

THE
MAYFAIR
MAGAZINE

MARCH 2018 • ISSUE 078 • £5

MERYL
Streep

Secrets of success from
Hollywood's brightest star





When
FASHION
grew up

The lab-grown luxuries/
making sustainability stylish

DETOXING WITH CAMILLA FAYED • NEW TOMES FOR YOUR TABLE • OFF THE RUNWAY IN MILAN

RWAG
RENEWABLE WOOD AND
GLASS



772003

809004

03

Before visiting one of the 'big four' fashion capitals of the world, Milan, I consulted friends and family about what not to miss. Some spoke ardently of its fast-paced social scene, others less so about the harsh industrial architecture.

Armed with a smattering of inside information (most importantly, that an early evening aperitivo is accompanied by complimentary canapés), when I arrived at Milan's palatial central train station in the slightly weathered north of the city, I was curious as to which side of the fence I would fall. My interest piqued when we weaved across the lanes of the wide boulevards that took us from the station to the city centre (Milanese traffic will almost certainly raise your heart rate), and I peered up at gracefully aged and overgrown buildings. I could sense that Milan was alive, in flux, and that I was going to enjoy it.

The start of Milan's economic prosperity is usually pinpointed to 1906, when it celebrated the completion of the Simplon tunnel to Switzerland by presenting its first World Expo on the theme of transport. It has hosted biannual fashion weeks since 1958 and the seminal furniture and design fair, Salone del Mobile, since 1961. With a population that is the second largest in Italy after Rome, Milan was also coined the country's 'moral capital' in 2015 by its President of the National Anti-Corruption Authority, Raffaele Cantone. He supported his statement by highlighting the development of Milan's thriving new cultural attractions such as the Fondazione Prada and the World Expo, which the city hosted again in 2015, welcoming 22.2 million visitors.

As I approached the centre, the view was dominated by the city's beacon – the dramatic, gothic Duomo. The city's sights can be mapped easily from here: the gilded, grandiose Galleria Vittorio Emanuele II; the Royal Palace, usually showing a historical exhibition that commands a queue through the courtyard; and the Scala theatre, rich in history, are all walkable.

The Sforza Castle is a longer but simple walk from the Duomo, and it houses enough artefacts to keep you there all afternoon, including Michelangelo's last incomplete work: the marble sculpture, *Rondanini Pietà*. Follow this with a stroll to the Indro Montanelli public gardens, a leisurely hour via the city's golden block of designer shops. When I walked there mid-morning on a spring Saturday – a day of jubilantly blue skies – the streets were serenely quiet. I took shortcuts through hidden squares and side streets and felt like I was the only one ever to have stumbled upon them.

Milan might not be decorated with ornate and ancient structures like Florence or Rome, but its upper hand lies in its dynamic character.



city break

Milan

History and modernity collide in Italy's most cosmopolitan city – one which often divides opinion

WORDS: MARIANNE DICK



GALLERIA VITTORIO EMANUELE II. IMAGE CREDIT: GEORGIOS TSICHILIS/SHUTTERSTOCK.COM



MARCHESI 1890, GALLERIA VITTORIO EMANUELE II. IMAGE CREDIT: NAEBLYS/SHUTTERSTOCK.COM



STARHOTELS ROSA GRAND, ABOVE AND RIGHT



Where to stay

Since it's easiest to start at the Duomo and work your way out, Starhotels Rosa Grand Milano boasts an unbeatable location just steps away from this prime spot – centrality lies at the heart of the family-owned hotel chain. As one of just 12 inimitable Starhotels Collezione properties, the Rosa Grand's modern décor reflects its hip location while a spa and terrace – to lounge on in the warmer months – make it ideal for couples and families alike. The hotel is a Tardis though: guests are well-known to have rung reception in order to be rescued from the winding corridors. From £195 per room per night, starhotelscollezione.com

Where to eat

Pasticceria Marchesi is one of Milan's proudest local businesses, having served divine confections since 1824. In 2014, the Prada Group acquired 80 per cent of the company and opened two more establishments in the city, one of which is located above the Prada shop in the Galleria Vittorio Emanuele II. The pistachio-clad interiors, complete with green velvet chairs and cherry wood tables, were designed by Roberto Baciocchi; picture perfect, it could be a set in a Wes Anderson film. I recommend ordering a hot chocolate – so thick you can almost stand a spoon up in it – and a selection of pastries, before sitting back and watching the world go by below. pasticceriamarchesi.com

Don't miss

Leonardo da Vinci's 15th-century wall painting of *The Last Supper* lies in the refectory of the Santa Maria delle Grazie church and Dominican convent, near the Sforza Castle. It was commissioned by the Duke of Milan, Ludovico Sforza, after da Vinci applied to him for employment with a letter that read in part: "in painting, I can do everything possible as well as any other, whosoever he may be". *The Last Supper* has survived a bout of mould, numerous restorations and Second World War bombs, making it more than worth the mandatory advance booking. ■ From €5, legraziemilano.it

suitcase essentials



SUNGLASSES, £125, CUBITTS.CO.UK



JACKET, £220, FIORUCCI, HARRODS.COM



NOTEBOOK, £24.95, MOGLEA, LIBERTYLONDON.COM



HOLDALL, £675, LUCAFALONI.COM



TRAINERS, £450, GUCCI, SELFRIDGES.COM

IMAGE CREDIT: TATSIANA SALAYUJOVA / SHUTTERSTOCK.COM

MILAN CATHEDRAL IMAGE CREDIT: BORIS STROJLIKO / SHUTTERSTOCK.COM

IMAGE CREDIT: ANDREA DELBO / SHUTTERSTOCK.COM