

SPECIAL ISSUE ON HEALTH AND BEAUTY

# Town & Country

ESTABLISHED IN 1846

**LOOK  
AND FEEL  
YOUR  
BEST—  
AT  
EVERY  
AGE**

**TWO LIFE-  
CHANGING  
SPAS**

**BEAUTY  
TIPS FOR  
BUSY  
WOMEN**

**COSMETIC  
SURGERY**  
OUR TOP-TO-  
BOTTOM  
GUIDE



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Actress and model  
Inès Sastre  
in Michael Kors

## ROME'S ETERNAL FLAVORS

The enticing displays in Roman food markets often stir up an “I want to live here” feeling. To satisfy that hunger, food writer Maureen Fant, an Eternal City resident since 1979, offers visitors an opportunity to spend the day with her, shopping, cooking and eating as the natives do. Her **ROMAN CUISINE TOUR**, which is limited to six per group, begins with a walk through the working-class Testaccio quarter, where Fant, who was trained in classical archaeology, provides fascinating historical commentary. Next, she shares her culinary expertise at the neighborhood market (where she is pictured below, at left), selecting the best seasonal offerings. With bags full of fresh goods, the group travels by city tram to Fant’s apartment, near the Colosseum. There she conducts a cooking class with everyone pitching in to make age-old specialties like artichokes *alla romana* and spaghetti *cacio e pepe*. As Castelli Romani, the local wine, flows, lunch turns into a humble celebration of *la dolce vita*. *Tours are offered most Tuesdays or by appointment. \$183 per person or \$575 per private group of up to six. 011-39-06-482-0911; [www.contexttravel.com](http://www.contexttrav el.com). SUSAN VAN ALLEN*

