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BODY + SOUL 2014

Wherever you're planning on heading for that much-needed break, we've rounded up the latest pioneering treatments at our favourite spas, wellness resorts and boot camps. **Sadie MacLeod** explores the options...

PRODUCED BY
Condé Nast
Traveller
PROMOTIONS



CLOCKWISE FROM THIS IMAGE: WATERFALL POOL AT THE FARM AT SAN BENITO IN THE PHILIPPINES; LOUNGE AT CLINIQUE LA PRAIRIE IN SWITZERLAND; THE POOL AT LEFAY RESORT IN ITALY; YOGA SESSION AT THE FARM



Stay for seven nights from £2,390 per person. Price includes full board, a tailor-made wellness program; return flights and transfers. Visit healthandfitnesstravel.com

Lefay Resort, Italy

The Lefay Resort & Spa, overlooking Lake Garda, is the perfect place at which to unwind and relax. The five-day Sleep Program works to restore balance in your body and mind, as it is believed in Chinese medicine that all sleep-problems are a product of an imbalance in Qi (energy). After kicking off with an initial nutrition and fitness consultation, you'll find yourself bouncing from such holistic therapies as acupuncture and moxibustion, to massages, reflexology and hydro-therapy sessions. And at day's end, you can retire to your suite, look out to the most spectacular lake view from your generous sized bed and drift into a deep and dreamy sleep. **Five nights Sleep**



The Farm at San Benito, Philippines

The Farm is a life-changing wellness resort with an amazing array of specialised programs - you can come here for everything from

beauty and longevity retreats to diabetes management. The cuisine takes raw vegan food to another level. The ALIVE! restaurant dehydrates, soaks, spiralizes and blends fruits and vegetables into delicious culinary delicacies without removing any of the nutrients. They even make their own dairy-free milk on site. Even better, is that the chefs have managed to create their own healthy versions of all your favourite junk food... vegan ice cream anyone? Food is grown and sourced from their very own organic garden and they even have their own dedicated wheatgrass bungalow.

Inland zen dens

Travel to mountains, deserts and the world's most tranquil places to get that fix of calm





Booster program at Lefay Resort costs from £1,950 per person including flights with Wellbeing Escapes. Visit wellbeingescapes.com

Clinique La Prairie, Switzerland
First opened in 1931, Clinique La Prairie is more of a wellness institution than a retreat. This highly regarded establishment is home to a neurology department, psychological wellness centre and physical therapy centre. Not to mention a beautiful spa, dental clinic and sleep centre too. The philosophy here is all about helping guests live longer and better, and their long list of internationally renowned doctors will ensure that you are very well

desert oasis. In order to make full use of their amazing water-based amenities book yourself in for their Rainforest Indulgence package, which includes three different types of showers, a herbal sauna experience, body wrap, Indian head massage, body scrub and full body massage. If you can tear yourself away from the spa, explore the surroundings and you may be lucky enough to see one of the indigenous gazelles or even the endangered Arabian oryx. Enjoy seven nights with breakfast from £1,344 including flights. Book with Kuoni (kuoni.co.uk) and quote: KU0855 (price includes one bonus night).

Ananda in the Himalayas, India
Set in the foothills of the Himalayas, the Ananda has a zen-like ambience that attracts everyone from Hollywood royalty (Oprah recently

If you can tear yourself away from the spa, explore the surroundings and you may be lucky enough to spot an oryx



looked after. Often sweeping up at award ceremonies in the medical spa category (including a few of our own) you can rest assured that you are in safe hands here. Prices start from £10,450. Visit laprairie.ch

Banyan Tree Spa Al Wadi, UAE
With its state-of-the-art hydrotherapy facilities, this resort is quite literally a

visited) to detox devotees. Stay in a villa complete with its own pool and book yourself on to one of the spas seven, 14 or 21 day wellbeing packages. Workshops this year include global masters teaching Chakra Healing, Yogic Cleansing and Reiki. Everything here is centered on the Ayurvedic principles. Expect bespoke diet plans according to your dosha with lots of wholesome, locally sourced food. Even the yoga is



CLOCKWISE FROM TOP LEFT, POOL AT CLINIQUE LA PRAIRIE IN SWITZERLAND; VILLA POOL AT BANYAN TREE SPA AL WADI IN THE UAE; VIEW FROM THE POOL AT ANANDA IN THE HIMALAYAS; MASSAGE ROOM AT AL WADI; VICEREGAL SUITE AT ANANDA



tailor-made here, which you will want to take full advantage of. Scott Dunn offers seven nights at Ananda in the Himalayas from £2,980 per person. Visit scottdunn.com

B+S capsule



1. WATERFALL FRONT CARDIGAN, £430, BAMFORD.CO.UK
2. CASSINI LEGGINGS IN PORTLAND, £87, HEY-JO.CO
3. CASSIOPEE KARMA THEME, £320, ERES.FR
4. NIKE X LIBERTY BLUE LIBERTY PRINT, LIBERTY.CO.UK
5. DOLCE & GABBANA ALMOND FLOWERS COLLECTION AT DAVID CULLOW, £176, 0844 264 0870

