



BODY & SOUL

WELLNESS ESCAPES

SPA HOLIDAYS ARE MORE POPULAR THAN EVER. And with resorts and retreats catering for guests with an array of different health and wellbeing goals, it has never been more enticing to book a well-deserved

break that is going to give you a boost long after you leave. From chakra balancing to 'mood dining' and everything in between, we've rounded up our favourite worldwide destinations for a happier, healthier you.

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PRODUCED BY

Condé Nast
Traveller
PARTNERSHIPS

Juwah Reserve,
Indonesia

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BORGEO EGNAZIA, Italy

Wellness seekers with kids in tow couldn't hope for a better place than Borgo Egnazia in Puglia. At its renowned Vair Spa, all treatments and programmes are rooted in Puglian traditions and produce. Local olive oil is used for massages and treatments often incorporate organic herbs from the gardens. From intense body rituals to cleansing facials, the expert therapists will guide and support you on your journey. In need of a boost? Book onto the 'Happiness Break', where you will have sessions with a laughter teacher, indulge in gut-friendly healthy food and be 'prescribed' fitness activities based on the results of an olfactory test. Meanwhile, you can relax knowing that your little ones will be having a blast at the well-established and hugely popular nearby kids' club. **Three-night Happiness Break starts at £1,644 per person on a full-board basis, based on two people sharing a room; borgoegnazia.com**

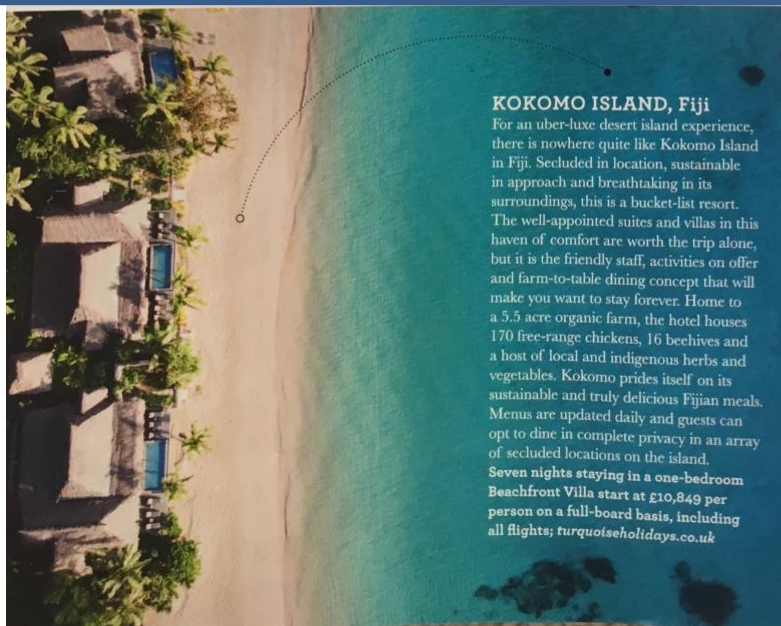


ADARE MANOR, Ireland

This 19th-century castle hotel is as spellbinding on the inside as it is on the outside. Perched on the banks of the River Maigue in Co. Limerick, Adare Manor has become a sanctuary of rest and relaxation, the heart of which lies in its exquisite spa. Drawing from ancient Celtic wisdom, the treatments have a strong link with the natural environment that surrounds the five heavenly treatment rooms. Step inside and you'll instantly want to surrender yourself to the intuitive therapists who will work their magic on your body and mind. Be sure to try the 'Awaken Your Misneach' (an Irish word for 'inner strength') treatment, where you'll be massaged with seven mythical Celtic Ogham Stones in order to help clear and realign the seven chakras in your body. **Rates start at £285 per night; adaremanor.com**




NOURISH



KOKOMO ISLAND, Fiji

For an uber-luxe desert island experience, there is nowhere quite like Kokomo Island in Fiji. Secluded in location, sustainable in approach and breathtaking in its surroundings, this is a bucket-list resort. The well-appointed suites and villas in this haven of comfort are worth the trip alone, but it is the friendly staff, activities on offer and farm-to-table dining concept that will make you want to stay forever. Home to a 5.5 acre organic farm, the hotel houses 170 free-range chickens, 16 beehives and a host of local and indigenous herbs and vegetables. Kokomo prides itself on its sustainable and truly delicious Fijian meals. Menus are updated daily and guests can opt to dine in complete privacy in an array of secluded locations on the island. **Seven nights staying in a one-bedroom Beachfront Villa start at £10,849 per person on a full-board basis, including all flights; turquoiseholidays.co.uk**



Clockwise from top left: Borgo Egnazia in Puglia; Adare Manor and a treatment with Celtic stones; Fijian cuisine and platform yoga at Kokomo Island