

WHAT'S ON CULTURE & LIFESTYLE

## The best ways to say thank you this Mother's Day

From treats to one-off experiences, these are Sloane Street's top picks for showing your love and appreciation

We all know that we should be showing the love to those important maternal figures in our lives year-round, but Mother's Day is a great excuse to organise something special to celebrate and make your feelings clear.

Whether it's spoiling her with a bit of pampering or booking a bonding experience together, here are five of Sloane Street's best ways to say thank you this month.

### Take afternoon tea at The Cadogan, a Belmond Hotel

What could be more decadent than having your sandwiches served on a silver platter? The Cadogan's luxurious afternoon tea is a really special way to spoil someone. Inspired by the beautiful Cadogan Gardens opposite the hotel, it makes the perfect choice for spring, and overnight guests even have the opportunity to take tea in the verdant gardens themselves. On the menu are standout sweet treats from newly appointed executive pastry chef Pierre Morvan, such as the caramelised pear frangipane - pair it with a glass of Ruinart brut rosé to really mark the occasion.

THE CADOGAN, A BELMOND HOTEL, 76 SLOANE STREET, SW1X 9SG; [BELMOND.COM/HOTELS/EUROPE/UK/LONDON/BELMOND-CADOGAN-HOTEL](http://BELMOND.COM/HOTELS/EUROPE/UK/LONDON/BELMOND-CADOGAN-HOTEL)



### Have a massage at Ushvani

Name us a better way to treat the most important woman in your life than 90 minutes of indulgence courtesy of luxurious day spa Ushvani. Tailor the treatment to exactly what she needs, such as the Balinese massage which boosts circulation, or the Malay massage, which promises deep relaxation. Massage not her thing? They do amazing hydrating facials here, too.

USHVANI, 1 CADOGAN GARDENS, SW3 2RJ; [USHVANI.COM](http://USHVANI.COM)



### Try a kokedama workshop at Chelsea Physic Garden

Sure, a beautiful bouquet is the usual go-to gift for Mother's Day, but longer-lasting flowers are so much better. We're thinking of kokedama, a Japanese garden design concept in which a ball of soil is planted with seasonal spring flowers, such as pansies or snow drops, covered in moss and hung up for decoration. Chelsea Physic Garden's kokedama workshop not only offers you a green-fingered bonding experience, but you'll get to take your kokedama floral display home with you afterwards.

£25, CHELSEA PHYSIC GARDEN, 66 ROYAL HOSPITAL ROAD, SW3 4HS; [CHELSEAPHYSICGARDEN.CO.UK](http://CHELSEAPHYSICGARDEN.CO.UK)



### Book Mini and Me manicures at Anya's Colour Therapy Nail Bar

Who says grown-ups have to have all the fun? The Mini and Me nail treatment at Anya's Colour Therapy nail bar (now open at Anya's Village) offers simultaneous vegan, cruelty-free Bio Sculpture nail varnish manicures to both big and little fingers. Afterwards, why not pop into the Anya Café and share a slice of its delicious Chubby Heart chocolate mousse cake?

£60, ANYA'S COLOUR THERAPY NAIL BAR, ANYA HINDMARCH VILLAGE, 11 PONT STREET, SW1X 9EH; [ANYAHINDMARCH.COM/PAGES/ANYAS-NAIL-BAR](http://ANYAHINDMARCH.COM/PAGES/ANYAS-NAIL-BAR)

### Catch an exhibition at Saatchi Gallery

If Mother's Day is all about showing the love to that important maternal figure in your life, Bob Marley: One Love Experience at the Saatchi Gallery couldn't be more apt. Celebrating one of music's most beloved and unifying artists, this exhibition takes visitors on an immersive journey through Bob Marley's career, life and legacy, set to a soundtrack of his best music. Just the thing if you're to get together and feel alright...

BOB MARLEY: ONE LOVE EXPERIENCE ENDS 18 APRIL, SAATCHI GALLERY, DUKE OF YORK HQ, SLOANE SQUARE, SW3 4RY; [SAATCHIGALLERY.COM/EXHIBITION/BOB\\_MARLEY](http://SAATCHIGALLERY.COM/EXHIBITION/BOB_MARLEY)

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