



Wish you were here...

Refresh your soul and renew your chakras in one of our far-flung destination spas

Editor's Pick!



Maya Ubud Resort & Spa, **BALI**

Maya Ubud is the pinnacle of luxury seclusion. A stay here will have your body, mind and soul feeling perfectly in tune as powerful ancient spa treatments work their magic to leave you feeling completely rejuvenated. Among the sound of waterfalls, awaken your spirit each morning with yoga and meditation, before paying a visit to a traditional Balinese healer to regain holistic balance and optimise your energy levels. Infinity pools allow you to gaze into the canopies of trees and palms which are bursting with flowers, fruits and wildlife. The entire experience will leave your eyes wide open to the world's peace and tranquillity, a view that will be reflected in yourself when you finally leave this trance-like paradise. We recommend booking yourself in for an hour-long herbal treatment – harnessing traditional Balinese herbal remedies that have been used for thousands of years, you can relieve tired muscles, remove toxins and refresh your skin with a neck, shoulder, head and entire body massage.

Price: Seven nights at Maya Ubud from £1,700pp or £2,255 for single occupancy. Price includes accommodation, daily breakfast, return flights and transfers.

Visit: mayaresorts.com and healthandfitnesstravel.com to book

Kamalaya, THAILAND

Nestled in a tropical valley on the coast of Koh Samui, this luxurious energy healing health spa hotel is renowned for its holistic wellness approach. Offering a variety of healing holidays, receive wellness support on a retreat focused on embracing change, designed for those looking to heal after a challenging situation. Experience the healing powers of yoga, which when combined with healing spa treatments will soon renew your depleted energy levels. Together with expert wellness consultations, you will be guided towards leading a more holistic lifestyle on your return home. If you're looking to start the New Year with a renewed and more relaxed sense of purpose, their 75-minute lotus scrub and wrap is just what you need. Embrace the healing properties of the much-revered lotus flower.

Tropical paradise



Price: Seven nights at Kamalaya from £2,435pp or £2,690 for single occupancy. Price includes all inclusive, return flights and transfers.

Visit: kamalaya.com and healthandfitnesstravel.com to book

Ayurvedic treatments!



Barberyn Ayurveda, SRI LANKA

Looking for the ultimate detox? Then the Ayurvedic spas of Sri Lanka are a must! Not only will this ancient holistic system keep you balanced, it can also treat a plethora of well-being ailments. Sri Lanka's very own Baberyn Ayurveda resort features an authentic Ayurvedic centre, offering a whole host of treatments including diagnosis, herbal medications, diet, yoga and meditation. This family-run establishment looks after the resort, treating guests as if they were in their own, with their strong sense of welcoming hospitality. Oils used for Ayurveda are blended and prepared daily at the resort, and treatments on offer include herbal massages, herbal baths and a range of spiritual practices including yoga, Tai Chi and meditation classes –ideal for going back to Mother Nature!

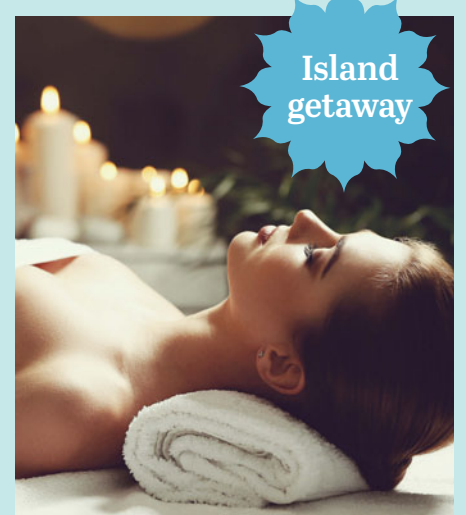
Price: Standard double rooms start at £140 (November to April). Price includes full board accommodation, and Ayurveda treatments are at a cost of £70 per day.

Visit: abarberynresorts.com to book

Centara Ras Fushi Resort & Spa MALDIVES

This adult-focused resort is the epitome of heaven on earth. Set atop the powdery beaches that the Maldives are famed for, there are plenty of opportunities to indulge your holistic side as you unwind. Embrace the beauty of your surroundings in Spa Cenvaree, which adopts the philosophy of growth, rejuvenation and Mother Nature. You're immediately welcomed by a gentle ocean breeze which help revitalise you from the inside-out. Luxuriate in the 'Healing Huts' – the ultimate place for pampering yourself in total relaxation. Why not book yourself in for the Shirodhara? Based on the ancient teaching derived from Ayurveda, a herbal oil will gently be poured on your forehead, over your third eye, to encourage a relaxing state of serenity.

Island getaway



Price: Available on request **Visit:** centarahotelsresorts.com