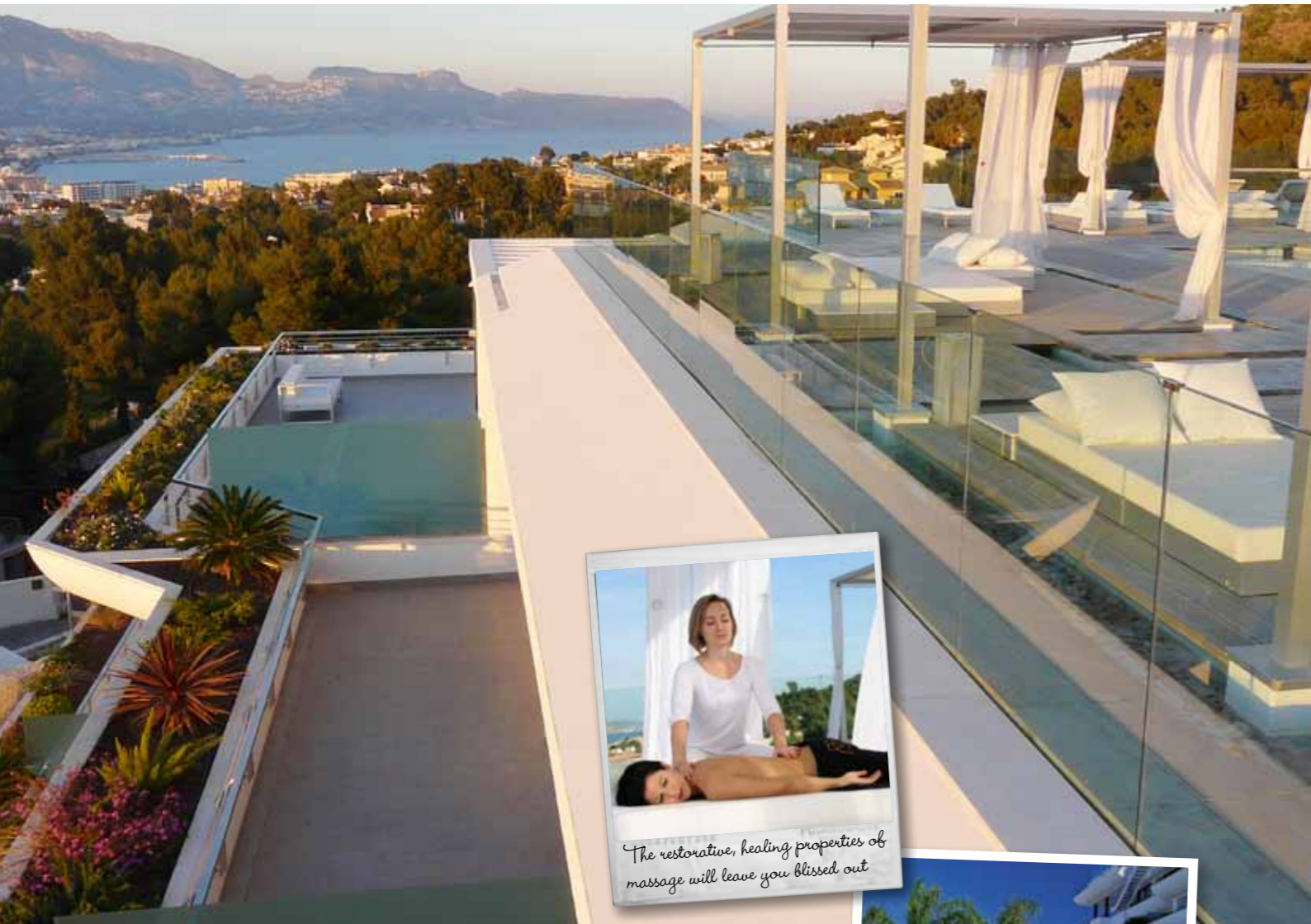


# Healthy holidays

A vacation should be a time to recharge and rest, but often we end up over-indulging, running around seeing friends and family and eating and drinking too much. **Give your body and mind the best gift you can** with these retreats that promise to detox, restore and rejuvenate, leaving you looking and feeling years younger...



*The restorative, healing properties of massage will leave you blissed out*



## SHA WELLNESS CLINIC SPAIN

This stunning boutique retreat overlooks the Mediterranean Sea in beautiful Valencia. Offering a range of programmes including weight loss, detox and anti-stress, therapists here remind guests that only when the body, mind and spirit are in harmony can true health and happiness be achieved. A macrobiotic approach to nutrition is at the

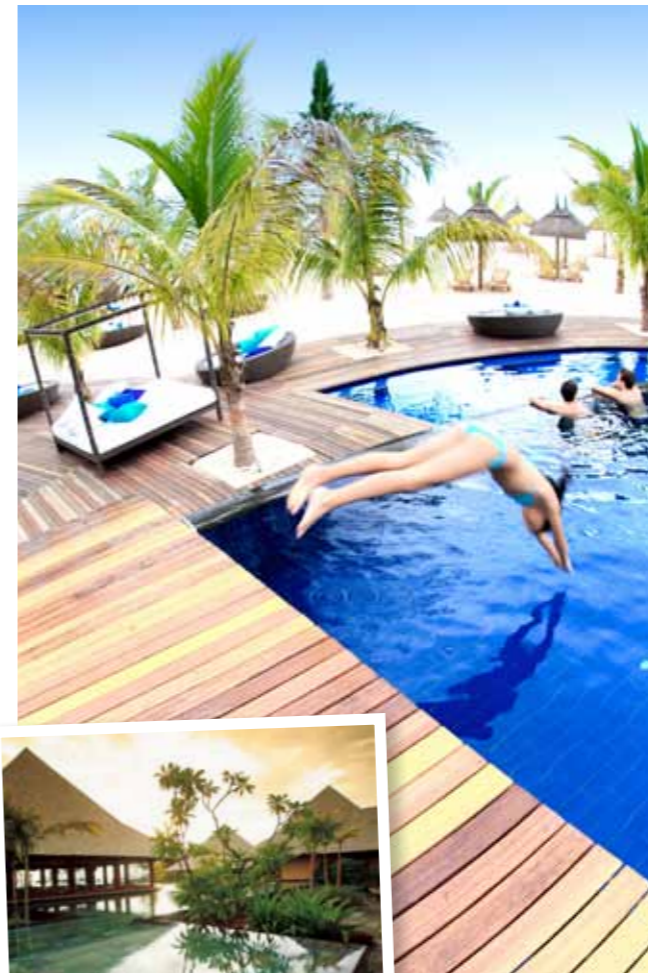
core of Sha's holistic health philosophy and is complemented by yoga, a personalised learning plan for health and a full assessment of your current physical and mental state. All this and more in luxurious surroundings. **MUST TRY:** The food here follows a dietary trend embraced by many celebs including Madonna; dishes like steamed shellfish and miso and lotus gazpacho are healthy... but taste incredible! [www.shawellnessclinic.com](http://www.shawellnessclinic.com)

## SEVEN COLOURS SPA MAURITIUS

This Mauritian spa brand, which is inspired by the seven chakras, offers a range of wellness packages to restore balance to frazzled victims of stressful city living. Breathing exercises, daily sport activities, healthy foods and spa treatments make this a truly restorative break from the daily grind. Set by the azure waters of the island's Domaine

de Bel Ombre, Heritage Awali is a luxurious, five-star property boasting unspoilt private beaches, swimming pools, a golf course and myriad sports and leisure facilities.

**MUST TRY:** The healthy vitality walk in the Frederica Natura Reserve combines nature spotting with one of the best (and gentlest) exercise activities there is: walking!  
[www.heritageawali.mu](http://www.heritageawali.mu)

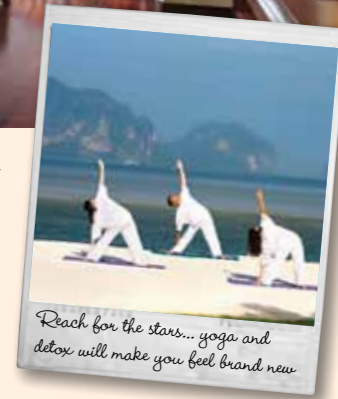


WORDS: JOIA CHUDY / IMAGES: SUPPLIED



## ANANTARA SI KAO, THAILAND

The wellness centre at Anantara Si Kao Resort and Spa aims to restore balance to those suffering from physical, emotional and environmental strains. Treatments are holistic and ayurvedic, addressing back pain, migraines and other stress-related ailments. A cleansing programme works to flush the body of toxins with exercise, nutrition and daily elimination designed to kickstart lymphatic circulation. Daily massages and exercise including yoga



*Reach for the stars... yoga and detox will make you feel brand new*

complement the detox element of the treatments, along with healthy, organic foods. **MUST TRY:** If you like yoga, you'll be spoilt for choice with hatha, ashtanga, pranayama and dynamic yoga all offered. Get stretching!  
[www.anantara.com](http://www.anantara.com)





# good to go

## THE BEACH HOUSE, GOA

Whether you need to shift some pounds or want a total mind and body detox, the Beach House Goa offers a personal, tailored programme to meet your needs. Guests receive a full body analysis before commencing their detox, total body rebalancing or weight management courses. There is group tuition on everything from nutrition to meditation to managing stress, exercise classes, healthy meals and juices and one-on-one sessions. Therapists are friendly and inspirational and you can't fail to achieve a fresh determination to bring healthy changes into your life. The peaceful, rustic charm of the retreat invites calm introspection and a rare opportunity to focus 100 per cent on being health-aware and serene (and a few pounds lighter!).

**MUST TRY:** Learn about your body like never before with assessments that tell you your biological age and your fat and muscle percentages.

[www.thebeachhousegoa.com](http://www.thebeachhousegoa.com)



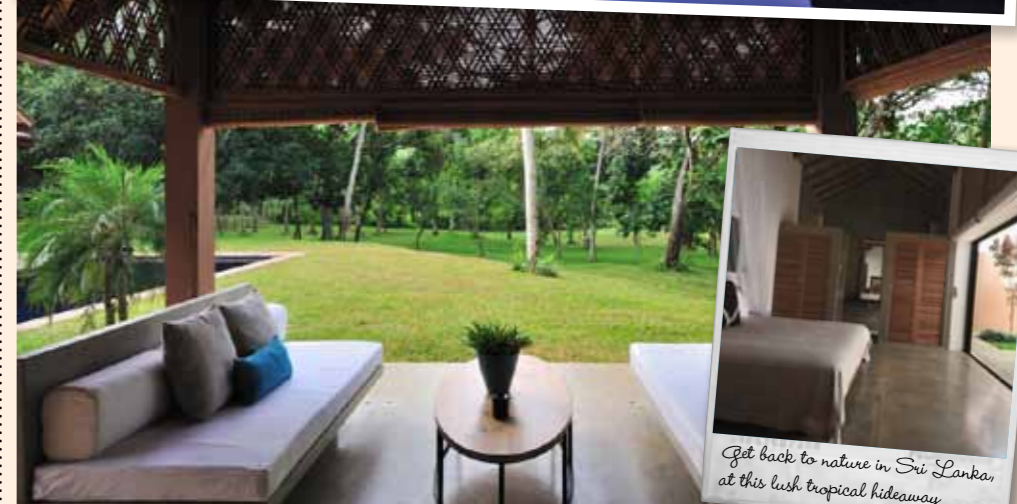
Tai Chi... millions of Chinese can't be wrong. Try it yourself in Goa.

## MAYA SRI LANKA

This boutique resort in southern Sri Lanka offers exclusive yoga retreats that provide a blend of relaxation and cultural indulgence in an intimate and luxurious setting. Daily classes include gentle and dynamic yoga tailored to your own requirements: these are set in a lush, two-acre garden overlooking paddy fields. Enhance your stay in this tropical hideaway with cooking classes and visits to temples and beaches. A relaxing holiday with a healthy twist!

**MUST TRY:** Learn the secrets of healthy Sri Lankan cuisine and return home armed with a new set of skills in addition to feeling rejuvenated and rested.

[www.mayatanggallesrilanka.com](http://www.mayatanggallesrilanka.com)



Get back to nature in Sri Lanka at this lush tropical hideaway

## YAS HOTEL UNITED ARAB EMIRATES

This popular weekend getaway now offers a yoga retreat programme, which includes sunrise yoga on the roof, indulgent spa treatments and dinner at one of the hotel's fine-dining restaurants. Ideal for frazzled UAE residents, the hotel offers three hours of healing treatments to complement the yoga, including a hammam room featuring authentic Arabian rituals. Conclude your mini-break with nutritional advice from the in-house experts and a delicious meal... healthy choices only, of course!

**MUST TRY:** The Espa Spa features modern architecture that invites a sense of escapism.

[www.theyashotel.com](http://www.theyashotel.com)



## LA RESERVE SPA RAMATUELLE FRANCE

There are 23 suites and rooms, a 1,000m day spa and treatment rooms in this beautiful Cote d'Azur hotel and spa dedicated to promoting health. Hydrotherapy, body treatments and relaxation sessions are among the options designed to encourage longevity and improved wellbeing. Just a few minutes from St Tropez, this hideaway represents the ultimate in luxury retreats, with fully personalised service and luxe style, all set against the backdrop of the Mediterranean.

[www.lareserve-ramatuelle.com](http://www.lareserve-ramatuelle.com)

