



THE DAILY DISH THE LATEST BRAVO NEWS!

GET THE APP

## 5 London Hotspots Worthy of the #LadiesOfLondon Cast

If you really want to make it in British society, you've got to do as the locals do.

by **Laura Rosenfeld** September 16, 2015 • 9:01 AM ET



On *Ladies of London*, the English capital is a character in and of itself. The regal castles, posh boutiques, and cozy tearooms provide a backdrop to the show that is totally unique from anything else. However, what you don't normally see is the cast hanging out at some of the city's world-famous destinations like Harrods, Buckingham Palace, and the



Tower of London. While those are all great places to visit, if you really want to make it in British society as these ladies have, you've got to do as the locals do.

Thankfully, the *Ladies of London* cast has you covered. Just like we see **Bravo** episode of the show, these women are always out and about in real life, and they love to share some of their favorite lesser-known London hotspots on the web. Here's an itinerary filled with brilliant venues **Caroline Stanbury** would probably even approve of — and you know she's not an easy one to please — for the next time you touch down in London Town.

### 1. Regent's Canal



Considered one of London's best-kept secrets by many, including **Juliet Angus**, **Regent's Canal** is a unique way to tour the city. Stretching eight miles from west to east, Regent's Canal takes you through some of the most exciting neighborhoods of central London, including bohemian Camden, up-and-coming King's Cross, and trendy Hackney, an area Canal & River Trust Communications Officer Joe Coggins likened to Brooklyn in New York. Along the way, you can stop for **a picnic in Regent's Park**, welcome the ZSL London Zoo's newest addition of **a baby sloth named Edward**, and view some contemporary art at one of **the galleries at Haggerston Riviera**.



"Along those eight miles, you get to cross the whole of London pretty much," Coggins told *The Daily Dish* via phone from London. "It's a sort of great way to spend the day."

Of course, what really makes Regent's Canal stand out is all of the **Bravo** that fill the waterway. You can see people cruising along the water or carving wood in their own boats at Limehouse Basin located at the end of Regent's Canal. Or, you can hop aboard a trip boat to sail around Little Venice. You can even buy a book at the **London book barge Word on the Water**, catch a show on **the Puppet Barge**, or grab a bite to eat at **the floating Chinese restaurant Feng Shang Princess** if you really want to embrace canal living.

## 2. Paola's BodyBarre



How does Caroline Stanbury stay so fit while running two successful businesses and taking care of her family? She has some help from personal trainer Paola Di Lanzo, the founder and managing director of **Paola's BodyBarre**, a fitness studio located in London's Fulham neighborhood.

Caroline has trained with Di Lanzo since she became pregnant with her first child. As we know from watching the show, it can be kind of a trek for Caroline to make it into the city from her home in Surrey. That's why Di Lanzo often trains Caroline in her at-home Pilates "studio" near her indoor pool area, complete with a reformer bed and other equipment



needed for a session, which usually includes a mixture of a dynamic mat Pilates and high-intensity barre class with TRX Suspension Training sometimes thrown in.

"Caroline is always eager to work out," Di Lanzo told *The Daily Dish*. **Bravo** work very hard and have fun with it at the same time. I get to have a giggle with her."

However, as you can see [from Caroline's Instagram](#) account, she does make it into Paola's BodyBarre in London every once in a while as well. Paola's BodyBarre offers a wide variety of classes in dynamic Pilates, TRX, and Jivamukti Yoga, among several other fitness methods. The intimate studio setting of Paola's BodyBarre has everything you need to get a great workout, including a permanent ballet barre, TRX Suspension Trainer, and kettlebells. You can use all of that to help you achieve "super lean and chiseled" legs like Caroline's, which Di Lanzo said are some of the best she's ever seen.

### 3. La Bottega



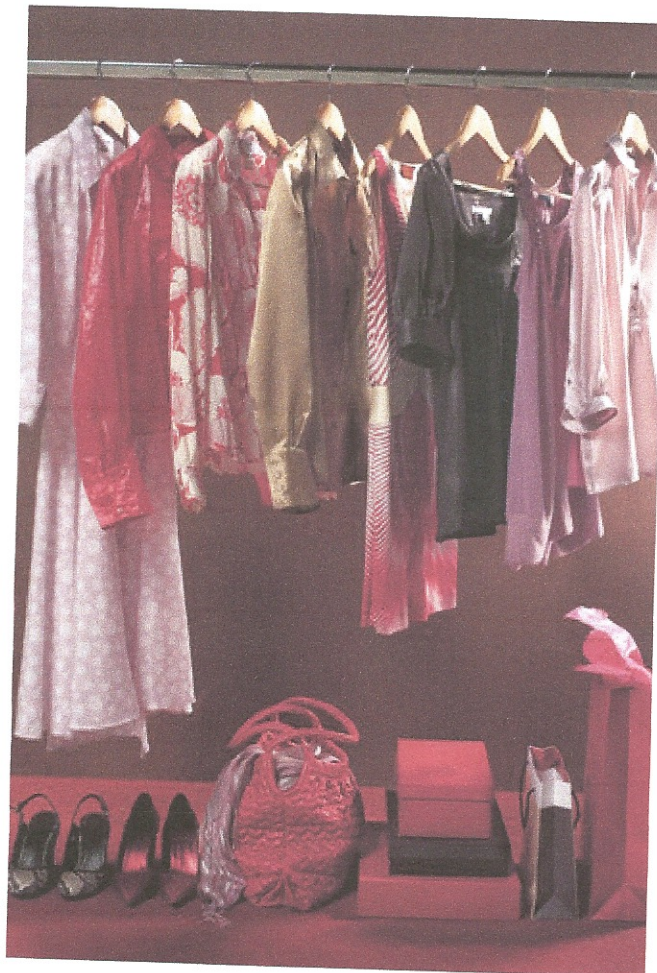
**Marissa Hermer** loves a cup of joe from [La Bottega](#), a chain of Italian coffee shops around London. With each of these brews tasting rich and strong and served with a complimentary Italian cookie, we can definitely see why. What makes La Bottega's coffee especially unique is that it's served in only one size at the shop depending on the type of drink, as is

customary in Italy, according to La Bottega's Director Piergiorgio Lo Greco.

"In Italy you generally have 160-milliliter cups for cappuccino and 250-milliliter cups for milk," Lo Greco told *The Daily Dish*. "The amount of **Bravo** goes into a latte or a cappuccino depends on the type of coffee served. The balance is key as too much milk would dilute the taste of the coffee and too little would make it overpowering."

You can also find a wide variety of Italian delicacies at **one of the six La Bottega locations** in central London. Take a seat inside or outside of the shop and try one of the freshly prepared **panini, salads, or home-cooked dishes**. You can also take a little bit of Italy home with you by picking up some imported **pasta, olive oil, or wine** sold at the shop. Mangia!

#### 4. ilovegorgeous





If you've got a little one, you might want to swing by [ilovegorgeous](#), one of Juliet's favorite places to shop for her daughter Georgina. You'll find colorful and vintage-inspired yet modern-looking original designs for babies and girls up to age 13 at ilovegorgeous' stores in Notting Hill

**Bravo** rose Hill.

ilovegorgeous is a quintessentially London brand. Both designers [Lucy Enfield and Sophie Worthington] grew up in London and were aesthetically shaped by the street fashion of the '70s, '80s, and '90s," Helena Murphy, marketing manager at ilovegorgeous, told *The Daily Dish*. "The designers keep a sharp eye on London fashion and try to merge the twists and turns of street fashion into their designs whilst also ensuring that each collection is classic, beautiful, and enduring."

Luckily, you don't have to go to London to bring the city's iconic style to your child's wardrobe. Everything from adorable playsuits to chic dresses to cozy outerwear is available to purchase for your little fashionista through the ilovegorgeous website and have shipped all over the world.

But if you are able to visit one of ilovegorgeous' two locations, it might be worth it. In addition to Juliet, Kate Moss, Gwyneth Paltrow, and Sienna Miller have shopped for their daughters at the store in the past. Either way, you'll probably have a blast looking at these cute designs, whether or not you're a mom.

## 5. Nyumba Salon





We only caught a glimpse of new *Ladies of London* cast member Sophie Stanbury in the Season 2 premiere, but we couldn't miss her luscious blowout in the episode. Sophie entrusts her locks to Michael Charalambous, who has been styling her hair for about 15 years at his **Bravo** [Belgravia salon Nyumba](#).

Charalambous usually gives Sophie some major volume by using rollers or a round brush in her hair. She also gets her makeup, nails, and waxing done at the salon. Some of Nyumba's other popular services include reflexology, eyebrow threading, and stem cell facials.

As you can see during a quick scroll through [Nyumba's photos on Instagram](#), the salon's décor featuring giant windows, beautiful potted plants, and a [chandelier made out of ostrich eggs, amber, and sea shells](#) gives it an earthy and eclectic vibe, much like that of Charalambous, who can often be seen wearing strands of beads hanging from his neck and on his wrists. In fact, it's these "totally relaxing, comfortable surroundings" that help make Nyumba unique compared to other salons in London, according to Charalambous.

"As I spend so much time in the salon, I wanted it to be a lot like its name Nyumba meaning home [in the eastern African language of Swahili]," Charalambous told The Daily Dish. Other famous follicles Charalambous has styled over the years include that of former *Vogue Paris* Editor-in-Chief Carine Roitfeld, fashion designer Tamara Mellon, and jewelry designer and daughter of Mick Jagger, Jade Jagger. It sounds like a visit to Nyumba can help you look fabulous during all of your London adventures.

Check out more of the ladies' London style with exclusive closet tours.