# VANITY FAIR

*The*
## STYLE
## ISSUE

*September*
## 2016

HOT NEW STARS
~ *in Hot New* ~
CLOTHES—
*It's ...*
HOT!!

## BOYZ N THE STUDIO
~ *Making a* ~
## Revolutionary 90s MASTERPIECE
BY SAM KASHNER

~ *Big as* ~
## THE RITZ!
## The Sorry Tale
*of the World's Largest*
## DIAMOND
*By* MATTHEW HART

~ *Memoir:* ~
## I Taught
## HEPBURN AND
## BACALL
## How to Write
*By* ROBERT GOTTLIEB

Winning an
Oscar, Falling in
Love with
a Co-star—and
That's Just
for Starters

# ALICIA

£4.80
International £5.20

## in WONDERLAND
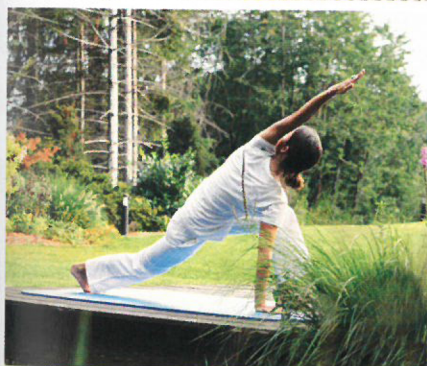*By* EVGENIA PERETZ   *Photos by* MARIO TESTINO

JAMES REGINATO *on*
## THE WORLD'S MOST EXCLUSIVE DECORATOR

JAMES WOLCOTT *on*
## 50 YEARS OF BEACH BOYS FEUDS

*"FASHION SHOULD BE A FORM of ESCAPISM, and NOT A FORM of IMPRISONMENT."* —*Alexander McQueen*

Austria

# PARKHOTEL IGLS

### This tranquil Alpine haven offers a nutritional philosophy to restore the body and mind

Parkhotel Igls is an award winning medi-spa and the pioneer of Modern Mayr Medicine which has at its centre the regeneration of the digestive system. For decades this health retreat has been at the forefront of preventative medicine under the supervision of experienced doctors, nutritionists, counsellors and therapists. Throughout their stay, guests learn to rest the digestive tract, how to eat and chew properly, while the body is cleansed and strengthened with individually prescribed alkaline supplements, vitamins and minerals. Bespoke eating plans are drawn up based on Modern Mayr Cuisine, using fresh, local, organic food across the different diet levels, ranging from tea-fasting to a Mayr energy plan.

Exercise is an essential component for physical and mental health so here in the clear, fresh, Alpine air, guests enjoy individually tailored exercise programmes. This "house in the park" is also where those with food allergies and eating disorders go for diagnosis and respite, those with food intolerances go for help, and those who wish to detox, manage their weight or redress their work-life balance, go for understanding.

Located on a sunny plateau in the Austrian Tyrol, Parkhotel Igls is just a 20-minute drive from Innsbruck airport, and is an ideal location for the tired, the stressed, the overweight and the burnt out to repair and recover. The retreat is also partnered with Innsbruck University Hospital to offer state-of-the-art diagnostic procedures to help counteract the onset of chronic illness. Add to this counselling, exercise and a therapeutic massage and it is little wonder Parkhotel Igls has achieved such iconic status throughout Europe. For maximum benefit a stay of two weeks is recommended, although shorter stays can be organised.

**VF LOVES** the healthy, nutritious and utterly delicious clear vegetable broths served—they taste like spring on the palate. *www.parkhotel-igls.at*