiar to anyone who's boxed before, studded with bodyweight exercises such as press-ups and burpees. The takedown section expands on this, by letting you grab your sparring partner by the leg and yank them to the ground. Finally, groundwork sees you alternating between punching a bag on the ground and crawling over a medicine ball in the way you'd crawl over an opponent.

Best and worst bit? Several - you keep practising a defensive move called a sprawl, which turns out to be easy to punch too hard too early and wear yourself out.

Is it worth it? Hell yes.