

Floating away at Lefay  
Resort & Spa in the  
Dolomites

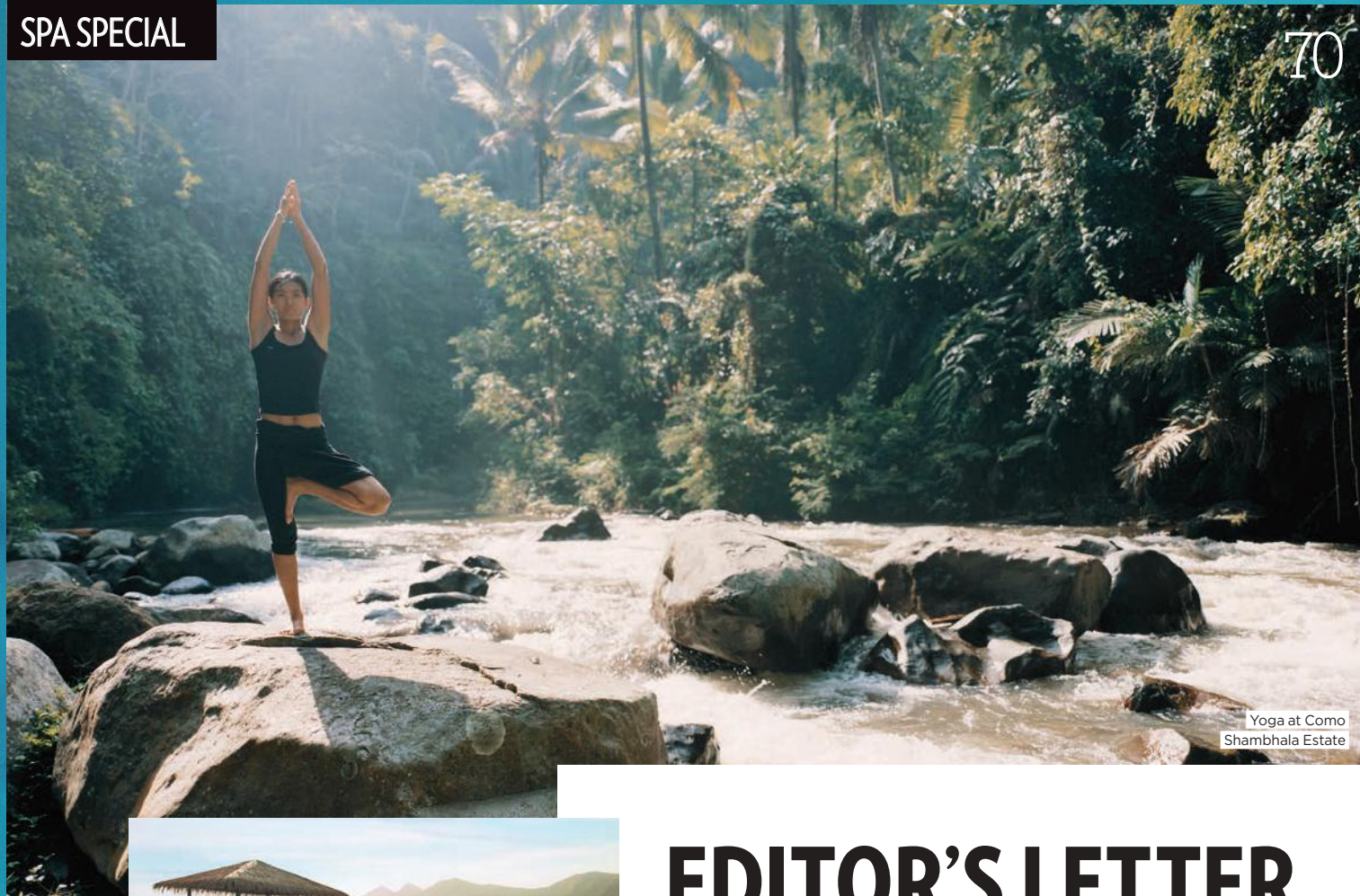
# SPA GUIDE

*Edited by Daisy Finer*



THE PERFECT PLACES TO HIT RESET



Yoga at Como  
Shambhala Estate

**ON THE COVER:** Lefay Resort & Spa.  
dolomiti.lefayresorts.com

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## EDITOR'S LETTER



**T**he need to focus on staying happy and healthy has never been felt so acutely. What seemed to be a year so full of fresh promise has been ripped away from us. Our world is changing as I write. It's scary and we all feel anxious. What can we do? Take each day, each breath, as it comes. Know and trust that out of the agony, a new world will be born. There are so many lessons to be absorbed. Technology, travel,

fast food, instant gratification – all are supposedly in place to make our lives easier and yet, amid all the progress and forward motion, we already knew something was afoot. Stress, anxiety, tension, hurry, the desire to be and have more, do not for a happy life make. As the world pulled us faster and further away from our inner essence, the desire to slow down, get close to ourselves and pause had never been more urgent. And now we are being forced to do just that: slow right down and reset.

The *Country & Town House Spa Guide* offers insight into those places that will be waiting for us once we are out the other side. Those places that offer a space to find peace, healing and inner nourishment. The need for individual time to reflect and process will be paramount. Continuing to trust in the universe, in travel and inspiration, in real time connection with our fellow beings, as well as creating our own full stops, is part of our historical and personal responsibility. The children of today will learn from us how to cope with a future that we cannot predict.

Within these pages you'll find healing stop-outs from India to Italy (we will go back), offering everything from meditation and massages to digestive cleanses and fitness overhauls. Why wouldn't you want to gift yourself that? Take time to tend and befriend, rest and digest. Mostly, take time to dream, and to hope. When all is said and done, the greatest victory will be to rediscover that behind the fear, our fundamental joy in the beauty of the world remains. Be brave.





### ◀ CIRCADIAN HEALTH

Sleep health is once again under the microscope, with more spas than ever offering dedicated retreats and programmes. Preferred Hotels' **Amrit Ocean Resort & Spa** opens in Florida this autumn offering sleep specialist services. The 34 wellness suites will feature circadian rhythm lighting and free-standing bathtubs where guests can enjoy a personalised aromatherapy bath. Elsewhere on the resort you can relax in meditation gardens, four farm-to-table restaurants, tranquility pools and outdoor Patanjali yoga classes. Sweet dreams guaranteed. [preferredhotels.com](http://preferredhotels.com)



### ◀ SPA FOR THE MIND

It makes sense that the spa world is branching out into makeovers for the mind. **Nimaya Mindstation** ([nimaya.co.uk](http://nimaya.co.uk)) is a 'gym for the mind' offering everything from integrated Japanese healing to PandoraStar light therapy. You can also spend an hour having a physical and emotional transformation with the new Mindful Facial at **Dr David Jack's** clinic on Harley Street, which combines a results-driven skin treatment with an hour of hypnotherapy ([drdavidjack.com](http://drdavidjack.com)).

# MAKING WELLNESS WAVES

FROM MIND SPAS TO THE GUT HEALTH REVOLUTION, **REBECCA COX** ROUNDS UP WHAT'S TRENDING ON THE WELLNESS SCENE FOR 2020 AND BEYOND...

### ◀ WATER SOUND HEALING

Sound healing is here to stay and this year sees the combination of sound healing with hydrotherapy. Balance Holidays' **Swiss Alpine Sound Bath Retreat** will include a daily water flotation session in an indoor heated pool, where guests will be immersed in different frequencies, noises and vibrations using singing bowls and other devices as they float, helping to guide them into a deep, meditative state. [balanceholidays.com](http://balanceholidays.com)



### ◀ GO WITH YOUR GUT

You used to have to head to a German or Austrian medispa for the Mayr cure, but now **Grayshott Health Spa's** seven-day strict detox programme (based on the Mayr) gives you everything you need to get your gut microbiome into good working order without leaving Blighty ([grayshottspa.com](http://grayshottspa.com)). While you can't travel, a few days' gut-friendly food delivery service can give you a much-needed kick start. The Press Soup Cleanse (from £78) is easy on the digestion and delicious to boot ([press-london.com](http://press-london.com)).



### SPAS WITH ROOMS ▶

Forget a trip to the hotel spa. Those in the know are cutting out the middleman and opting for destinations with wellness at their core. The 'spas with rooms' philosophy is at the heart of groups like Chenot, who this year open the **Chenot Palace Weggis** in Switzerland. Every guest enjoys a bespoke programme of treatments such as Chinese cupping, hydro-aromatherapy, phyto-mud treatments, altitude hypoxic therapy, cryotherapy and anti-gravity exercise training. Sleep rooms on site feature special acoustics and lighting to fully optimise sleeping hours. [chenotpalcaweggis.com](http://chenotpalcaweggis.com)



IN LINE WITH GOVERNMENT SAFETY GUIDELINES MANY OF THE SPAS AND HOTELS FEATURED ON THIS PAGE WERE CLOSED AT THE TIME OF GOING TO PRINT AND WILL RE-OPEN SOON. PLEASE CHECK WEBSITES FOR FURTHER DETAILS





# TOTAL TRANSFORMERS

THESE HARDWORKING HAVENS WILL DO THEIR BEST  
TO RECALIBRATE, RE-EDUCATE AND REVITALISE YOU

## EUPHORIA RETREAT

THE PELOPONNESE, GREECE

Tucked among fragrant lemon trees in the shadow of the sacred Mount Taygetos is Europe's most exciting new spa. Euphoria Retreat is the very particular vision of founder Marina Efraimoglou, whose brush with cancer changed the course of her life: she left banking to retrain in traditional Chinese medicine. Properly holistic and imbued with a real sense of joy, Euphoria's 45 warm rooms come clad in Byzantine colours of muted gold and deep reds. And the spa is at its very heart. Four storeys high, its core is an inner well where stairs twist from the cold darkness of a Kneipp bath to the blue skies above. Off this are a Himalayan salt room, an infrared sauna, Watsu pool, hammam and domed indoor pool. Science is also here in the form of Greek guru George Leon, who fixes broken metabolisms with a patented 3GL test that reveals your glutathione level (an indicator of metabolic health) and ensures your diet is tailored accordingly. And then there are the transformational journeys guided by Marina in which, through exploring the Chinese five elements, we learn who we really are.

**BOOK IT:** Healing Holidays offers a seven-night Emotional & Physical Transformation retreat from £4,375pp, with BA flights and transfers. [healingholidays.com](http://healingholidays.com)



## KAMALAYA

KOH SAMUI, THAILAND

Where the wisdom of an Indian ashram meets a tropical haven. Founded by John and Karina Stewart, the former a yogi monk for 16 years, the latter a master of Chinese traditional medicine, Kamalaya has all the beautiful holistic spa treatments you could wish for, plus a state-of-the-art fitness centre. At its heart is meditation, yoga and the need to balance body and mind, with four former monks on hand to offer guidance. Built around a mystical Buddhist cave and shrine, the resort flows steeply downhill to a charming beach, perfect for relaxing between treatments. Rooms and villas, plus two

restaurants, two swimming pools and a yoga pavilion, are hardly visible among the frangipani and casuarinas. Choose from one of 15 programmes covering health, diet, fitness and emotional wellbeing, or pick treatments and (free) classes à la carte. Treatments include both eastern and western techniques and visiting therapists are world-class. Never have diet and detox dishes tasted so varied and delicious. But perhaps best is the friendly, collective vibe: famous faces melt into the background and the communal table at dinner is always animated.

**BOOK IT:** Five-night Embracing Change programme from approx. £2,700 all-inclusive. [kamalaya.com](http://kamalaya.com)



## COMO SHAMBHALA

UBUD, BALI

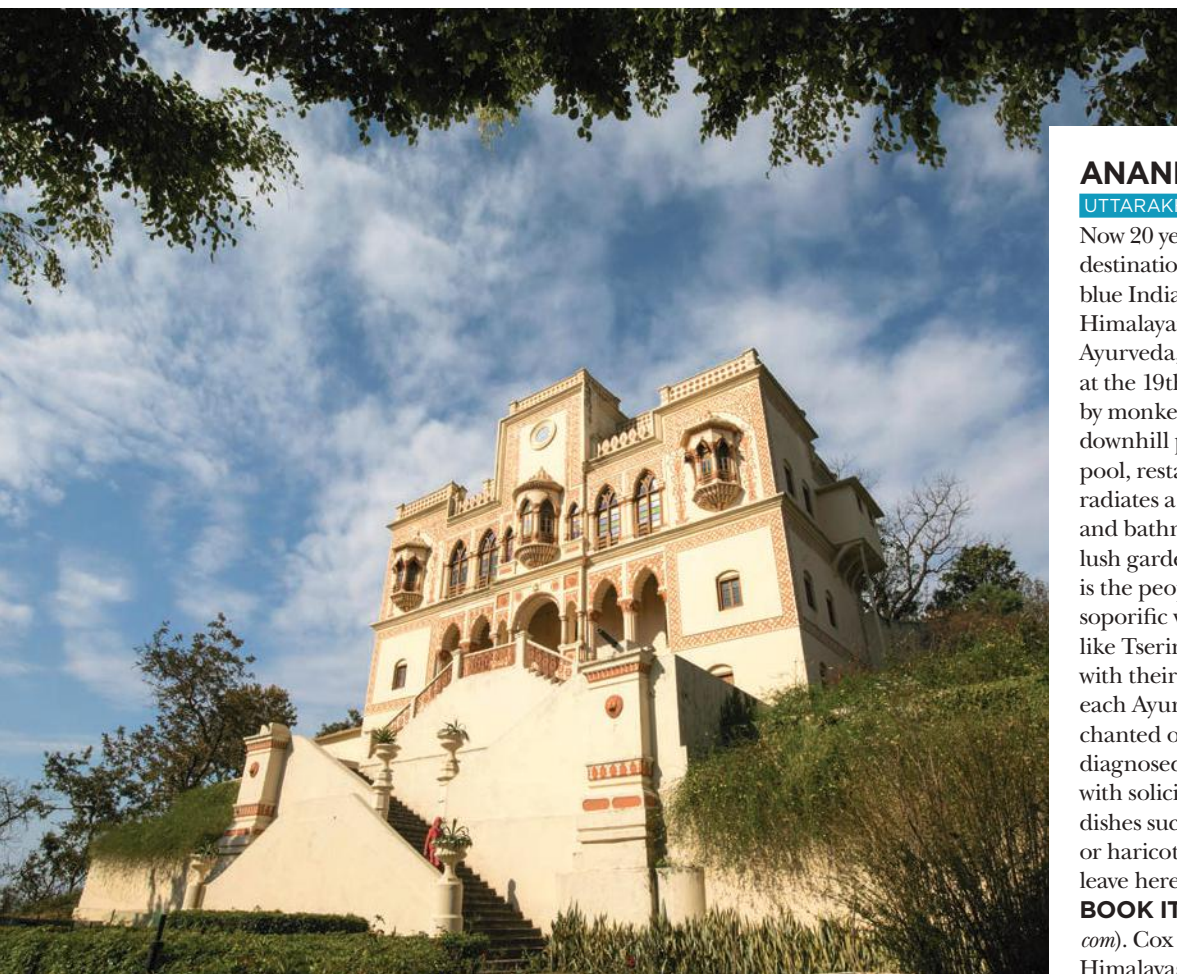
In a fairyland of ferns and frangipani, the jungle alive with birdsong, a priest chants rhythmically as a couple dip their heads under a stream of water gushing from a stone wall, clad in sarongs. They join the priest, who performs a Balinese blessing ceremony by the holy spring set into the rocks.

But this is not an initiation into a new religion, it's just one part of the 'day of tranquillity' experience at Como Shambhala, and the pair are guests having a spa treatment that lasts eight hours and soothes the soul, quiets the mind, stretches the muscles and pampers the body.

For this is so much more than a spa. Styled as a residential health retreat, the intention here is to help guests make life changes that will last, with different wellness programmes to that end. Yoga, meditation, tai chi, qigong, pilates and fitness experts teach clients to nurture spirit and mind as well as body.

Fitness junkies have the whole estate to jog around and there are steep steps into the river valley to increase lung capacity. Whether you come to change your life or simply to immerse yourself in the incredible natural surroundings, a stay here is unrivalled.

**BOOK IT:** Garden Room, from £571 B&B.  
*comohotels.com/comoshambhalaestate*



## ANANDA IN THE HIMALAYAS

UTTARAKHAND, INDIA

Now 20 years old, Ananda is a truly holistic destination that, high up above the Ganges under blue Indian skies stretching over snow-capped Himalayan peaks, immerses you in a world of Ayurveda, yoga and Vedanta philosophy. Arrive at the 19th-century Viceregal Palace to be met by monkeys and marigolds before swooping downhill past three villas to the spa, swimming pool, restaurant and 70 rooms. The atmosphere radiates a sense of peace; bedrooms are cosy and bathrooms have huge windows overlooking lush gardens where peacocks strut. But really it is the people here that make it. Sandeep with his soporific voice during yoga nidra, and therapists like Tsering from Tibet and Aretha from Kerala with their shy smiles and caring hands. Before each Ayurvedic treatment a Sanskrit prayer is chanted over you. Food is tailored to your dosha, diagnosed by the doctor on arrival and served with solicitude by the friendly waiters. Expect dishes such as curry leaf-marinated, griddled fish or haricot beans and palm heart salad. Expect to leave here lighter in body and enriched in mind.

**BOOK IT:** Doubles from £568.50 (*anandaspa.com*). Cox & Kings offers tailor-made trips to the Himalayas (*coxandkings.co.uk*).



## SIX SENSES KAPLANKAYA

BODRUM, TURKEY

This is Bodrum's latest star: a destination spa hotel with a heart. Just be warned; it also pitches itself as a family hotel, so if you want to detox (which you should, the programmes are superb), you may prefer to take meals in the peace of your room, as opposed to sitting amid the chitter-chatter and food decadence in the dining rooms. But don't let this put you off. The new anti-aging programme is stellar and the one to plump for. Beginning with a proper health screening, which measures everything from hydration and stress levels to BMI, every day is beautifully designed to nurture and restore. Things start light – with a liquid diet on day one, building up over the following days to include light protein-packed meals (white fish, steamed veg). Days are peppered with treats: facials, exquisite massages, Turkish hammams, incredible candlelit Watsu, breathing meditations and yoga with the wonderful Dorelal Singh. His teachings are something to take home with you. Don't miss his guided yoga nidra, especially helpful for anyone who struggles with sleep.

**BOOK IT:** Healing Holidays offers a five-night Discover Yoga programme (including accommodation, transfers, breakfast and yoga) from £2,499. [healingholidays.com](http://healingholidays.com)



## VANA

UTTARAKHAND, INDIA

The slick design may be Spanish, but the heart of India's foremost destination spa remains authentically Indian. Vana delivers exceptional care, wisdom and therapies. This really is a special place, where programmes deliver both physical and spiritual transformation. There's an Ayurvedic wing, a water wing, a natural therapy centre for the likes of shiatsu, reflexology and acupuncture and, a highlight, the Tibetan Healing Centre. Health is taken seriously and a retreat atmosphere is fostered. There's a minimum five-night stay and no social media or photography allowed in public areas. You're even encouraged not to wear your own clothes – each day a fresh set of white kurta pyjamas invites you to drop into anonymity and just be. Schedules can get busy: classes include cookery workshops, yoga and breath work and there are wonderful morning treks into the mountains. The food is exceptional and abundant – you need willpower to shift pounds because the emphasis is more on de-stressing than deprivation. What's interesting is that few leave disappointed. Relaxation is the first step to halting stress-related eating and dropping into intuitive self-care. Clever.

**BOOK IT:** Healing Holidays offers a five-night Ashram programme from £2,299pp full board, including flights and transfers. [healingholidays.com](http://healingholidays.com)



## AMANGIRI

UTAH, USA

Driving through 600 acres down a barely sign-posted road, past southern Utah's vast plateaus and rugged flat-top mesa rock formations, it quickly becomes clear that this remote resort is intentionally enigmatic – privacy, serenity and oneness with nature are its *raison d'être*.

Its surroundings are celebrated at every turn. Sleek polished concrete and clean contemporary lines disappear almost completely into the rocky landscape. Most guests head straight to the photogenic pool, curved around a dramatic rock protrusion and lined with steaming jacuzzis. The spa – the pinnacle for self-proclaimed 'Aman junkies' – is surrounded by Navajo Nation, the largest Native American Reservation in the US, and the extensive treatment menu channels Navajo culture and healing traditions. April sees the opening of Camp Sarika – ten canvas-topped pavilions with sunset-facing private plunge pools, a five-minute drive from the main resort and with full access to its facilities. This is a true bucket-list destination and if it's total transformation you're

looking for, it is a truly restorative escape.

**BOOK IT:** Doubles from £1,478 full board (excluding alcohol), with transfers. [aman.com](http://aman.com)



## MUST PACK



**OLIVIA VON HALLE**  
Silk nightshirt set, £380.  
[oliviavonhalle.com](http://oliviavonhalle.com)



**HORIZON ATHLETIC**  
Swimsuit, £149.  
[horizonathletic.com](http://horizonathletic.com)



**MAJE**  
Bag, £59.  
[uk.maje.com](http://uk.maje.com)



**MARA HOFFMAN**  
Cotton dress, £390.  
[matchesfashion.com](http://matchesfashion.com)



**ANCIENT GREEK SANDALS**  
Revekka Rivets, £185.  
[ancientgreesksandals.com](http://ancientgreesksandals.com)

## CHIVA SOM

HUA HIN, THAILAND

Celebrating 25 years of helping people feel better, the grand dame of wellness resorts now sports a slick and stylish new look after extensive refurbishment. On the compact six-acre site you'll find all the attributes of an in-depth medspa, softened by all the attributes of a swanky five-star hideaway, plus a wealth of holistic treatments, yoga and meditation and delicious, pound-shedding food. Relaxing on the terrace above Hua Hin's seemingly endless beach and watching the horse riders by day and fishermen by night is a constant joy. It's certainly not all work, but the superb facilities, including extensive subterranean spa and impressive physiotherapy department, the breadth of treatments and world-renowned quality of the practitioners, demand a robust response to get the most benefit from a stay here. At times it may feel like you're constantly checking what's next on the agenda. This is one of the oldest destination spas in the world, one that remains a bubble of luxury and privilege, where guests have the opportunity for real and lasting change, administered with care, professionalism and smiling kindness.

**BOOK IT:** Healing Holidays offers seven nights from £4,595pp all-inclusive, including BA flights, transfers and £625 wellness credit.

[healingholidays.com](http://healingholidays.com)







# HARD AND FAST

WITH WEIGHT LOSS GUARANTEED, THESE MEDISPAS WILL PUT YOU THROUGH YOUR DETOX PACES, BUT YOU'LL COME OUT SMILING (EVENTUALLY)

## SHA WELLNESS

ALICANTE, SPAIN

This wellness temple in white – part sleek hotel with canopied sunbeds around an infinity pool, but mostly a centre dedicated to immersing you in every aspect of your health – is rooted in the Japanese tradition of macrobiotics, which uses food as medicine. And how magnificent it is too. Based on whole grains, seasonal vegetables, legumes, fruits, nuts and seeds, it's both nourishing and surprisingly plentiful. You'll also find the very best of East meets West therapies achieved with kindness, professionalism and a desire to deliver results. Where else might you get the latest technology and techniques developed by NASA and Harvard to maximise cognitive abilities (book a session with the wondrous Dr Bruno Ribeiro) or have genetic studies done to analyse your health predictors? The list of treatments is endless but luckily they have a useful app to keep you up to speed. Guests run the gamut from A-listers like Monica Bellucci to Masters of the Universe on burnout, who can hide away in one of 11 new private residences. Add in a hit of vitamin D from the Spanish sun and SHA is a complete recipe for health success.

**BOOK IT:** Healing Holidays offers a four-night Rebalance programme from £2,399pp all-inclusive, with flights and transfers. [healingholidays.com](http://healingholidays.com)



## THE ORIGINAL FX MAYR

LAKE WÖRTHERSEE, AUSTRIA

Gone are the days when the Mayr cure just meant Epsom salts, chewing stale bread till your jaw ached and sipping broth, though these elements very much remain at its core. Today's Mayr therapy takes the mental and emotional part of health and healing a lot more seriously. Here at FX Mayr Original, the home of the Mayr cure from which others sprang, on the edge of glittering Lake Wörthersee (ask for a lake view room), this means evening meditation and access to the wonderful psychotherapist, Claudia Waldner. There are personal yoga lessons, shiatsu (stress-relieving), silent eating (to

reconnect in a healthy way with food) and an overall ethos that recognises mental stress as a signifier of physical malfunction. A design revamp within the last few years (along with ditching the traditional dirndl uniform of the staff) has added a beautiful new sauna just metres from the lake's edge (do take a dip), electric bikes and guided hikes, which have all breathed new life into this classic institution, to which guests return again and again. Submit to the cure in its entirety – mind, soul and body – and new life will be breathed into you too.

**BOOK IT:** Seven-day FX Mayr cure programme from £1,305. Rooms from £185 per night. [original-mayr.com](http://original-mayr.com)



## BUCHINGER WILHELMI

ÜBERLINGEN, GERMANY

Research has proved that fasting is one of the most therapeutic methods of dealing with the diseases of modern living (obesity, cancer, diabetes, allergies etc). It is known to regenerate the immune system, reduce inflammation, blood pressure and cholesterol; it also releases endorphins. What's not to love? Well, not eating solid food for ten days is not without its challenges so you definitely want to undertake it in a calm, safe and supervised environment. This is Germany's foremost clinic, set on a steep hillside above Lake Constance and started by Dr Otto Buchinger in 1953 after he self-cured himself of chronic rheumatic fever. Still run by the family, the loving care of the staff eases you through the process. The 250-calorie a day liquid fast involves light soups and broths, delicious apple peel tea with honey, as much water as you can manage, the occasional enema, hot liver compresses (so comforting), blood tests and turbosiestas. The daily walks are invigorating and keep you connected to both nature and other guests.

Yes, you will lose weight, yes, your skin will glow, yes, you will sleep deeply. There is also something intrinsically affirmative about achieving abstinence.

**BOOK IT:** Ten-day programmes from £2,340pp all-inclusive. [buchinger-wilhelmi.com](http://buchinger-wilhelmi.com)



## PALACE MERANO - ESPACE HENRI CHENOT

MERANO, ITALY

It's a given that the well-heeled Europeans and Russians who come to this mustard yellow palace to undertake Dr Henri Chenot's world-famous method will have packed ironed white chinos (the men) and LBDs (the women). And why not? The balconied dining area overlooking the gardens happily calls for a uniform, which is otherwise – categorically – a white robe. Nor should it put you off: never mind your neighbours (rotund, scrawny, alone or in twos, with dogs or daughters), it's the staff that put the heart and soul into the place, really nurturing you through your detox, an outstanding mix of daily massages based on your meridian lines, electrical acupuncture, hydro-mud baths (topped off by being sprayed down with hot and cold jets, like a prize heifer) and a bespoke diet that is beautiful, delicious... and tiny. Just introduced is an open body scanner that displays your muscle and bone density and a programme of personal training, vitamin drips and a special diet to keep you at the top of your game. Leave skinnier, stronger and, most importantly, educated.

**BOOK IT:** Six-day programme from about £2,380. Seven nights' double room, from £1,425pp. [palace.it](http://palace.it)



## LANSERHOF TEGERNSEE

BAVARIA, GERMANY

Lanserhof's third and most modern medspa, which stands in the foothills of the Bavarian Alps with spectacular views, is as dripping with awards as media darling Phoebe Waller-Bridge. The reasons why are manifold. Designed by leading architect Christoph Ingenhoven, it's a stylishly pared-down boutique hotel (all larch wood, glass and stone) meets bells-and-whistles high-tech clinic, to which A-listers return again and again for the now world-famous Lans Med Concept – fasting, chewing spelt rolls and that whole detoxification regime based on the original Mayr cure. But unlike spas of a similar ilk, it's the vast plush bedrooms and excellent additional treatments – from cranio-sacral therapy and hypnosis to genetic analysis and vitamin infusions (beware your bill) – that elevate it to cult status. When you're not being massaged or having your hormones analysed, the best way to forget your growling stomach is to take morning hikes, e-bike around the lake, swim in the outdoor saltwater pool, sweat in the sauna or join any of the complementary classes such as pilates and yoga. Leave feeling like a Lanserhof evangelist. You'll be back.

**BOOK IT:** Seven-day Cure Classic, from approx. £1,675 (excluding accommodation). [lanserhof.com](http://lanserhof.com)



## FIVE WAYS TO INCREASE ENERGY THROUGH DETOXIFICATION

**1** Digestion actually starts in the nose. The smell of food gets digestive juices flowing so take your time before your first mouthful, then it's chew, chew, chew until it resembles a paste. Even if you eat a healthy diet, not chewing means you might as well be eating McDonald's. Raw food especially needs chewing thoroughly as it hasn't been softened by cooking.

**2** Drinking enough liquid is critical to aid detoxification. Try aromatic herbal teas such as fennel, peppermint, ginger or rosemary to improve digestion. If you find drinking plain water boring, add mint or basil leaves to a jugful. The herbs infuse the water with their nutrients as well as adding flavour.

**3** Once a month, stick to just soup and juice for an entire day, to cleanse your mind and body. Vegetarian soups and green juices are best: they are less difficult for your body to digest and also contain more fibre (critically missing from so many of our diets), aiding in the detoxification process.

**4** Exercise every day to improve digestion and eliminate toxins through the pores of your skin. You can also sweat it in a steam room so your body can further detoxify through perspiration.

**5** Dry body brushing not only helps to exfoliate skin, it increases blood circulation, promotes lymph flow and is invigorating. Remember to brush towards the heart.



## MUST PACK



**BEGG & CO**  
Staffa shawl, £220.  
[beggandcompany.com](http://beggandcompany.com)



**DEREK ROSE**  
Cami silk satin pyjamas,  
£325. [derek-rose.com](http://derek-rose.com)



**TUMI**  
Backpack, £500.  
[tumi.com](http://tumi.com)



**REEBOK X BA&SH**  
Jacket (launches June),  
£150. [ba-sh.com](http://ba-sh.com)



**CELTIC & CO**  
Cashmere sleep socks,  
£76. [celticandco.com](http://celticandco.com)





# PAPER

**MORE TREES PLEASE.**

FOR EVERY RAINBOW PIECE SOLD, WE ARE PLANTING **5 TREES**

GO **GREEN** THIS SEASON WITH PAPER X *ONE TREE PLANTED*

*#YouBuyWePlant*





# KARMA CARE

LEARN YOUR REIKI FROM YOUR DOSHA – THE ANCIENT PRACTICES OF THE EAST HAVE POWERFUL THERAPEUTIC QUALITIES

## FOUR SEASONS RESORT THE NAM HAI

HOI AN, VIETNAM

Rooted in the white-sanded central coastline of Vietnam, this fledgling Four Seasons is a secret holistic treasure on the Asian spa scene. The setting is well worth the journey: 86 acres of exquisite tropical gardens, numerous true-blue infinity pools, handcrafted cobbled lanes, gorgeously traditional Vietnamese-style guest houses, and Insta-worthy spa huts set around a stunning lotus pond. Soul-soothing spa treatments provide a head-to-toe reboot. The Nam Hai Earth Song Ritual – including breath work, a Vietnamese scrub and bath with herbs from the gardens, a deep pressure massage incorporating gem-tipped tuning forks, and a fully immersive sound bath – lasts two and a half hours and leaves the body glowing and the mind purged of tension and stress. Other highlights include reiki, reflexology, adrenal-boosting therapies and even specially designed treatments for children. Yes, there's tennis and watersports, but once you've dipped into the otherworldly experience of the spa it's impossible not to come back for more. A charming hotel with the unequivocal pedigree of Four Seasons, plus a nourishing soul at its core. **BOOK IT:** One-bedroom villa from £545 B&B. [fourseasons.com](http://fourseasons.com)



## EUROPEAN AYURVEDA RESORT SONNHOF

HINTERTHIERSEE, AUSTRIA

Ayurveda Resort Sonnhof is sacred. There is no interminable piped music, rooms are wifi-free and the televisions have pretty felt hoods to protect you from unwanted vibes. Even better, there is no incessant background trill of mobiles, since devoted guests respect the quiet space. Here in Austria, Sonnhof pioneers European Ayurveda, an ingenious mix of ancient Indian detox practices with subtle tailoring for westerners. Food is calmed, in that, yes, there are excellent soups, dahls, rice and vegetables, yet the spices won't send you sky high. Similarly, the oils in the Ayurvedic treatments are

less pungently powerful than in India. Immense care is taken with your bespoke treatment programme. This is the place to properly connect within and expel negative thought patterns. The purge day has explosive results, yet the physical, mental and emotional benefits leave you giddy with joy once those pesky detox symptoms abate. Indian Dr Sharma is worth the trip alone. Psychic and gifted, he'll read your body like Braille. Ayurveda Resort Sonnhof is so nurturing and wholesome that you can happily overlook some dodgy decor for balanced doshas and peace in your soul.

**BOOK IT:** Seven-night AyurDetox Intensive Programme from around £1,212. Single room from £152. [sonnhof-ayurveda.at](http://sonnhof-ayurveda.at)



## ATMANTAN

PUNE, INDIA

Think the holistic approach to wellness is a modern phenomenon? Not one bit – Ayurvedic medicine is one of the systems of 5,000-year-old traditional Indian medicine for body, mind and soul. And there's nowhere better to experience it than at Atmantan: think modern 21st-century luxury villas with the best of ancient Ayurveda at your fingertips. A dedicated doctor determines your dominant dosha (out of three), the Sanskrit term for body and personality type. The aim? To balance all three elements for optimum health. Days start early with rinsing eyes in home-brewed saline water (surprisingly nice) and abluting nasal passages (more challenging). Yoga follows, and the western concept of yoga – sweaty, shouty and smug – does not equate in India. Here it's traditional and slower, practised overlooking a vast lake and mountains. Food is organic, plentiful even if calorie-controlled. Treatments are prescribed according to your dosha. For the brave, a self-induced colonic – by downing three litres of water interspersed with yoga – works a charm. A transformative stay results in sparkly eyes, a clear mind, and inches off the belly – there's good reason Ayurveda has outlived other fads.

**BOOK IT:** Five nights from £1,765pp all-inclusive. [atmantan.com](http://atmantan.com)



## SHREYAS

BANGALORE, INDIA

One of the original yoga retreats, Shreyas is a true journey of self-discovery. Twenty years ago, founder Pawan Malik, a former investment banker, wanted to create a high-end retreat for high achievers – to practise yoga and meditation without the harsh confines of an ashram. Since then, Shreyas has grown both spiritually and physically, and now offers a host of different packages, including the Joy of Giving that immerses guests in local life, assisting in the orphanage that has been built nearby, thanks to donations from Shreyas. Comfy cottages are dotted around a 25-acre coconut grove just outside Bangalore, now home to six yoga and meditation spaces, an infinity pool and a vast spa with 13 treatment rooms, a reflexology footpath and extensive vegetable garden. There are no brands here – healing is simple and natural, with more than 90 staff on hand (for a maximum of 26 guests) to ensure your personal wellbeing. Immerse yourself in two and a half hours of yoga each day and half an hour of meditation; eat freshly prepared, plentiful vegetarian food and indulge yourself with treatments, both western and Ayurvedic. A week here, under the team's extraordinary care, is life-changing.

**BOOK IT:** Doubles from around £212.

[shreyasretreat.com](http://shreyasretreat.com)

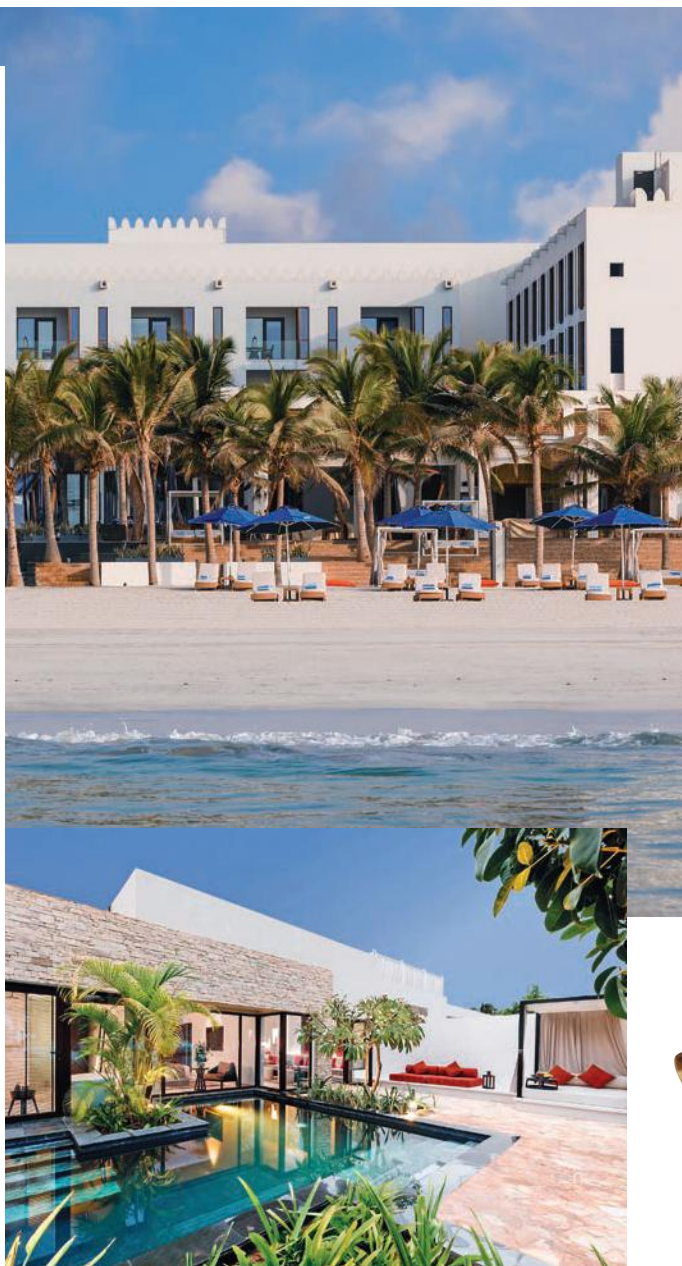


## AL BALEED RESORT SALALAH BY ANANTARA

OMAN

Cradled between mountains and the Arabian Sea, Oman's second-largest city, Salalah, sits on a coastline thickly fringed with coconut palms and banana trees. A private villa with a pool offers an instant cocoon of indulgence: sipping chamomile tea on a cabana bed while watching the brightly-coloured birds is therapy in itself. Slink out for early morning beach yoga sessions on cool white sands, then breakfast beside an infinity of pools leading the eye out to the sea. Make waves with an Aqua Zumba class in the privacy of your villa – it hilariously shakes up the day and spares any blushes. Head to the heat of the hammam and have all your sins sweated, scrubbed and pummelled out. And descend into deep relaxation with an Anantara Signature Massage, which channels the sensual and healing properties of frankincense, an aromatic tree resin produced and traded here for millennia. Venture out with the local guide and discover an ancient coastline of beaches and blowholes, with eagles clinging to craggy eyries. Dine indulgently from a personal menu curated by the head chef and served at the villa; every nuance is catered for, including weight loss, and everything is utterly delicious – the fresh coconut rice pudding is a revelation. Then light some incense, take a dip and watch those birds...

**BOOK IT:** Garden view pool villa from £400 B&B. [salalah.anantara.com](http://salalah.anantara.com)



## ANCIENT WISDOM FOR MODERN LIFE

**1** In Ayurveda, warm milk (organic and full fat) is believed to be easily digested; it nourishes all the tissues and promotes balanced emotions. Add a pinch of turmeric, a twist of ground black pepper and a cinnamon stick or a few pinches of ginger while it's on the hob. These warming spices help to calm the mind and will improve your sleep.

**2** Don't forget posture and breath. Most of us spend hours hunched in front of a screen and our shallow breathing habits can cause long-term issues. So put your shoulders back and down, hold your stomach in, expand your chest – and breathe deeply. This not only calms the mind, it boosts circulation and supports the spine.

**3** Antidepressant, antiseptic and aphrodisiac, damask rose essential oil is an incredible healer. A few drops in an oil burner or dabbed onto your inner wrists will help clear the atmosphere and enable you to drop out of your head and into your heart space.

**4** Practise meditation to help reduce stress and improve resilience. You don't have to sit still – a daily silent walk can be your meditation. And remember, the more regularly you practise, the more effective it becomes.

**5** A daily self-massage with sesame oil is very nourishing. Sesame oil is warming, pacifying, good for the bones and full of nutrients that soak into your body through skin and hair. Try it once a week. Marinate overnight and then shower in the morning.



## MUST PACK



**ZEUS + DIONE**  
Sitia dress, £424.  
[zeusndione.com](http://zeusndione.com)



**BOABAB**  
Diego Suarez candle, £284.  
[baobabcollection.com](http://baobabcollection.com)



**CUTLER & GROSS**  
1330 sunglasses, £300.  
[cutlerandgross.com](http://cutlerandgross.com)



**BAMFORD**  
Basket bag, £295.  
[bamford.com](http://bamford.com)



**GIA COUTURE**  
Melissa, £260.  
[giacouture.it](http://giacouture.it)





THE FRAGRANCE FOUNDATION UK

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[www.scentmemories.org](http://www.scentmemories.org)





# HEAD SPACE

MORE OFTEN THAN NOT IT'S YOUR MENTAL HEALTH THAT NEEDS HEALING, BEFORE PHYSICAL RESTORATION CAN TAKE PLACE

## BORGIO EGNAZIA

PUGLIA, ITALY

Set on the Puglian coast among thousand-year-old olive trees, this dreamily beautiful hotel looks after all the family. Mirroring the design of a traditional local village, the 184 white stone rooms, cassetas and villas, dotted among bougainvillea-filled cobbled streets, are crisp and clean with Adriatic sea views. Six restaurants leave you spoilt for choice, along with a superb kids' club, two private beaches and four pools – mothers can truly reclaim themselves. And it's the Vair Spa that steals the show. Quiet, cream-coloured and candle-lit, with elegant barefoot therapists clad in Grecian gowns, it's all about targeted healing of the body and soul. Begin with the Roman thermal baths: a two-hour, steaming hot and blindingly cold adventure. Then there are the fantastic treatments, from hydrating facials and muscle-melting massages to volcanic-mud wraps. A laughter workshop is in the mix too, involving local folk dance *pizzica* (less excruciating than it sounds). For pure bliss, plump for the U Mor massage that uses local olive oil and warmed seawater in strokes synchronised to the sound of waves. You can also enjoy deep yoga, explore the countryside on bikes or go for gentle runs.

**BOOK IT:** Doubles from around £250 B&B. [borgioegnazia.com](http://borgioegnazia.com)



## MASQI, THE ENERGY HOUSE

ALICANTE, SPAIN

Tucked into the divine landscape of Sierra de Mariola, MasQi's intimate eight-bedroom retreat occupies a simply converted 19th-century farmhouse surrounded by views of verdant hills, cherry, olive and pine trees. A gentle wind washes your spirit clean and the air smells of oranges, lavender, rosemary and thyme. Just to arrive here is tranquillising, before you've even got to the food, yoga and therapies. Owner Sonia Ferre's aim is to offer back to the world the tools she discovered when recovering from her own personal crisis. As such, the approach is deeply personal and full of heart. The calibre

of the treatments would be hard to match anywhere in Europe, if not beyond. There's no need to worry about which practitioner is on your programme, all are confident enough to deliver their own intuitive healing. Daily yoga is pure and traditional rather than being treated as a sport, meditation classes frequently combine sound healing or gong baths, and the food is exceptional. Expect miso soup, nut butters, fruits and porridges for breakfast, nourishing four-course lunches and dinners. You'll leave grounded, inspired and blissed out.

**BOOK IT:** Seven-day Transform programme from £1,632pp all-inclusive. [masqi.es](http://masqi.es)



## SANCTUARY CAMELBACK MOUNTAIN RESORT & SPA

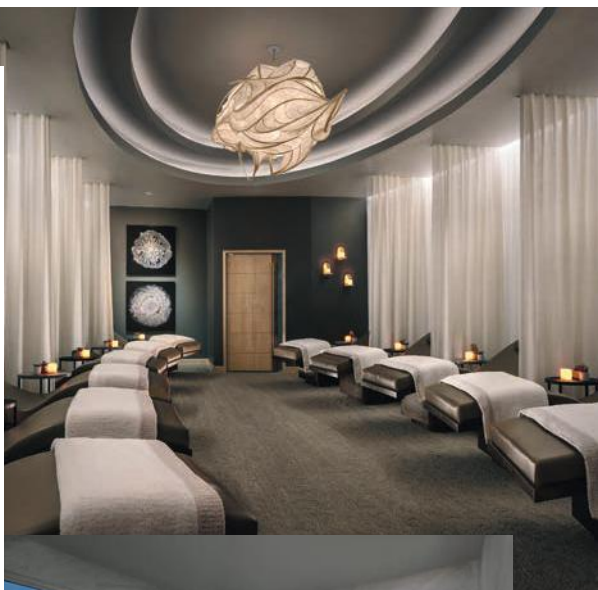
ARIZONA, USA

Passing through the serene Sonoran desert to reach this modern-day retreat ensures you arrive with a true sense of tranquility. This is Scottsdale, Arizona – often dubbed the Beverly Hills of the Southwest – where sun-drenched mountains

are dotted with shots of bright colour from the flowering cacti and lush green succulents. It's built into the side of the rocky outcrop that dominates the local skyline, said to be shaped like a camel's head. This is an exclusive – and private – retreat. Vast suites with floor-to-ceiling windows take in the blissful panoramic views of aptly named Paradise Valley stretching beyond. Historically, this was a site for Native American meditation, so wellness is very much rooted in Sanctuary's foundations. It's now home to one of the top destination spas in the US. Asian influences permeate throughout, from its reflection pond and Watsu pool to signature treatments like the muscle-melting Luk Pra Kope, a blend of Thai massage and organic medicinal herbs. Whether it's cocktails by the cabana-lined infinity pool, or a transformative spa journey, this Sanctuary lives up to its name.

**BOOK IT:** Doubles from £250.

[sanctuaryoncamelback.com](http://sanctuaryoncamelback.com)



## DHARANA AT SHILLIM

MAHARASHTRA, INDIA

Kindness seeps through the pores at Shillim: to yourself, to others and to the planet. Set among 350 acres within a 3,000-acre conservation estate in India's Western Ghats, this goes far beyond forest bathing – it's a freediving immersion into nature. There's no gym – instead you ramble into the surrounding mountains or practise mindful yoga in a *shala* that floats amid the trees. Ancient wisdom (Ayurveda, traditional Chinese medicine, naturopathy) softly nudges shoulders with modern diagnostics and your personalised programme gives you exactly what you need, rather than what you think you want. For most that means a deep reset for frazzled nervous systems (weight loss, rejuvenation, and so on, will all follow once that's sorted). Everything is designed to soothe, from the Zen-inspired villas to the gentle daily routine. Ayurvedic bodywork rules supreme and the therapists frequently veer off-piste, depending on your needs – they're drenched in compassion. Dosha-dedicated food is delicious. Even the smallest frog is treated as royalty here and your conscience can be further soothed in the knowledge that your travel (both flights and car transfers) is carbon-offset by the estate's heartfelt eco initiatives.

**BOOK IT:** Spa villa from £350. [shillim.in](http://shillim.in)

## MUST PACK



**VIVIEN SHERIFF**  
Aquamarine Queen  
Panama, £256.  
[viviensheriff.co.uk](http://viviensheriff.co.uk)



**SEP JORDAN**  
Made 51 x UNHCR  
linen shawl, £121.  
[sepjordan.com](http://sepjordan.com)



**ETRO**  
Geometric-print silk-twill turban hat, £320.  
[matchesfashion.com](http://matchesfashion.com)



**JAMES PERSE**  
T-shirt, £85.  
[net-a-porter.com](http://net-a-porter.com)



**PENELOPE CHILVERS**  
Sol Pampas slides, £119.  
[penelopechilvers.com](http://penelopechilvers.com)



# SWEAT IT OUT

FROM HIKING IN THE HIMALAYAS TO ICE BATHING IN THE ARTIC, THESE RETREATS ARE BOUND TO GET YOUR HEART PUMPING

## DEPLAR FARM

ÓLAFSFJÖRÐUR, ICELAND

Hunkering down in the remote reaches of Iceland's unforgiving north, framed by snow-cloaked volcanic peaks, this former sheep croft is a no-holds-barred assault on the senses – a refuge for clued-in thrill seekers, if you will – and home to the boundary-pushing wellness concept, Eleven Life. In keeping with Deplar's adventurous spirit, the focus is on adrenaline-fuelled challenges that boost your mental capacity as well as your fitness levels. Days begin at the huge farmhouse table, where herby omelettes and pancakes are washed down with immune-bolstering juices. Then you're off outdoors to be propelled towards your goals by the assembly of Viking-like guides. Along with snowmobile racing and axe throwing in the frozen wilds, there's cross-country skiing – and don't miss the torch-free night walks beneath the eerie glow of the Northern Lights, an experience that's somehow stimulating and soothing all at once. Down in the vast, slate-clad spa, limb-loosening therapies run the gamut from vigorous full body rub-downs to stints in a saltwater flotation pod. Leave with a stronger body, a sharper mind, and a new-found respect for Mother Nature.

**BOOK IT:** Doubles from £2,350 per night full board incl. wellness programme, guide services and transfers. [elevenexperience.com](http://elevenexperience.com)



## RANCHO LA PUERTA

BAJA CALIFORNIA, MEXICO

When The Ranch opened 79 years ago, it cost about £13.50 to pitch your own tent, do a week of hiking and eat vegetarian meals under the starry skies. Nearly eight decades later, this much-loved grande dame on the slopes of Mount Kuchumaa, overlooking the Mexican border, has been transformed into an all-singing, all-dancing retreat. Begin with a spectacular dawn trek across the mountains. Then get stuck into some mind-boggling options – everything from ballet to hula-hooping to aerial acrobatics. Add to that creative writing classes, sculpture lessons and an extensive

cooking school, and afterwards you'll need to zone out with a massage: they're no frills, done by local women, but deliciously effective. Meals are super-healthy with a Mexican twist. It's all communal eating – there are about 160 guests a week – but that means great camaraderie and even more fun at the final fiesta when alcohol – yippee – is finally served. After dinner, flop in your casita tucked into the forest, charmingly decorated in colourful local fabrics. This straightforward approach works. Repeat custom is almost a given. **BOOK IT:** Seven nights from £3,335pp full board (single occupancy), including transfers. [rancholapuerta.com](http://rancholapuerta.com)



## SHAKTI KUMAON

WESTERN HIMALAYAS, INDIA

There are no bells and whistles here, unless you count the distant tinkle of a goat bell, carried across flower-strewn meadows and deep valleys. This isn't a spa, but a true retreat: a pulling back from the hubbub of our 21st-century existence. Mobile network is negligible, immersing you in the outer silence. Led by your guide, you walk and walk – up hills, down narrow footpaths, passing women laden with dried grass on their heads, through stone villages where houses come in candy box pink or sky blue, with slate roofs. Red-roofed temples lie silhouetted against the snow-capped mountains. You can hear yourself think while walking; the body begins to tone, mental clarity arrives. You fall into a rhythm: wake with the sun, bed tea, then yoga before a breakfast of warm roti. Then walk. By sunset you'll have reached another house in time for a drink by the log fire, a curry and a hot-water-bottle-filled bed. Finally, you reach 360 Leti and its four simple stone cottages, tucked under the Himalayan mountain range. You feel you've dropped off the edge of the world. When you emerge renewed, reborn and revived, nothing looks quite the same again.

**BOOK IT:** Seven nights from £6,120pp all inclusive with transfers. [shaktihimalaya.com](http://shaktihimalaya.com)



## ARCTIC BATH

LAPLAND, SWEDEN

The River Lule was once an important link between Lapland's inland forests and the timber industry's coastal sawmills. As timber floated downstream, logs would jam, trapped by the fast-flowing currents. Just south of the Arctic Circle, a new hotel now sits on the water, its exterior clad in the criss-crossing trunks of birch trees, mimicking those log jams from the great days of Swedish timber export. At its epicentre sits the Arctic bath. At four degrees centigrade, any keen plunger needs steely resilience. The effect is instant and electrifying, followed by a rapid dash back into the sauna where fellow heroes nod their congratulations in silent Nordic fashion. Spa therapist Jennie Astridsson is often there to rally courage and welcome survivors of the dip. She hands out frozen grapes and pours aromatic unguents over the wood chip furnace. Result? Blissful sensations in 70-degree heat. Guests go cross-country skiing or snow-shoeing through the forest – utterly invigorating – then return for rejuvenating massages. It works. You walk into the restaurant taller, your neck coaxed upwards like a turtle emerging from hibernation. **BOOK IT:** From £700pp half board ([arcticbath.se](http://arcticbath.se)); SAS flies from Heathrow ([flysas.com](http://flysas.com)); [swedishlapland.com](http://swedishlapland.com); [visitsweden.com](http://visitsweden.com)

## MUST PACK



**MONCLER**  
Long parka, £1,235.  
[moncler.com](http://moncler.com)



**VAARA**  
Mara paddle suit, £200.  
[vaara.com](http://vaara.com)



**DR STURM**  
Ski Cream, £90.  
[perfectmoment.com](http://perfectmoment.com)



**ADIDAS BY STELLA MCCARTNEY**  
Technical shell backpack, £130.  
[matchesfashion.com](http://matchesfashion.com)



**VEJA**  
Condor trainer, £130.  
[veja-store.com](http://veja-store.com)



# EASY DOES IT

A SHORT FLIGHT AND A LONG FLOP MAKE  
THESE DREAM DESTINATIONS FOR A QUICK FIX

## MONASTERO SANTA ROSA

AMALFI COAST, ITALY

If you're scared of heights, you might be startled by the vertiginous clifftop setting, but the spectacular Amalfi coast and insanely glamorous hotel – romantic, smart and with a spa that oozes soul – will soon quell any anxiety. The 17th-century former convent has just 20 beautiful bedrooms and is surrounded by landscaped terraces leading to a jaw-dropping infinity pool – there are Instagram-worthy views all round. Inside, carefully curated antiques sit alongside contemporary art pieces in a clever blend of old and new. The spa boasts original, vaulted, double-height ceilings and uses products made by monks from the divine Farmacia Santa Maria Novella. The signature massage, with its melted candle wax layered onto your skin, feels almost transcendental. For romance, head to the huge couple's spa suite with its own rasul, steam room, wet and dry treatment couches and terrace. Equally decadent, at the Michelin-starred Ristorante Il Refettorio, chef Christoph Bob prepares superb fare sourced from the surrounding Campania region (don't miss the famous breakfast puff pastries). This is definitely not the place to diet.

**BOOK IT:** Doubles from around £348 B&B. [monasterosantarosa.com](http://monasterosantarosa.com)



## LONGEVITY ALVOR

ALGARVE, PORTUGAL

Set in the hills of the Algarve, with an epic view of the coastline from the rooftop infinity pool, Longevity Alvor is less hotel-with-spa, more tip-top health clinic with beautiful rooms attached. Of course, there's the usual gamut of massages and facials, but we advise signing up to one of the hotel's signature programmes, such as Metabolic Optimisation or Essential Detox. These include full-blown medical consultations with on-site doctors and clinical treatments specifically designed to help counter any health imbalances you may have accrued from life in the real world. Treatments aside,

it would be foolish to miss out on some of the daily group activities that can help reset your mental space (and are fun to boot) – there's everything from chilled-out sunrise yoga and Tibetan singing bowls to bracing hikes to the beach. And rest assured that healthy needn't mean boring when it comes to food – the restaurant serves up some supremely imaginative dishes, all of them deeply delicious and deeply good for you, since they're designed to alkalise your body and help expel toxins. If you can't resist a wee tippie, at least the wine is organic.

**BOOK IT:** Five-night Longevity Essential Detox from £1,815pp. Doubles from £170 B&B. [longevityalvor.com](http://longevityalvor.com)

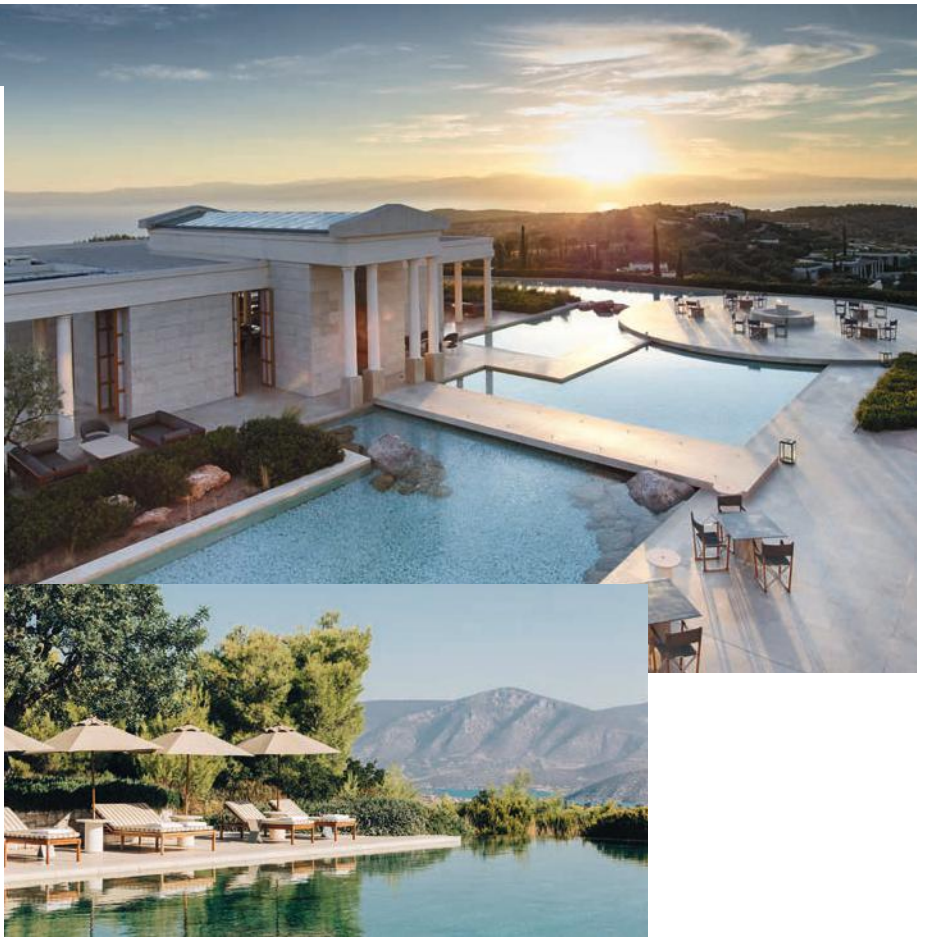


## AMANZOE

PELOPONNESE, GREECE

If minimal aesthetics and unapologetic luxury is your MO, you'll no doubt overlook the three-hour transfer (or a swifter 25 minutes in the hotel's helicopter) from Athens to arrive at the overwhelmingly beautiful Amanzoe. With panoramic views of the Aegean, miles of columned walkways and lavender-adorned flat roofs, it's a sight to behold. Each of the 38 classical pavilions and eight stand-alone villas offers a modern oasis, complete with its own pool, private garden and personal chef. Although in-room treatments are available (and very tempting), you won't want to miss the sanctuary of the light-filled spa. Combining ancient Greek beauty rituals with Asian techniques, the nature-focused treatment concept of grounding, purifying and nourishing follows the Aman group's ethos and weaves throughout their expansive menu. Treatments begin with a complimentary purifying smoke ceremony followed by a foot ritual and range from targeted lymphatic facials to hot stone massages. You can even carry on the experience at home with Aman's new, own-brand, bespoke skincare range, packed full of healing tree oils and alkalising oxygen-rich spring water. What could be better?

**BOOK IT:** Doubles from £964 B&B. [aman.com](http://aman.com)



## VERDURA

SICILY, ITALY

Sicily is abundant in delicious ingredients – nuts, oils, citrus fruits and herbs thrive in its warm winters and hot dry summers. In Verdura, a Forte resort on the south-west coast, you don't just get to eat the local produce: Irene Forte, daughter of Sir Rocco, has used oranges, almonds, rosemary and lemons in her own skin and body product range and spa treatments. Grown on the local farm, they're transformed into unguents whose names make you feel naturally beautiful: pistachio lip balm, hibiscus serum, pomegranate mask and blackcurrant body oil. The spa itself, a flowing space of natural stone and glass, is designed to put you in touch with nature: floor-to-ceiling windows look out across acres of grassland to the sea beyond. You can sauna, steam or swim – there's an elegant 70m pool – or perform a circuit of the four outdoor thalassotherapy pools, whose varying salt densities restore health and help respiration. There's only one downside: the tinkle of the handcrafted Sicilian bell that heralds the end of your treatment and return to the real world.

**BOOK IT:** Luxury rooms from around £292 B&B. [roccofortehotels.com/hotelsandresorts](http://roccofortehotels.com/hotelsandresorts)



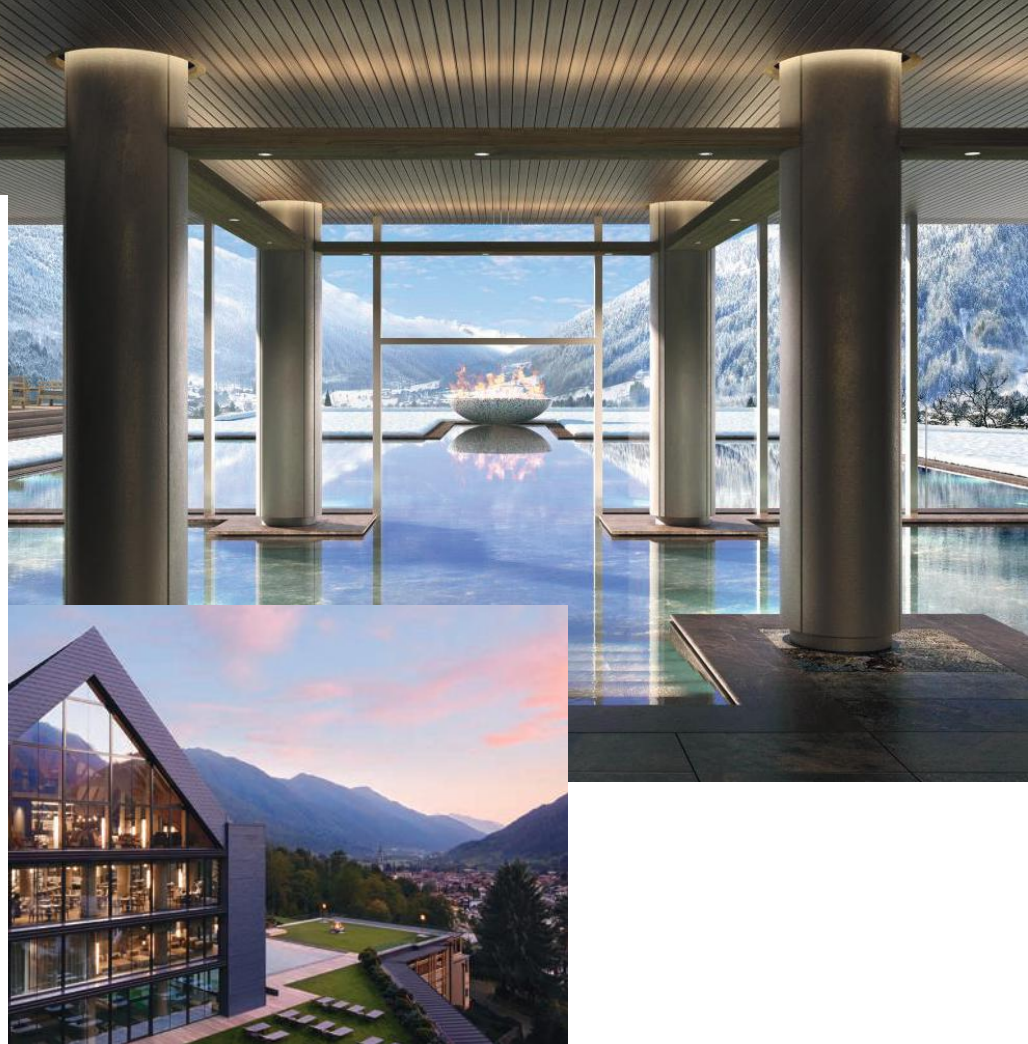


## LEFAY

DOLOMITES, ITALY

Nestled into the mountainside on a UNESCO World Heritage Site in the Italian Dolomites, surrounded by forest, Lefay's newest offering is an elegant architectural juxtaposition of traditional and modern. Warm and cosy, with sleek accents and tonal touches, the 88-suite sustainable resort blends perfectly into the surrounding landscape. Situated in the popular ski area of Madonna di Campiglio, it provides a chic base to relax and recharge (there are firepits aplenty) after a hard day on the slopes, especially with a vast and impressive spa on offer. Set over three floors and incorporating the brand's wellness method of traditional Chinese medicine with Western techniques, it's a spa-goer's paradise with eight saunas, three pools, healthy snacks and a variety of authentic herbal teas, all catered to your emotional disposition. With immune-boosting breathing classes, low-calorie menu options and skin-loving juices to boot, you'll be tempted to give the slopes a miss altogether. But if you do crave a little movement, wrap up and explore the nearby waterfalls on the hotel's electric bikes – before retiring in front of your in-room faux fire to watch the clouds roll in over the peaks.

**BOOK IT:** Junior suites from £281 B&B.  
[dolomiti.lefayresorts.com/en](http://dolomiti.lefayresorts.com/en)



## LES PRÉS D'EUGÉNIE

EUGÉNIE-LES-BAINS, FRANCE

Ever since 1861, when Empress Eugénie, wife of Napoleon III, bestowed her patronage on Eugénie-les-Bains' thermal springs, this sleepy town in south-west France has been a must-visit for fixing health issues. Then, in 1974, French superstar chef Michel Guérard opened Les Prés d'Eugénie. Housed in a supremely chic 19th-century manor house, this Relais & Châteaux retreat is a masterpiece of French country elegance, with Guérard's phenomenal food its crowning glory. A pioneer of nouvelle cuisine – the 20th-century movement that lightened traditional French cooking – Guérard created a shining example with his cuisine 'minceur' (slimming). Tuck into succulent beef salad, creamy risotto with vegetables and shrimp, and even a chocolate pudding – all in a three-course menu with less than 600 calories. Then continue shedding pounds in the garden spa, where thermal water baths in solid marble tubs in front of crackling log fires are divine, with a bouquet of rosemary, thyme and sage to exfoliate your skin. Next, aid digestion with a white clay bath – like wallowing in warm thick cream. The body-shaping hydrotherapies sting (a little) but stick with it, those high-pressure jets of water are breaking down unwanted fat cells. Sisley, the brand of choice, works wonders for further toning.

**BOOK IT:** Doubles from around £210.

[lespresdeugenie.com](http://lespresdeugenie.com)

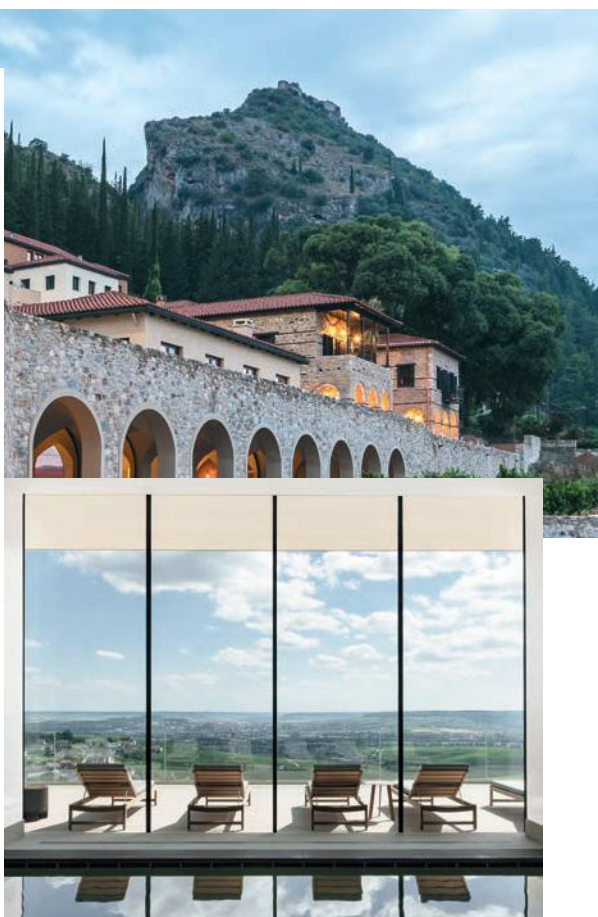


## ROYAL CHAMPAGNE

CHAMPILLON, FRANCE

Champillon is an area of north-eastern France that's as famous for its champagne houses as for its lack of high-class accommodation – that is, until 2018's reopening of the renovated Royal Champagne Hotel. Trips to and from the Champagne region's most iconic houses are organised with exacting precision by the hotel staff. Refreshingly, the emphasis is on behind-the-scenes harvesting processes as well as tasting sessions of niche and often underrated releases that rarely leave the locale. Most visitors come for these fizz-based pursuits but end up staying (and invariably returning) for the spa, which spans a vast and unparalleled 16,000sq/ft. Partnered with cult French brand Biologique Recherche, the wellness centre has nine treatment rooms, a calming eucalyptus-infused sauna, and – the jewel in the crown – two temperature-controlled, chaise longue-lined pools looking out onto the very vineyards that prompted the hangover from the night before. It's a tale of two villages: a perfect place to enjoy one too many coupes of the finest champagne at dusk, and an idyllic setting in which to sleep it off the morning after.

**BOOK IT:** Doubles from around £320 B&B.  
*royalchampagne.com*



## CHEVAL BLANC

ST TROPEZ, FRANCE

Small, chic and surprisingly cosy, St Tropez's Cheval Blanc is a must-visit haven for those seeking solace from the cosmopolitan town just a short walk away. Once a private holiday home, the newly refurbished bolthole possesses a boutique quality that keeps royals and celebrities coming back year after year. With a small private beach, homey nooks, nautical touches and bespoke scented candles, the 31-room abode has all the charm you'd expect from a location steeped in character and history. The understated glamour extends to the hotel's Guerlain spa. With a heavy focus on the location, each treatment is aimed towards relaxation and aftercare for those long, lazy days in the sun. After choosing your scented oil, lie back and enjoy the summer sounds of Sade and tinkling French jazz as your aches and pains are kneaded and rocked away. While transformation isn't the aim of the game here, it's an indulgence perfectly suited to a Riviera getaway. And if that wasn't enough, you can even have your complimentary Guerlain sun care applied for you by the spa therapists without leaving your sun lounger. Well, it is St Tropez after all!

**BOOK IT:** Doubles from around £505 B&B.  
*chevalblanc.com*

## MUST PACK



**DODO BAR OR**

Tatiana ruched swimsuit, £230.  
*matchesfashion.com*



**REALLY WILD**

Boho silk dress, £365.  
*reallywildclothing.com*



**ELEMIS**

Superfood facial oil, £45.  
*elemis.com*



**ROSETTA GETTY**

Jacquard shorts, £534.  
*rosettagetty.com*



**JOHN LOBB**

Stratton sandal, £650.  
*johnlobb.com*





# HOME-GROWN HEALTH

THE UK'S SPA OFFERING IS ON THE ASCENDANT – SO YOU CAN DITCH THE FLIGHTS AND MAKE IT BETTER FOR THE PLANET, TOO

## BODHIMAYA

COWDRAY PARK, SUSSEX

Highly rated by Kate Moss for their fad-free, once and for all approach to eating, Bodhimaya retreats take a big step towards remedying modern-day burnout. Using a combo of tender eastern philosophy and pioneering bioscience, results include a fresher complexion, improved energy levels, better mental clarity – and weight loss. At the heart of the method is intermittent fasting, giving the body periods of digestive rest when it can use its energy to repair and rejuvenate. In the long term, the straightforward eating plan can be easily integrated into busy schedules, avoiding all the hip and hype of foody obsessions. The immersive six-day detox retreat, masterminded by Cornelius O'Shaughnessy (a meditation expert known for his ability to effect change and promote self-awareness), allows time for natural physical and mental healing in the form of daily yoga and 'inner stillness' sessions. Steeped in over 500 years of history, overlooking medieval ruins and nestled in the heart of a 16,500-acre estate, Cowdray House is the perfect setting for just switching off, and there's plenty of time for a massage, swim or long walk in acres of English countryside. A retreat that feeds you at every level.

**BOOK IT:** Six nights from £2,695pp all-inclusive. [bodhimaya.com](http://bodhimaya.com)



## DEEP PAUSE

RETREAT EAST, SUFFOLK

Imagine leaving your hectic, overwhelming life for a true respite where you can reflect and reassess. Author of the bestselling *Pause*, coach Danielle Marchant has created an ingenious retreat for self-enquiry and nurtured rest. Set at Retreat East, the space is contained and comfy, all white bedlinen and bedside posies. Cocooned by nature, it's like staying at a spiritual house party. There are group sessions – yet respect between guests forms quickly, so there's also plenty of personal space. The main ethos is to do very little, allow your body to find its natural rhythm and discover what's lying dormant

in yourself, both creatively and emotionally. This gentle but profound process is supported by superb shiatsu (our practitioner Kate had hands like hot irons, smoothing out tension) and Scaravelli yoga, a form of exercise that goes beneath the rational mind to let your instinctive body release. Wild swimming, a powerful fireside ritual and outstandingly vibrant and delicious food support a radical transformation. Danielle is a soft but astute presence, missing nothing. She gently coaxes you to truly show up for yourself, which is both heartbreaking and uplifting. Dress down: PJs all day are encouraged.

**BOOK IT:** Four nights/five days from £2,255pp all-inclusive. [pauseglobal.com](http://pauseglobal.com)



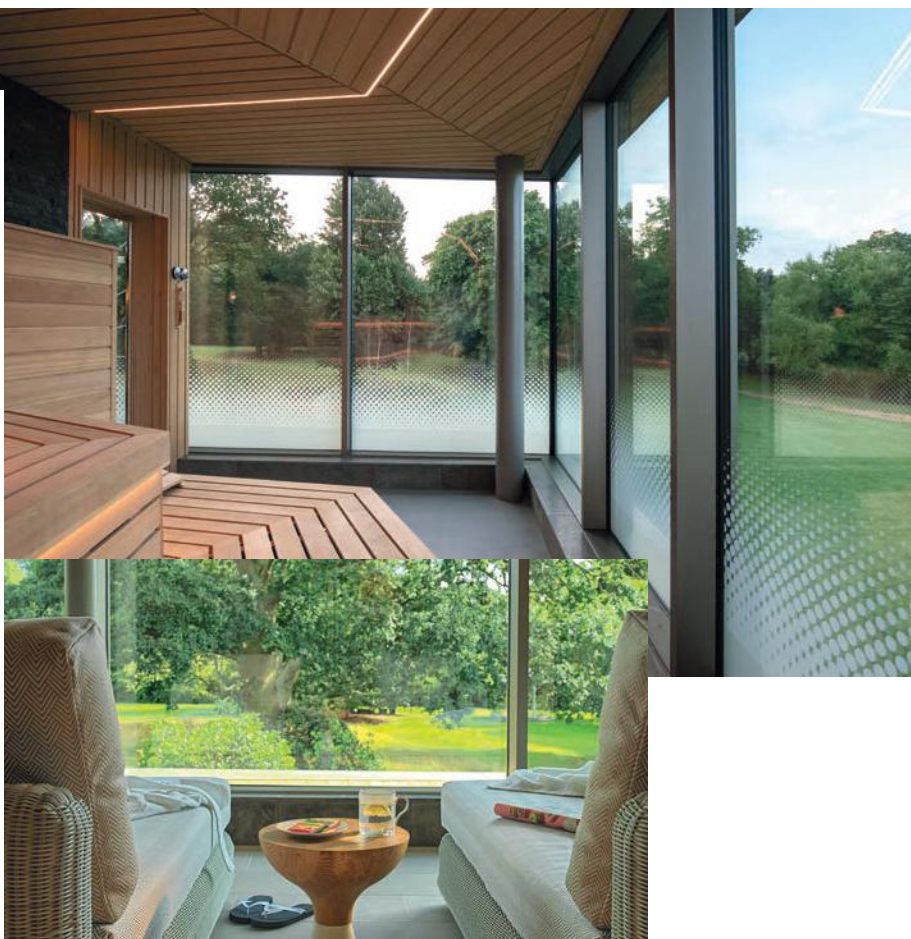
## COTTONMILL AT SOPWELL HOUSE

HERTFORDSHIRE

If Louis XIV could design a 21st-century spa, it would be The Club at Cottonmill, the new £14 million members-only addition to Sopwell House. With sumptuous country house hotel beds and a private courtyard with your own spa bath, it could be tempting to stay in one of the mews suites all day – but you'll want to head for The Club. Think sleek indoor and outdoor vitality and hydrotherapy pools, a panoramic sauna and 'deep relaxation room', perfectly calculated to meditate away life's stresses. Yoga and pilates classes are on offer at the studio for something a little more re-energising – or undertake a brisk soaking in one of the new 'experience showers'.

And don't miss the more easy-going poultice massage on an amber and quartz crystal bed. Afterwards, swap your spa robe for your finery and head to the award-winning restaurant, where even the most religious foodies will be impressed by '62-degree egg' with salt-baked celery and truffle, and succulent beef fillet with truffled gnocchi and perigourdine sauce. The perfect antidote for stressed-out city dwellers.

**BOOK IT:** Doubles from £469 B&B with access to The Club at Cottonmill. [sopwellhouse.co.uk](http://sopwellhouse.co.uk)



## BACK TO NURTURE BY ARRIGO

SOMERSET

Getting back to nature is a nice concept but we're not all cut out for roughing it in wobbly tents and muddy wellies. Trust Fiona Arrigo, doyenne of retreat chic, to pull the bunny out of the hat once again. Her new Back to Nurture retreats transform the wilderness wellbeing trope into a whole new pattern of luxurious simplicity. Home is a magical safari-style 'tent' (complete with log burner, super-comfy beds and – oh yes – your own flushing loo and steaming-hot shower). Food is mainly vegetarian (though smoked salmon sneaks in for breakfast) and so healthily delicious you almost feel your cells giggle. Sublime bodywork tells your body to let go – you're safe. Put your inner sceptic on a tight leash and go commune with those trees and dance barefoot in the dew. Uncover your inner weaving woman, your inner banging-a-drum woman; roar your angst at the fire (tears optional). The invitation is to stop and reconnect with your deep, instinctual self, and it's beyond beguiling. We all need a dose of this – a grass-roots, back-to-nature experience that helps us connect to something primal, as well as to our inner essence.

**BOOK IT:** Four days from £1,890pp (double occupancy) all-inclusive. [thearrigoprogramme.com](http://thearrigoprogramme.com)



## CITY SLICKER SPAS

LONDON'S FINEST

## ILAPOTHECARY

**Top Treat:** *Happy Hormone Equilibrium*

Designed by women for women, this massage aims to balance female hormones using divine and incredibly pure essential oils (it's not you, it's them - right?). Powerful adaptogenic castor oil is also used to support kidneys and the reproductive system.

[ilapothecary.com](http://ilapothecary.com)

## BULGARI

**Top Treat:** *Prana*

From wonderful Ayurvedic brand Maui, the Prana healing session uses essential organic oils handcrafted in England. Spoiling and gentle, this Marma therapy reduces stress, improves blood flow and lymphatic circulation and will leave you floating.

[bulgarihotels.com](http://bulgarihotels.com)

## THE LANESBOROUGH

**Top Treat:** *Anastasia Achilles*

Book months in advance for the facial of a lifetime - there's no turning back after Anastasia. A kinder soul you will not find; her knowledge of mind-body-soul connection is unsurpassed. Then there's the facial itself: skin will feel reborn.

[oetkercollection.com](http://oetkercollection.com)

## BROWN'S HOTEL

**Top Treat:** *Forte Body Ritual*

Sir Rocco's daughter, Irene, has developed her own face and body product range, exclusively for the group. Fresh with Sicilian ingredients, the 90-minute body ritual leaves you scrubbed, scented and massaged, before you head upstairs for dinner at Charlie's.

[roccoforthotels.com](http://roccoforthotels.com)

## MANDARIN ORIENTAL

**Top Treat:** *Forest Therapy™*

A new, all-over body experience by Aromatherapy Associates. The massage oil blend is nature-in-a-bottle and extras include breathing exercises, hot basalt stones and fresh, mineral-rich mud applied to feet and palms.

[Lush. mandarinoriental.com](http://lush.mandarinoriental.com)

## ASHAKA,

## HOTEL CAFÉ ROYAL

**Top Treat:** *L'Elixir des Glaciers - Majestic by Valmont*

The ultimate facial for rejuvenating and sculpting the face using an essence of honey, propolis and royal jelly direct from the beehive. It will revitalise your skin with techniques from Japanese Kobido massage. Think immediate glow.

[hotelcaferoyal.com](http://hotelcaferoyal.com)

## GRANTLEY HALL

YORKSHIRE

The sound of a gong used to mean dinner time in the 17th-century mansion's former life as a private dwelling. Now the gong is a crystal singing bowl heralding the start of a detoxifying salt scrub at the hotel's Three Graces spa. Local Yorkshire businesswoman Valeria Sykes has poured her heart (and funds) into this magnificent property and done it with style. The spa is as top notch and cossetting as the hotel itself. Nature and nurture are the abiding tenets, with British organic skincare brand Ila featuring alongside Natura Bissé. Treatments are designed to soothe brain and body, activate energy flow and promote healing. It's easy to while away the day as you flop from heated pool to daybed, sauna to snow room (yes, real snow) and out again to defrost in a hydrotherapy pool before another round of massage, crystal healing, or perhaps a facial. An adjoining fitness centre offers an altitude chamber, underwater treadmill and cryotherapy, helpful if you are carrying a niggles or for post-op recovery. Whether you're a stressed-out exec, mum-to-be or simply after some me-time, the Grantley team and head-clearing Yorkshire air will do their best to work some magic.

**BOOK IT:** Doubles from £340 B&B.[grantleyhall.co.uk](http://grantleyhall.co.uk)





## MULLION COVE

CORNWALL

Perched on a clifftop overlooking an historic fishing harbour, Mullion Cove has breathtaking views over the Lizard coast. You can bring your four-legged friend, but after a vigorous coastal walk, let Fido sleep it off while you head to the recently opened eco spa, which uses only Soil Association-approved products in its treatments. Headed up by holistic therapist Hannah Martin and with the mesmerising murmur of the sea as your soundscape, rejuvenating facials use a special combination of massage techniques from India and Japan to leave your face glowing, while seaweed-infused body treatments play on the Atlantic Ocean connection (but not the smell, thank goodness!) to keep things as local as possible. Both day and hotel guests should visit the salt laconicum, sea-view steam rooms and indoor hydrotherapy infinity pool, but we urge you to go for their signature treatment, the Mullion Ocean Essence, a blissful indulgence that incorporates jade 'wave stones' to target areas of tightness, a Japanese scalp massage for bliss-out zen and healing reiki to rebalance the body and soul.

**BOOK IT:** Doubles from £175 B&B.

[mullion-cove.co.uk](http://mullion-cove.co.uk)

## MUST PACK



**SUNSPEL X JOHN BOOTH**

Sweatshirt, £180.  
[sunspe.com](http://sunspe.com)



**JOHNSTONS OF ELGIN**

Cashmere joggers with metallic trim, £345.  
[johnstonsofelgin.com](http://johnstonsofelgin.com)



**ASPINAL OF LONDON**

St Tropez sunglasses  
£165. [aspinaloflondon.com](http://aspinaloflondon.com)



**GANNI**

Recycled Ripstop Quilt coat, £425. [ganni.com](http://ganni.com)



**SEE BY CHLOÉ**

Leather-trimmed nubuck ankle boots, £365.  
[net-a-porter.com](http://net-a-porter.com)

## YEOTOWN

DEVON

It's usually pretty blustery hiking on the headlands of the beautiful North Devon coast, but this place clears out the fog of city living and re-energises the gloomy with such dazzling precision that many people make it an annual detox. A Yeotown retreat stretches muscles, pumps pulses you never knew you had and unravels the whirr and buzz of the busiest minds. Run by Simon and Mercedes Sieff, he leads the charge for surfing and hiking, while she lengthens and stretches weary limbs with her excellent yoga classes. They've created a cosy weekend house party vibe rather than a spartan, spa-like detox. The staff are all stars, from Jaz the vegan chef, who has the most voracious carnivores oohing and ah-hing over her veggie dahl, to Mo the hiking guide, who herds the most sofa-prone sloth up vertiginous coastal paths using patience and gentle persuasion. Everyone bonds over simple pleasures such as hot baths with Epsom salts and nightly massages in the barn. The running theme here is space – both to stretch your body and free your mind (they encourage you to set down your gadgets). Each day is completely different so you learn to live in the moment, and what a liberating moment these precious five days are. Expect to feel a seismic shift.

**BOOK IT:** Four nights from £1,950pp. [yeotown.com](http://yeotown.com)

