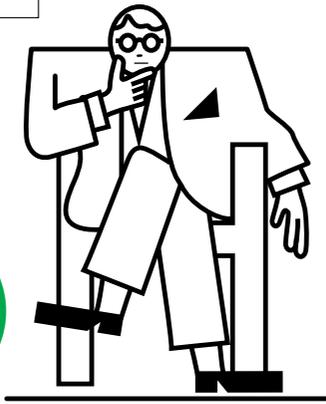


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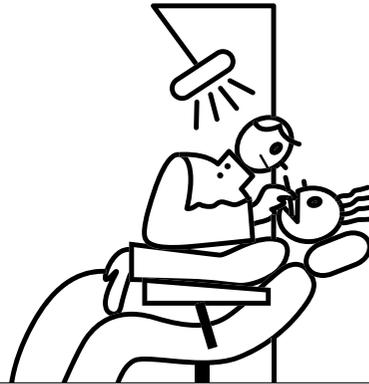


Get therapy...

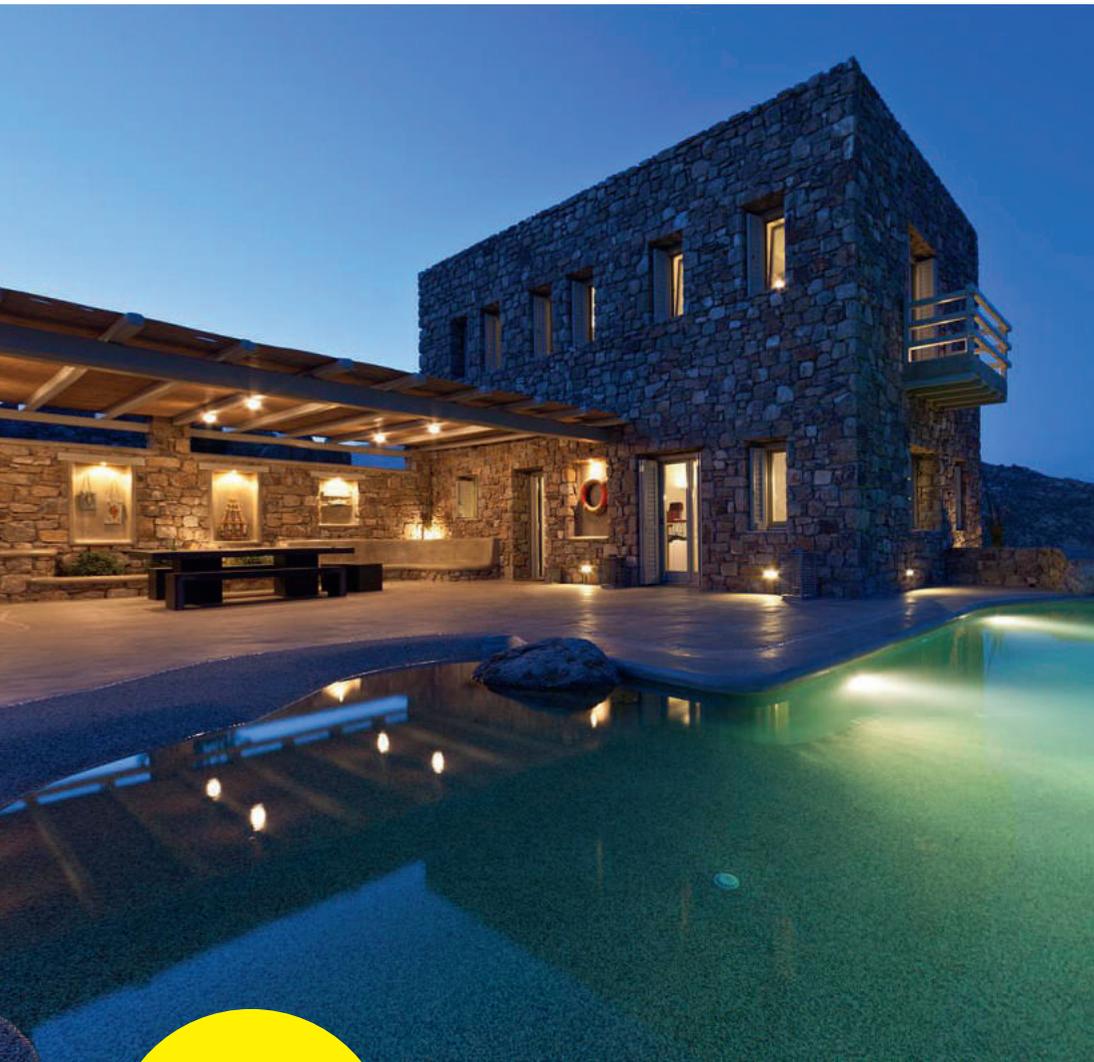
Winter blues? Talking to someone will definitely help. Whether a one-off session with a therapist or a targeted "Life MOT" series, The School of Life is the place to go. Start with a 75-minute introductory appointment, involving a session with a life coach, who will assess your goals and formulate a programme of sessions to help you achieve them. *The School of Life, £150 for an introductory session, [theschooloflife.com](http://theschooloflife.com)*

7

See an expert dentist



"Having the correct dentist makes all the difference to your smile," says Dr Tim Bradstock-Smith of The London Smile Clinic. "People ignore the serious complications of their teeth and have swift cover-up work to temporarily rid problems. A good dentist can save you money in the long-run and result in better teeth. You can be unaware any problems exist because you can't see them. The right dentist will identify these early and advise on the best treatment." [londonmileclinic.co.uk](http://londonmileclinic.co.uk)



Greek idyll: the Rocky Retreats 2 10-guest villa is sited above Agrari Beach on sun-baked Mykonos island



8

Rent a super-villa

The best holidays are the ones spent doing stupid things with loads of friends in a house where no one can hear you scream (into the karaoke machine). This month, take 10 mates to hole up in one of the best party villas this side of The Black Sea. Rocky Retreats is our pick in Greece. Overlooking the Aegean Sea and boasting one of the most impressive views on the island of Mykonos, it's a short stroll down to the beach while Mykonos town is a quick drive away (Victor, the property's concierge, will happily ferry you there). You likely won't want to leave,

though, given that the house comes with an enormous BBQ, an outdoor bar, a separate dance room-cum-guest room (thankfully for any sleeping guests it's located away from the main house), an infinity pool and, as mentioned, a concierge. The best time to head there is September or October when it starts to cool down and all the Antipodean travellers (who, despite being charming, will drink you under the table) have moved on. *Rocky Retreats 2 (sleeps ten) from €900 (£700) per night, [rockymansion.com](http://rockymansion.com)*