

BODY & SOUL

FABULOUS AND EFFECTIVE
WELLNESS PROGRAMMES
IN SOME OF THE WORLD'S
MOST INSPIRING ENVIRONMENTS.
WE'VE PICKED OUR FAVOURITE
SPA TREATMENT PACKAGES TO
SUIT A RANGE OF DIFFERENT
FLIGHT TIMES. HOW FAR WILL
YOU GO FOR YOUR IDEAL
PAMPERING ESCAPE?

*all prices are per person and do not
include flights unless stated otherwise

WORDS BY CAROLINE SYLGER JONES



LONG HAUL 12 HOURS +

A world of inspirational retreats is available if you're willing to put in the air miles: balance your chakras in Malaysia, dance in Java, learn about body chemistry in Australia or, best of all, enhance your sleep quality in Thailand

Wellness Retreat at Vamizi Island, Mozambique

Join vinyasa yoga teacher **Claire Finlay** on this remote Indian Ocean island for a nurturing week-long escape which combines twice-daily vinyasa yoga at the shoreline and a daily choice of treatments and life-enhancing outdoor activities. Kayak through the mangroves, scuba dive and snorkel or take part in a guided walk with the island's resident naturalist. Their nutritionally-balanced menu includes juices freshly prepared at the islands' 'natural pharmacy' and surf-fresh seafood (some of which you may have caught yourself). The retreat takes a maximum of 10 people, and the next one is on November 11-17 (from £4,285 for six nights including flights, scottdunn.com).

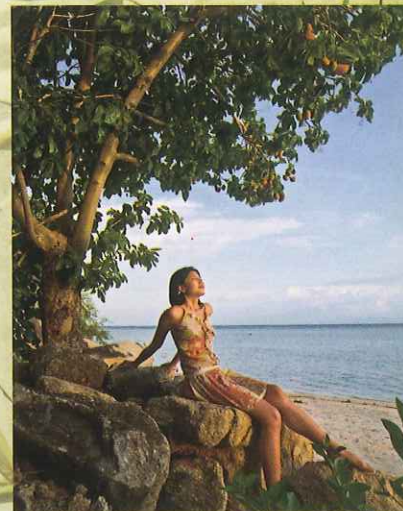
This image: relaxing yoga session on the beach *Right:* Relaxing at Kamalaya in Thailand



Accessories, clockwise from top left; Sweaty Betty top, £38, sweatybetty.com; adidas by Stella McCartney track pants, £77, adidas.com; Nike Free Run 3 men's running shoes, £80, nike.com; adidas by Stella McCartney yoga mat, £55.00, adidas.com

Sleep Enhancement Programme at Kamalaya, Thailand

If you have difficulties sleeping this one is for you. Based at a simply brilliant holistic spa at the quiet end of Koh Samui, the programme is designed to help you re-establish healthy and restful sleep while addressing sleep issues and imbalances, and draws on naturopathy, traditional Chinese medicine, massage therapy and mind-body balance therapies. Treatments will incorporate shirodhara, ayurvedic massage, acupuncture, yoga, herbal footbaths with foot



massage, the addition of herbs and supplements as well as mentoring to deal with lifestyle factors and personal issues. Go for five, seven or nine nights (from £1,720 for five nights, kamalaya.com).

Syurga Tujuh at Spa Village Tanjong Jara, Malaysia

Each day on this unusual retreat is devoted to one of the seven chakras of the body. The seven-day programme starts with the root chakra and your physical needs and ends with the crown chakra and a treatment to nourish your spirit, so that by the end you feel in balance and equipped with the knowledge you need to live a more holistic lifestyle – you can come for any length of time from three to seven nights (from £490 for three nights, tanjongjararesort.com).

Believe and Be Well Retreat at Gwinganna Lifestyle Retreat, Australia

This intriguing six-night programme at an organic health retreat on the Gold Coast looks at the power of intention, belief and focus and how this impacts on health and wellbeing. Learn about energy, how our thoughts create our body's biochemistry and what impact this has on our ability to manage stress. You'll be in comfortable, relaxed surroundings, with views across