

The BILLIONAIRE'S LITTLE BLACK BOOK

Estelle Manor



Dr Suha Kersh



Verbier



Valentino



Costa Smeralda



The Araki

Winter

- Jackson Hole, Wyoming – wide open spaces, Yellowstone-esque skies, a burgeoning foodie world and “not too much of a scene” (yet).
- Mustique – essentially like a private car-less island for its old monied residents.
- Parrot Cay, Turks and Caicos – where the houses are enormous and a quick hop from the US.
- Six Senses Zighy Bay, Oman.

Skiing

- A chalet with private chef in Verbier, Courchevel or Machapuchare in Val d'Isère (purpleski.com).
- Zermatt for the serious skiers, driving up for the day from Zurich, where non-skiers can kick back in the hotel Baur au Lac (bauraulac.ch).

FOOD

London restaurants

- The Araki's small sushi counter, with fish brought in fresh from Tokyo. No soy sauce allowed (the-araki.co.uk).
- Endo at the Rotunda – third-generation sushi master Endo Kazutoshi's place in the old BBC television centre (endoatrotunda.com). No phones allowed.
- 5 Hertford Street, a respite from the flashier Mayfair spots, with consistently good food and privacy assured (5hertfordstreet.com).

SPAS

- Estelle Manor – an upmarket alternative to Soho Farmhouse (estellemanor.com).
- Amangiri, Utah – one-to-one yoga in the canyon at 5am (aman.com).
- The Kusnacht Practice in Zurich for burnout (kusnachtpractice.com)

CARS

- Heritage Classic Cars in South Kensington – a vintage dealer for Jaguar E-Types and Porches (heritageclassic.com).
- For the country, a Mercedes EQS SUV or an electric Range Rover (not a Tesla).

AIRPORTS

- Oxford Airport, Farnborough and Biggin Hill – where private jets are based. Or the private entrance at Heathrow, where you can drive right up to the door of your jet.

GROCERIES

- Bayley and Sage (bayley-sage.co.uk).
- Daylesford Organic (daylesford.com).
- Panzer's for its New York-style delicacies, like homemade pecan pies (panzers.co.uk).
- Harrods Food Halls.

PREP SCHOOLS

- Sussex House, Falkner House and the Hall in London.
- The Dragon and Summer Fields, Oxford.

HEALTH

Tweakments

- NAD+ infusions at Lanserhof on Dover Street (lanserhof.com).
- Botox at Ouronyx in St James's (ouronyx.com).
- Laser facials and the latest hi-tech treatments by Dr Suha Kersh at 23MD, Chelsea (23md.co.uk). The go-to doctor for natural-looking tweakments.
- Fat Trilogy Facial Rejuvenation at the Galen Clinic (thegalenclinic.com).

Hair

- Nicola Clarke at Nicola Clarke – best for blondes. Does all the Kates – Moss, Winslet and Blanchett. Or Joel Goncalves for brunettes. Does Queen Rania of Jordan (nicolaclarke.com).

Gym

- KX – gym and private members' club in Chelsea (kxlife.co.uk).
- The Fitness Centre at the Peninsula, Grosvenor Place (peninsula.com).

Cosmetic surgeons

- Dr Olivier Henry de Frahan (docteurolivierdefrahan.com).
- Mr William van Niekerk (cadoganclinic.com).

Private chef

- Christopher Davey aka the Cotswold Guy – a favourite of David Beckham (thecotswoldguy.co.uk). ■