



Reboot RETREATS

Take a trip towards higher consciousness, or at least a little stress relief and more defined abs

Oh hello, 2020 – how did you get here? The world rotates pretty fast when you're busy multitasking. The juggle is real, and most of the time it works, but when life has us dropping more balls than we catch, we need more than a holiday, we need a retreat. And preferably one we can surrender to, utterly and completely. Mindful holidays are having a

moment. And a transformative one at that. Sometimes it's about suspending ourselves in stillness and letting nature do its thing. Other times, it's more physical; helping us to experience being in our bodies and the moment. Gorgeous natural surroundings help the cause, as does access to good, healthy food.

From stargazing to forest bathing and horse therapy – personal evolution is coming your way.



CLOCKWISE FROM LEFT
Amanpuri, Thailand puts water at the centre of rest and recreation; paddleboarding at Amanpuri; Kokomo Island's arrival bure; yoga on the floating pontoon at Kokomo.



**ACTIVATE JOURNEY
KOKOMO
ISLAND, FIJI**

You're surrounded by water, hauled up in luxury and your every whim is anticipated before it sets in. Life at Kokomo is good. So good, in fact, you could easily lose a few days to naps and palm-tree gazing. But, if you prefer to use your new-found abundance of free time productively, Kokomo's Activate Journey is the way forward.

The luxe private island, owned by billionaire Lang Walker, is the ultimate place to kickstart a new fitness regimen. The Activate program starts with a wellness consultation with the in-house health practitioner and then rolls out in a schedule of personal training, spa treatments, naturopathy, yoga (on a floating pontoon, no less) and wellness cuisine. The price for guests is about \$1500 for three days of living your best life (exclusive of accommodation). Visit kokomoislandfiji.com



**LIFE RESET
AMANPURI, THAILAND**

The delicious cocktails at Amanpuri can wait – heaven knows there will be juice. We're here for the medical-grade Wellness Centre and we have just three days to levitate to a more enlightened path. Amanpuri's Life Reset Intensive Immersion is a wellness big hitter. The program starts with next-level medical screening including blood panel tests, body composition analysis and an Oligoscan heavy metal test. From there, they prescribe serious treatments ranging from colonic hydrotherapy (if that's what you're into), to IVs, cupping and massages. Lots of massages. There's also personalised nutrition and private sweat sessions, ranging from SUP to Thai boxing. From about \$2465 per night, aman.com

