



TATLER

October 2025

ROYAL TEA
THE SECRET
POLITICS OF
BUCKINGHAM
PALACE

**GOOD
MANORS?**
FROM HOUSES
TO HOSTING,
HOW TO BE THE
ENVY OF ALL

FAREWELL DOWNTON

ELIZABETH MCGOVERN SAYS GOODBYE
TO THE COUNTESS OF GRANTHAM





BEST IN WELLNESS

Beauty thrives on inner-outer balance. From the collagen shots that work from within to restore visible glow to the matcha blend that boosts energy and brings boardroom-level clarity, these are the top 12 wellbeing wonders to keep minds sharp, bodies strong and spirits high

1 BEST FOR PLUMPING

Beauty and brains? This 'neurocosmetic' cream will not only instantly plump and hydrate, as well as enhance elasticity over time, it also speaks to the nervous system via scent and texture to support emotional balance. It's powered by copper tripeptides, antioxidants and vitamin C, and melts beautifully into skin, turning daily care into a ritual of inner and outer renewal. *Silky Soft Plumping Cream*, £190, Loya

2 BEST CAFFEINE ALTERNATIVE

Looking to replace your morning coffee? This refined matcha blend offers a sustained energy boost without the jitters. Infused with lion's mane, tremella and a B vitamin complex, it sharpens focus, supports the nervous system and enhances skin, hair and nails.

Dirtea Matcha, £48 for 30 servings, Dirtea

3 BEST FOR LIVER FUNCTION

It's one of the most hard-working organs in your body, so give your liver some TLC with this single-dose elixir, which harnesses a sophisticated blend of botanicals, antioxidants and liver-loving extracts to support its 500-plus vital functions. Fast-acting and science-led, it promotes detoxification, mental clarity and inner balance. *Plant Extract Elixir*, from £23.99

for three doses, *De-Liver-Ance*

4 BEST FOR SERENITY

Long flight? Overstimulated? Craving calm without sedation? Whether on crowded commutes or quiet nights in, this handbag-friendly pulse-point roller offers an aromatic pause. Its neuro-aromatic blend of camomile, lavender and patchouli helps to ease stress, soothe the nervous system and restore focus.

Chill Moodroller, £25, Moods

5 BEST FOR RENEWAL

Made with 100 per cent natural, science-backed botanicals that support physical, mental and emotional wellbeing, this collection of six targeted essential oil blends invites balance, clarity and vitality with every breath. *Wellbeing Kit*, £125, *Neuroscents*

6 BEST FOR A GLOW-UP

Getting your glow on is apparently just a sip away. Delivering 10,000mg of hydrolysed marine collagen, plus retinol and hyaluronic acid, this tropical drink outshines rivals, promoting radiant, hydrated skin, with hair and nails noticeably stronger, too. A potent daily ritual for visible glow and resilience from within.

Enhanced Plus Hydrolysed Marine Collagen Drink, from £41.99 for a 14-day supply, *Revive Collagen*

7 BEST FOR OVERNIGHT RESTORATION

From pioneers of neuroscience-based skincare, this ultra-light mask nourishes both skin and emotional wellbeing. It melts easily into the dermis, encouraging long-term visible firmness and hydration. Designed to strengthen the skin-mind connection, it's a luxurious reset – perfect for restful nights or long-haul flights.

Harmonie The Sleeping Mask, £98, *Neuraé*

8 BEST FOR RESILIENCE

This evening supplement supports restorative sleep, cognitive balance and stress resilience, all using Clinique La Prairie's exclusive Holistic Complex

and targeted botanicals. An elegant foundation for lasting wellbeing. *Balance Rest & Reset Supplements*, £360 for a two-month supply (120 capsules), *Clinique La Prairie*

9 BEST FOR STRESS

Command calm with this pre-shower or bath massage ritual. With calming camomile, clarifying petitgrain and grounding frankincense, this oil blend promises to dissolve tension and restore focus, as well as leaving skin beautifully softened and delicately scented.

De-Stress Mind Bath & Shower Oil, £60, *Aromatherapy Associates*

10 BEST TOOL

This clinical-grade tongue scraper refines an ancient ayurvedic ritual. Designed to sweep away bacteria and toxins (thereby promoting beautiful breath), it paves the way to enhanced wellbeing through oral cleanliness. A thoughtfully crafted, eco-conscious essential that brings a sense of ceremony to the everyday. *The Tongue Scraper*, £30, *By Dr Reena*

11 BEST FOR LONGEVITY

Pop a pill to support cellular function and help slow biological ageing by addressing multiple key factors, from mitochondrial function to DNA repair. With ingredients that preserve telomere length, boost NAD+ levels and enhance metabolism, these offer a science-led approach to feeling revitalised, resilient and biologically younger from within. *Epigen12 Cell Renewal*, from £320 for 30 capsules, *Niance*

12 BEST FOR SLEEP

Housed in elegant William Morris florals, this sleep duo – a soothing pillow mist and magnesium-infused pulse-point oil – is perfectly sized for travel. Ideal for jet-setters in need of some zzzs. *Beautiful Sleep Essential Sleep Duo*, £14, *William Morris at Home*