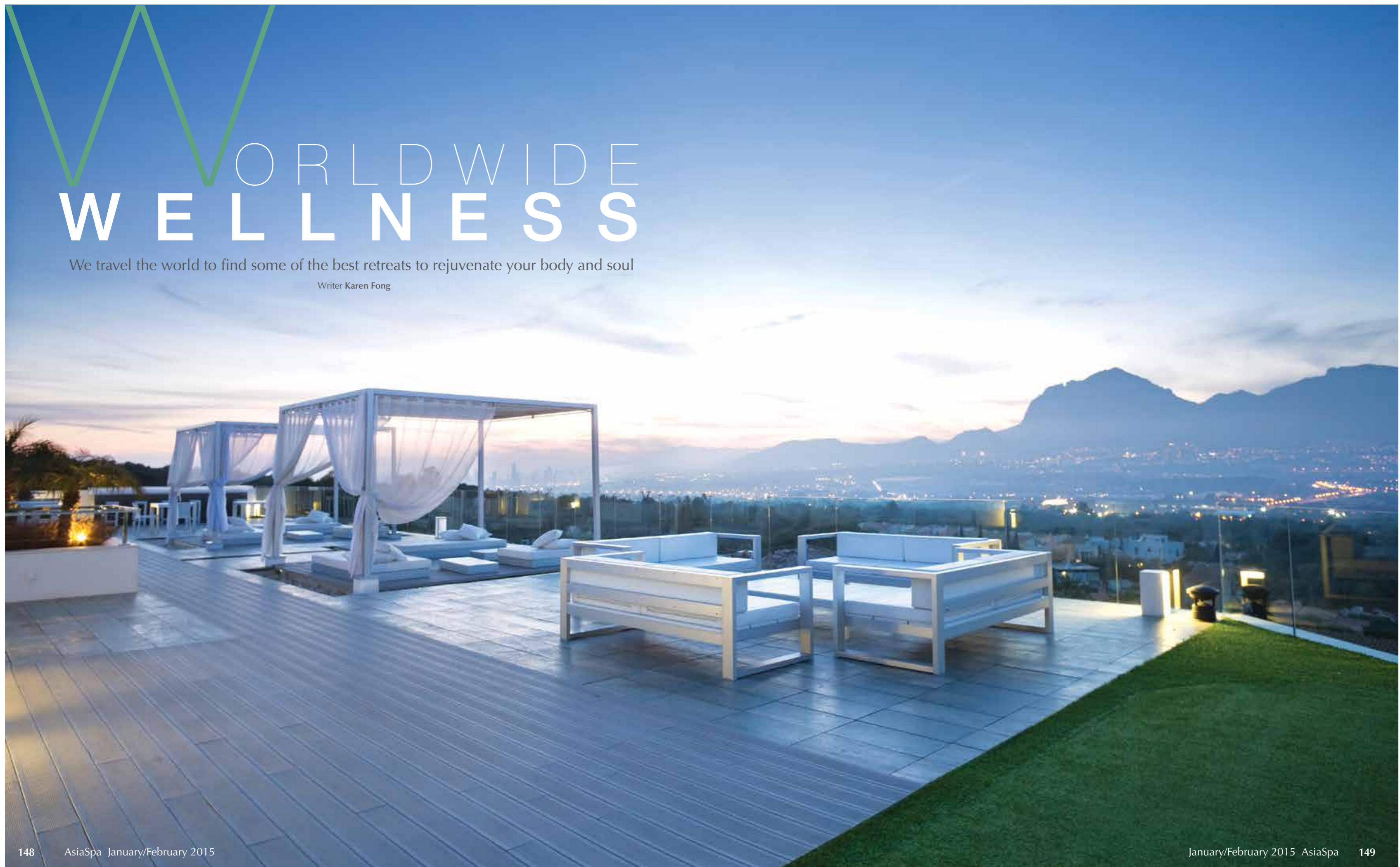


WORLDWIDE WELLNESSES

We travel the world to find some of the best retreats to rejuvenate your body and soul

Writer Karen Fong





THIS PAGE: Experience traditional treatments at the Four Seasons Resort Maldives at Landaa Giraavaru. OPPOSITE PAGE: SHA Wellness Clinic overlooks the Mediterranean Sea; relax by the indoor pool at SHA Wellness Clinic



and balanced in order to improve the flow of emotional and spiritual energy. Using products made by *ila*, these treatments range from two to three hours to completely rejuvenate the being.
www.fourseasons.com

MAGNIFY YOUR LIGHT RETREATS, BALI AND INDIA

For a chance to experience something new in Asia, join Anastasia Williams, Asia's first certified Naam Yoga instructor on a series of retreats throughout the year in Bali and India. Naam Yoga combines breathing techniques, vocal vibrations, yogic movements, mudra (hand postures) therapy and Kabbalah wisdom into a yoga practice that encourages natural healing and mental

The world is your oyster, so why limit yourself when it comes to finding a retreat that rejuvenates the soul and the senses? From Europe to Asia the many options out there cater to those looking for a cleanse – body or mind, or something more spiritual. Sample indigenous treatments from cultures around the world or discover the healing properties of silence. Whatever you're looking for, there's something out there for everyone.

SHA WELLNESS CLINIC, SPAIN

Located on the mountainside part of the Sierra Helada Natural Park, overlooking the Mediterranean Sea, SHA Wellness Clinic is famous as one of Europe's top wellness destinations. Its location is as much a destination as the state-of-the-art facility, the climate is mild all year around, and it has been recognised by the World Health Organisation as having one of the world's best climates, a good environment to escape to improve your health. SHA is well-known for fusing nutrition and natural therapies (known as the SHA Method), Healthy-Ageing and non-invasive Aesthetic Medicine. The SHA Method combines modern macrobiotic nutrition with natural therapies from the SHA Academy for a personalised educational programme to balance body, mind and

spirit. The idea is to foster the power to cure oneself and combines treatments, including acupuncture, shiatsu, tai chi, moxibustion and reiki amongst others. Stays are recommended for a minimum of seven days to best rebalance the soul.

www.shawellnessclinic.com

FOUR SEASONS RESORT MALDIVES AT LANDAA GIRAAVARU, THE MALDIVES

Luxuriate in the Maldives while balancing body and mind through Ayurvedic practices at the Four Seasons Landaa Giraavaru, where two Ayurvedic physicians and expert therapists oversee the treatments and longer immersions. Besides the traditional one-off treatments, such as Shirodhara and Elakkizhi, guests can take part in seven- to 21-day Ayurvedic immersions that take them on their own tailored transformational path to wellness. This is accompanied by dosha-specific selections in all the restaurants. Guests can also sample the three Siddha Tantric rituals designed for men, women and couples while at the resort. These 90-minute rituals include a tantric massage, herbal steam and bath and are designed to nurture and awaken the body. The spa also offers a Chakra Blessing ritual where the body's seven main chakras are cleansed





clarity. A rejuvenating practice, it balances the body's internal systems and boosts overall confidence for an ultimately more positive mindset. Each retreat addresses total well-being through yoga and meditation, workshops and treatments to help release negativity and attitudes or habits that hold one back. Retreats generally last seven days, designed around the mystical and healing power of the number, which can shift consciousness physically, emotionally and spiritually. Participants arrive a day before and leave a day after so as not to rush the process. Magnify Your Light plans to hold three retreats this year in Bali and India, and prices include luxury accommodation and healthy meals throughout the stay. www.magnifyyourlightretreats.com

OPPOSITE PAGE: Magnify Your Light offers Naam Yoga retreats in Bali and India. THIS PAGE: Ayurvedic physicians at the Four Seasons Resort Maldives at Landaa Giraavaru help guests to restore the balance to their body and mind; Nuala Retreats is the perfect place to detox



NUALA RETREATS, BALI

Situated in Bali, Nuala Retreats offers an innovative pH Balance Cleansing programme, which is a cleansing and detoxification process. Also known as an active cleanse, it aims to get the body moving to speed up metabolism and improve blood circulation. It is both an ideal way to jump-start the body or to rejuvenate oneself for a more long-term healthy lifestyle. The programme includes a juice menu packed with super-foods and enzyme-rich juices as well as liver-cleansing tonics that are beneficial to your health and support detoxes and weight-loss. Activities during these three-day to two-week cleanses include daily yoga, as well as afternoon cardio, daily massages, detox baths and body brushing, which is known to improve circulation. Guided meditation and deep relaxation sessions also give your mind just as much a chance to relax and rejuvenate as your body. Results include better complexion, a cleaner colon and an uncluttered mind. www.nualaretreats.com

BRENNERS PARK-HOTEL & SPA, GERMANY

Located in the hot springs haven of Baden-

Baden, Brenners Park in Germany is the leading medical spa in the region. Brenners Spa offers spa breaks and medical care, including programmes such as the Brenners Vitality Detox, which features a seven-day personalised menu and detox treatments, including personal training sessions and mud wraps to cleanse the skin. Their more intense Medical Detox includes colonics and medical lymphatic drainage techniques. The hotel has recently opened Villa Stephanie, 5,000 sq m of space purely devoted to spa and wellness, covering five floors with sauna, plunge pool, private gym and hammam. Villa Stephanie can be completely disconnected from electronics in order to minimise electronic noise during healing, for a true tech-detox. www.brenners.com

BELMOND SANCTUARY LODGE, PERU

Experience the spiritual side of South American healing by taking part in the Pachamama Tribute ceremony with a shaman at the ancient site of Machu Picchu. At Belmond Sanctuary Lodge, this cleansing and purifying ceremony is designed to bring you closer to the earth, hence the name

as 'Pachamama' means Mother Earth. An Andean shaman will guide you through the ritual and make dedicated offerings of cereals, grain, fruit and cocoa leaves. The only hotel located adjacent to the ancient site of Machu Picchu, it is the perfect place to connect and ground oneself through the earth with a dedicated relaxation area for yoga and meditation or to sample authentic Inca treatments al fresco in the garden facing Huayna Picchu. Guests can also experience Cocoa Leaf Reading, an ancient ceremony conducted by an Andean priest. A prayer is said to the mountain spirits, after which three leaves are raised and blown on in the direction of the mountains and a handful of leaves are dropped over a coloured cloth. According to their position, the priest will determine what lies ahead.

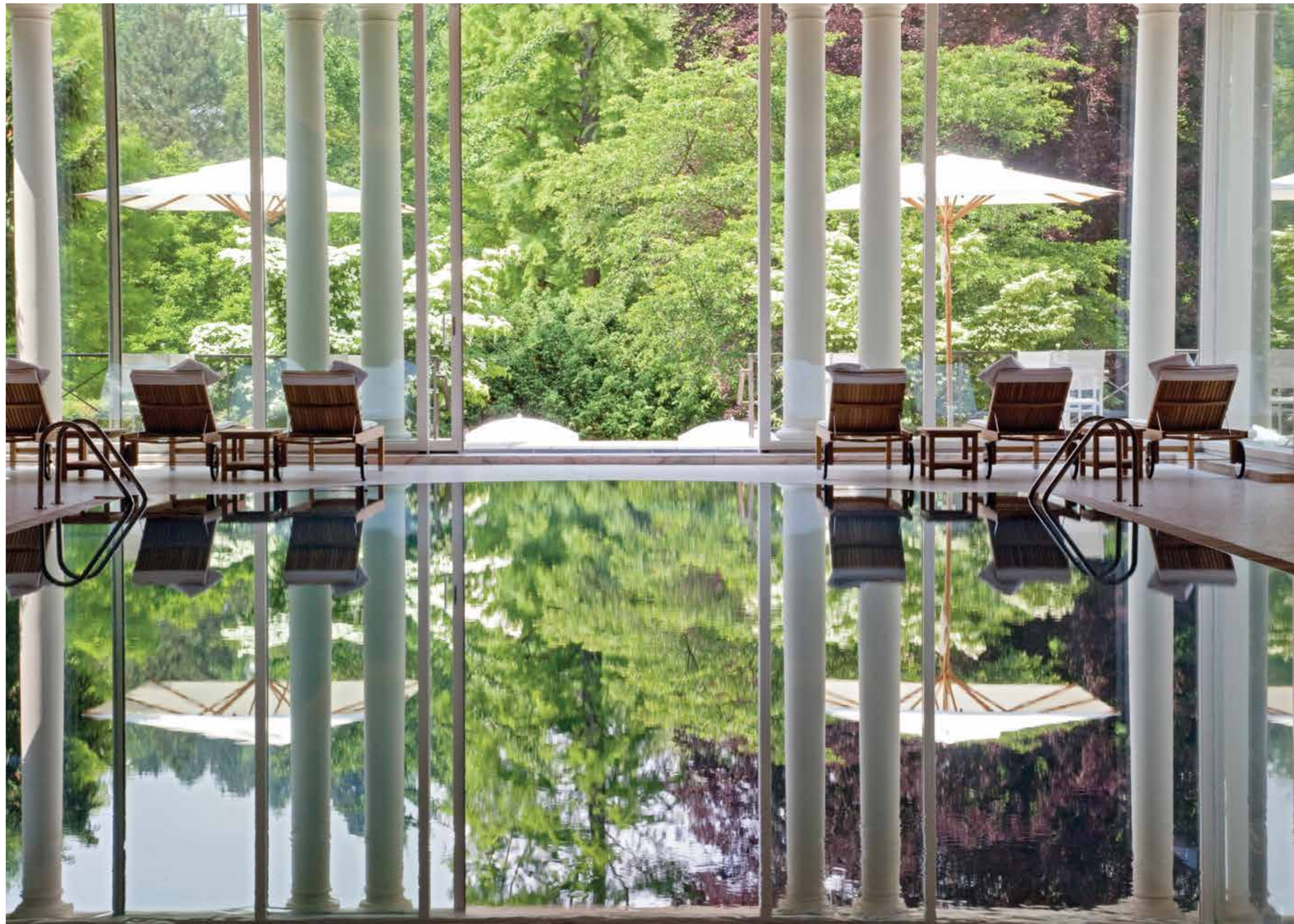
www.belmond.com

YOBABA LOUNGE, FRANCE

A chic retreat in the foothills of the French Pyrenees mountains held in the medieval village of Chalabre, Yobaba Lounge is a little bohemian sanctuary centred in the Village Chateau, featuring a walled garden, surrounded by stillness and replete with locally sourced, delicious gourmet food that focuses on mostly raw, no grain, no dairy and sugar-free offerings to quickly rebalance the body. The five- to seven-day



OPPOSITE PAGE: Unwind by the pool at the Brenners Park-Hotel & Spa. THIS PAGE: Healthful raw food served at Yobaba Lounge





retreats focus on restoration and include the aforementioned gourmet meals, as well as yoga and meditation classes taught on the top floor of the chateau, overlooking the surrounding ancient rooftops. At sunrise, it offers a sense of earthly calm. Only ten guests are accepted into programmes at a time in order to ensure everyone can get personal attention from the owner and chef Gertrud and retreat teacher Mangalo, a retired motorcycle road racer. A little quirky and very hip, the sanctuary was restored using only non-toxic and traditional materials, many of them reclaimed from other areas nearby and using only local labour. Water at the retreat is from Alet-les-Bains, a source known since Roman times for its benefits to the digestive season. Retreats include optional excursions to give guests an opportunity to experience the area's fascinating history (it was a sight for the ancient Crusades) and to witness its stunning beauty. www.yobabalounge.com

SHREYAS YOGA RETREAT, INDIA

Located in Bangalore, India, Shreyas Yoga Retreat offers a seven-day silent retreat known for its ability to resolve deep seated emotional or intellectual and spiritual issues. Before each retreat begins, guests undergo a detailed wellness consultation

to go over health issues, food preferences and daily routines and requirements. A structured agenda allows one to fully concentrate on internal development and can include activities like yoga, nature farming, spa treatments and reading, with a suggested list of books provided. A tour

of the resort takes place on the first day and guests are given a 'Shhhhhreyas' badge to indicate their request for silence, as well as a notebook to write down their thoughts and emotions. The next four days are spent in contemplative silence which can be broken if guests need to ask staff for something, though this should be kept to a minimal. Staff at the resort pay close attention to guests participating in the silent retreat to ensure their activities and diet stay balanced. Day six marks the end of the *mouna* (silence) and is followed by an interactive session with wellness consultants to discuss any questions and share the experience. Days six and seven are when guests can relax at the resort and take part in any other activities offered. www.shreyasretreat.com



OPPOSITE PAGE: Get pampered at the Belmond Sanctuary Lodge. THIS PAGE: Shreyas Yoga Retreat offers a tranquil space for contemplation; at Belmond Sanctuary Lodge you can meditate surrounded by nature