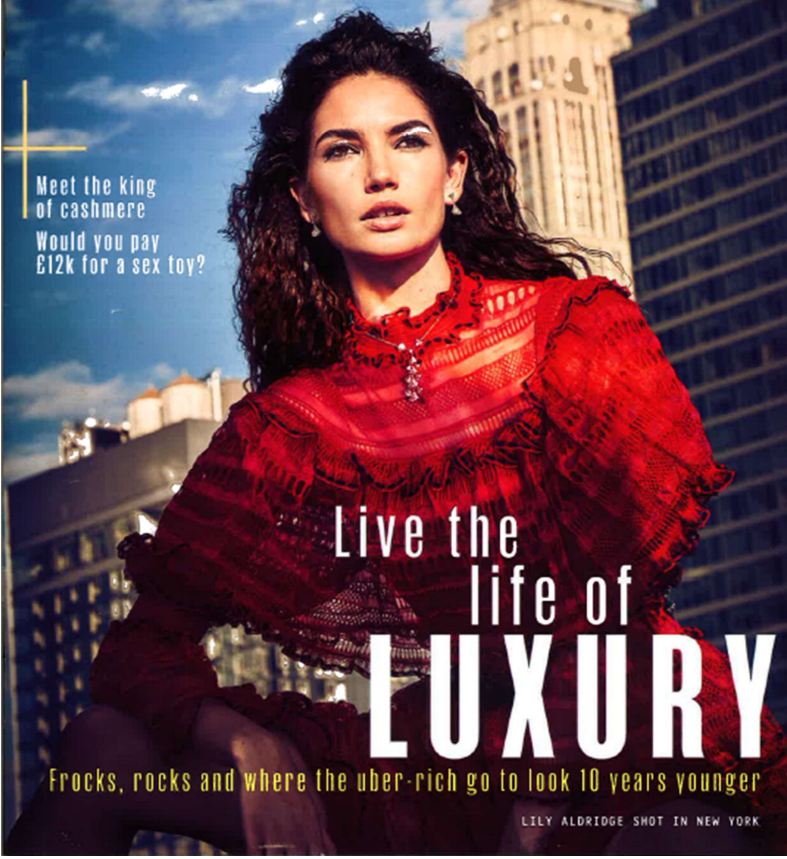


# STYLE

27 NOVEMBER 2016



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# SILENCE HAS STEALTHILY BECOME A MUST-HAVE COMMODITY FOR THOSE IN THE KNOW

The world has never been louder and it's affecting our health. Is it time to

**W**ork might seem to excel taking position in the line to Paris of Silence by Peter Sars. You'd just about as welcome as a resident about travel at a tourist convention. If you did, on each of the five or more, that isn't to say the time is being, it's a sharp, thought-provoking and successful that resistance on the lack of silence in modern life and the "disturbance" that it's having on our health and psyche. Then, who won the five of many awards for the 2016 international debate, flight from death without violence and our fear of dying, because we have become more selfish.

Through a mixture of thoughtful dialogue and an exploration of the profoundity of silence, he begins to begin with an the company we're surrounded by. "Modern life is loud and growing louder by the day," says the 41-year-old from Baltimore, who now habitually wears earplugs in urban environments. He has added soundproof elements to the small room in his back garden as he can work in quiet solitude.

"The level of distraction we covered with on a day-to-day basis is unprecedented," he says. "We are constantly in a highly reactive state, being driven into both sides of the road, and the distractions against the quiet part of ourselves in a way that's almost and extremely overwhelming. From total silence as a moment in moment present, we are reserved for those who it's convenient."

There's also an on all to give them and silent silence is specifying a trend that's quietly gaining momentum. Silence has steadily become the most-hyped commodity for those in the know, who are increasingly looking for ways to lose the daily from the modern life around them.

Tranquil travel destinations such as Finland (tourist slogan: "Silence, please") are booming, and the latest trend in luxury hotels is noise-free zones, silent rooms and digital-detox packages, created with triple glazing and acoustic cladding.

At the recently opened hotel L'Amandier, in the foothills of the sparsely inhabited Atlas mountains in Morocco, guests are strongly encouraged to end their evenings with a silent star-gazing session on the roof terrace; in-room sound systems are only supplied on request.

Health, Structure & Training also found that once exposed to two hours of silence a day, depression, stress, anxiety, and insomnia, then when engaged in a variety of sounds.

"Regular, structured, man-made noise is often interpreted by the brain as a danger signal, which triggers a stress response," says Charles Clark, reader in environmental and neural health psychology at Queen Mary University of London.

Lisa Latta, the managing director of the Noise Abatement Society, agrees. "Sound affects everything we do – psychologically, emotionally and physically – and how we interact with others and the world around us. It is fundamental to our health and wellbeing and is a crucial building block of civilization. However, in modern life, we are continually bombarded by noise and lowering this, for many of us, has become a Cinderella cause – one project but relegated in importance behind the social and other issues. We need change others will be the consequence."

But change is coming. Architects are designing an "anti-noise" movement. The Swedish brand Hørby, for example, has created a range of earplugs that are designed to be used in the same way as a noise-reducing device. The noise level in our society is being reduced by every year," says Williams. "City planners and urban background and high-density sounds can be stressful and even lead to the development of noise-induced hearing loss and varying degrees of hypertension. When an started Hørby was being and conservative, but we've definitely had there's a shift happening. We've created a product that stands out, that people don't want to take off by accident of using. We provide earplugs will make us the most comfortable earplugs – like them for my children and always of give."

The Japanese, who have long made silence an art form with their tea ceremonies, Zen meditation and more, discovered the benefits of quiet space. They often had, in their, give the wood with no phone, music or other distractions, so as to create peace. "Quiet, stress-free, there is no exact English translation, but it might equate to 'flowing water'." It might be the what we all need.

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