



TEANAMU CHAYA TEAHOUSE, London

On the inauspicious St Luke's Road in west London there hides a Chinese teahouse built on the traditional philosophies of reflection, moral wellbeing and healing. Singapore-born Chinese tea artisan Pei Wang, known as "the tea sommelier", studied the art of tea in China, Singapore, Malaysia and Japan, constantly cultivating the perfect teas for his London tearoom. We recommend the Honey Orchid Phoenix tea, "a rare single bush tea, with a lingering aroma of honey and fresh peaches." The opposite of a frenzied Starbucks crack - caffeine, sorry - fix, Teanamu's elegant and spiritual approach will leave you refreshed, both mentally and physically. To fully savour the art of a cuppa, book a tea appreciation masterclass for £45. Coach House, 14a St Luke's Road, Notting Hill, London W11 1DP. teanamu.com

CAFFE REGGIO, New York

Caffe Reggio's, situated in Greenwich Village, is like stepping back in time - in fact it's barely changed since 1927. Its founder Domenico Parisi is credited with bringing the Cappuccino to America, the original chrome and bronze espresso machine still takes pride of place in the café. 119 Macdougall Street, New York, NY10012. cafereggio.com



MR THROWBACK, New York

Awesome vintage store in the East Village specialising in 80s and 90s sportswear and memorabilia. Think varsity jackets and limited edition sneakers. 428 East 9th Street, New York, NY 10009. [facebook.com/mrthrowbacknyc](https://www.facebook.com/mrthrowbacknyc)



FABULOUS FANNY'S, New York

Yes, the best-named vintage shop ever. Also the only place to go for pin-up worthy and antique specs, carrying over 40,000 frames, including some that date back to the 1800s. Fanny's also stocks a well-priced selection of ladies' and men's hats. 335 East 9th Street New York, NY 10003. fabulousfannys.com