

# Boat Life Edit

Well-being essentials

Diabolo dumbbells, from £4,239; wall rack, from £1,379, both [paragonstudio.co.uk](http://paragonstudio.co.uk)

Manicure set in black and red. **BOLD**, £545, [czechandspeake.com](http://czechandspeake.com)

Horizon health tracker connected **Oura Ring** in brushed titanium, from \$449, [ouraring.com](http://ouraring.com)

Continuity embroidered bath sheet, £305, [frette.com](http://frette.com)

Icon Night Smartsome™ A<sup>3</sup> X50<sup>3</sup> Cream, £99 for 30ml, [sarahchapman.com](http://sarahchapman.com)

Extra-large scented candle in a ceramic vessel, £390, [brunellocucinelli.com](http://brunellocucinelli.com)

By Belle Rice