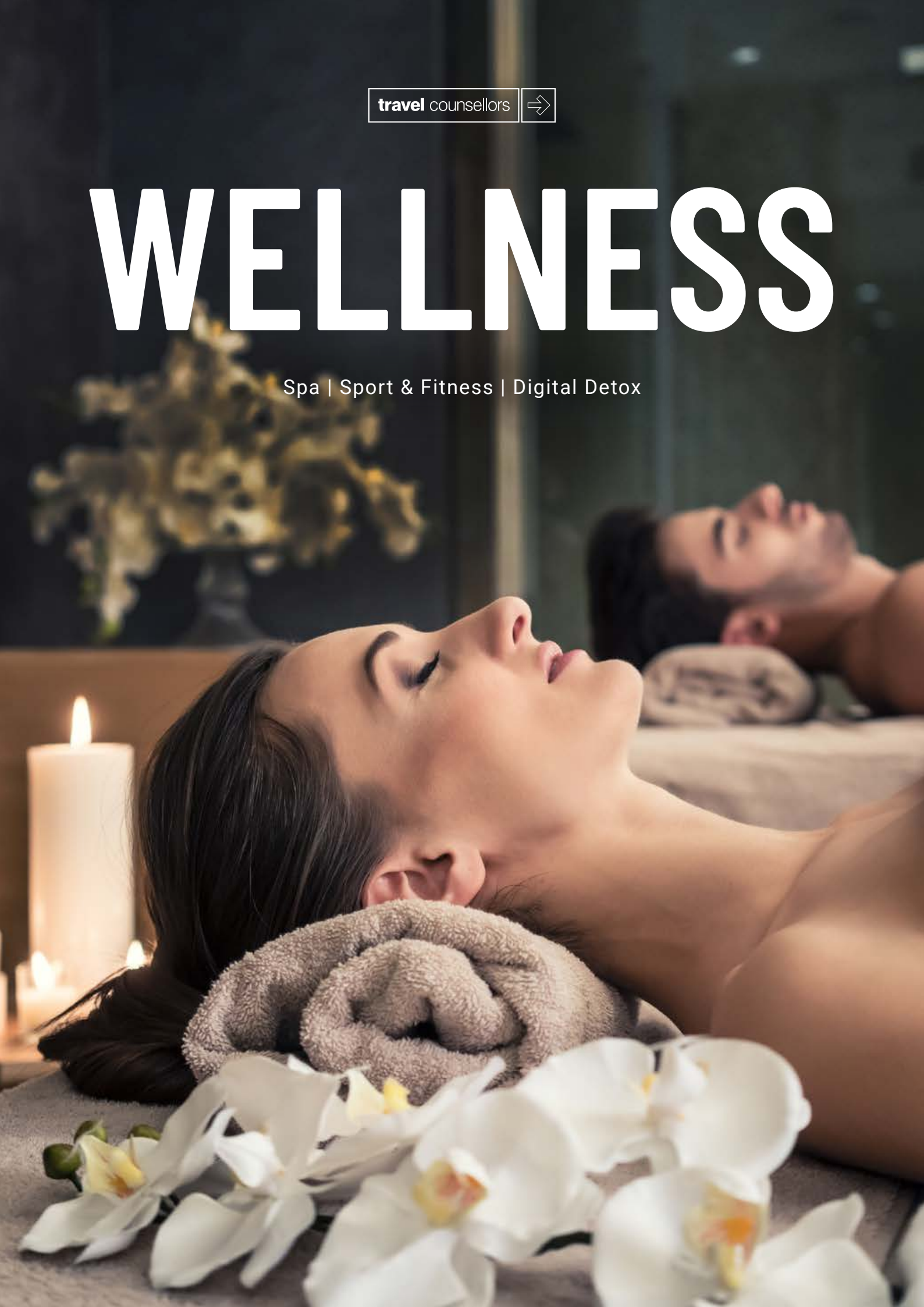


travel counsellors →

WELLNESS

Spa | Sport & Fitness | Digital Detox



HELLO...

...and welcome to our first wellness brochure.

We're passionate about the restorative benefits of all holidays. But having seen a spike in wellness-break bookings in January 2019, we decided it was time to showcase the cream of the wellness destinations, resorts and experiences personally recommended by Travel Counsellors themselves.

The hotels, resorts and cruises highlighted in the following pages boost mind, body and soul through activities, mindfulness, meditation and/or a focus on nutrition, or simply getting away from it all. Whether you're looking for a world-leading spa, the boot camp to end all boot camps or a digital detox to wean you off technology, there's something here to suit.

And naturally, caring for our your wellbeing by offering highly personalised travel arrangements and seamless, enjoyable booking experiences is key to the Travel Counsellors success story. Don't forget that as your Travel Counsellor, I can offer holidays as unique as you are – tailor-made itineraries that can include land tours, excursions, stop-overs and city breaks. Your wellness break can make up just a part of your holiday.

Get in touch with me today to source you a holiday to suit – and who knows, maybe even one that will change your life.

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READ OUR ARTICLES...

How to make the most of your wellness holiday

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All you need to know about mindfulness

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Best for...

OVERALL HEALTH



The following hotels, resorts and ships all lead the field when it comes to wellness, combining fitness, therapies and relaxation spaces with an array of luxury amenities for that perfect healthy break.



The St Regis Mauritius Resort

Where?

On the beachfront on the UNESCO-listed Le Morne Peninsula in the south-west of the island, about 75 minutes from the airport.

Why?

For the complimentary fitness classes and tailored fitness programmes, including children's keep fit.

Signature experience

Morning Bliss in Paradise, a couple's ylang ylang massage enjoyed on the beach, followed by a healthy alfresco breakfast.

Colonial meets contemporary at this luxury resort, where many of the suites and the stand-alone villas come with stunning Indian Ocean views. The water-sports centre offers kite-surfing, water-skiing, snorkelling and boat trips while there's a kids' club and teen space that allows those travelling with children some much needed down-time.

Beautifully located in a colonial-style building, the excellent Iridium Spa includes two couples' treatment rooms, a relaxation terrace, a men's grooming salon, a yoga space and a gym. Many treatments feature regional ingredients, including tamarind, brown sugar, coffee, cardamom and coconut.

The highlight of my trip has got to be my stay at the exceptional St Regis Mauritius Resort. Attention to detail is impeccable and definitely adds to the exclusivity of this absolutely beautiful hotel.

Roslyn, Travel Counsellor



Sun Siyam Iru Fushi, Maldives

Where?

On Noonu Atoll, a 45-minute seaplane journey from the capital Malé.

Why?

For self-discovery and holistic renewal with the help of the resident Ayurvedic doctor, Chinese medicine consultant and yoga instructor.

Signature experience

The Sun Siyam Essence of Massages, including a breathing ritual, application of sacred moisturisers and a smudging ceremony.



Stylish beach and overwater villas, an adult-only infinity pool with Indian Ocean views and a family pool make this luxury resort the perfect all-rounder, but one of the biggest draws is the fabulous snorkelling and diving both on the house reef and nearby.

There's also the award-winning Spa by Thalgo France, offering holistic treatments blending ages-old wisdom with contemporary practices and also a hydrotherapy area, a yoga and Pilates studio and a gym.

“The villas are massive and so luxurious we didn't want to leave! It has become our number one destination for a family holiday and we can't wait to go back next year.”

Katie, Travel Counsellor customer



For more information please contact your Travel Counsellor or visit www.travelcounsellors.com

Banyan Tree Bangkok, Thailand

Where?

In the heart of Bangkok, beside the Chao Phraya River.

Why?

For pampering in a central location for exploring the city.

Signature experience

The Royal Banyan combining the best of eastern and western massage techniques and featuring a warm herbal pouch dipped in sesame oil.



The Thai capital's only five-star all-suite resort is an exclusive sanctuary for the senses, with opulent decor and incredible food and drink – including alfresco rooftop dining and cocktails at Vertigo and the Moon Bar and award-winning signature local dishes at Saffron. The hotel also has a high EarthCheck sustainability rating, thanks in part to the Banyan Tree group's Stay for Good programme fostering involvement in green initiatives.

The poolside Juice Bar offers light spa cuisine that is ideal after a session in the award-winning Banyan Tree Spa with its skyline views, signature massages and health club including yoga, Pilates and Muay Thai boxing classes.

Banyan Tree Phuket, Thailand



Where?

A complimentary buggy ride from Bang Tao Beach and about 20 minutes from Phuket International Airport.

Why?

For privacy, seclusion and in-villa massages.

Signature experience

Chevit, inspired by the native word for life includes a classic Thai massage and a papaya pineapple refresher with steam bath.

One of Phuket's most luxurious resorts is a sanctuary of calm made up exclusively of villas with private pools. Indulge in a dinner cruise on a traditional long-tailed boat, discover hidden waterfalls by tuk tuk, learn new skills at a cookery class, enjoy a spectacular round of golf and hit the tennis courts. Or simply laze by the pool or on the beach – if you're travelling with kids, they will be more than ably entertained at the Turtle Club.

The Banyan Tree Spa Phuket blends ancient health and beauty practices passed down the generations in holistic treatments using natural and native ingredients, while the state-of-the-art fitness pavilion includes complimentary and private yoga classes.



Wellness aboard Princess Cruises

Where?

Across more than 100 countries on all seven continents.

Why?

For fitness experiences and treatments accompanied by panoramic sea views.

Signature experience

Marine-based treatments including the Elemis Aroma Spa Seaweed Massage.



Since 1965, Princess has taken millions of people on life-changing holidays enjoying more than 380 destinations aboard a fleet that now numbers 19 ships, including Sky Princess and Enchanted Princess which are both currently on sale. Immersing you in the culture and flavours of the places you visit, the cruises feature authentic folklore shows, local cuisine, talks by regional experts and visits to on-shore bucket-list sights and sometimes hidden gems that are not found in travel guides.

They also include the chance to truly relax, courtesy of The Lotus Spa, where treatments include detoxifying ocean wraps and The Sanctuary, an adults-only retreat on the top deck with cabanas for open-air massages, a relaxation area with soothing music and Serenity Stewards serving a fantastic spa menu.

The wellness journey continues in the spa's state-of-the-art gym, where you can take fitness classes such as Zumba, tai chi and yoga or work out with machines and weights while enjoying ocean views. There's even an outdoor jogging track a few decks above the waves.

When it comes to your stateroom, expect the soundest of sleeps thanks to the award-winning Princess Luxury Bed, developed in collaboration with sleep guru Dr Michael Breus and named Best Cruise Ship Bed by Cruise Critic.

Note that Princess Cruises have been widely recognised for their efforts of behalf of guests with all types of disability, both onboard and ashore.



“Princess cruise line is our favourite. The mixed itinerary, the professional and enthusiastic crew, the varied entertainment... All help to ensure that our time is well spent and that we come back refreshed, relaxed and happy.”

Stuart, Travel Counsellor

For more information please contact your Travel Counsellor or visit www.travelcounsellors.com





GETTING READY FOR YOUR WELLNESS HOLIDAY: *Our Guide*

It's always important to take care of yourself while you're away, whether that's being in top shape for a long-haul flight, keeping active throughout your time away or taking health and safety precautions. But we've shared our top tips for making the very most of holidays totally dedicated to your mental and physical wellbeing.

How to fly long-haul and enjoy it!

If you're flying long-haul, particularly if you have a long layover at an airport several hours away from home, take a half-time care kit to make sure you're refreshed and rejuvenated for the second leg. Stock your hand luggage with the essentials: load your see-through plastic bag with toothpaste, a toothbrush, moisturiser, deodorant and anything else you need to feel fresh. You could also pack a change of clothes, as well as an eye mask and earplugs to ensure a more comfortable in-flight sleep.

The thought of travelling huge distances can be very daunting. There are lots of tips and tricks I use to make journeys easier and enjoyable. Flight times play a huge part in reducing jet-lag or the stress of travelling, airline choice is incredibly important and, if funds allow, upgrading your flights may be worth looking at.

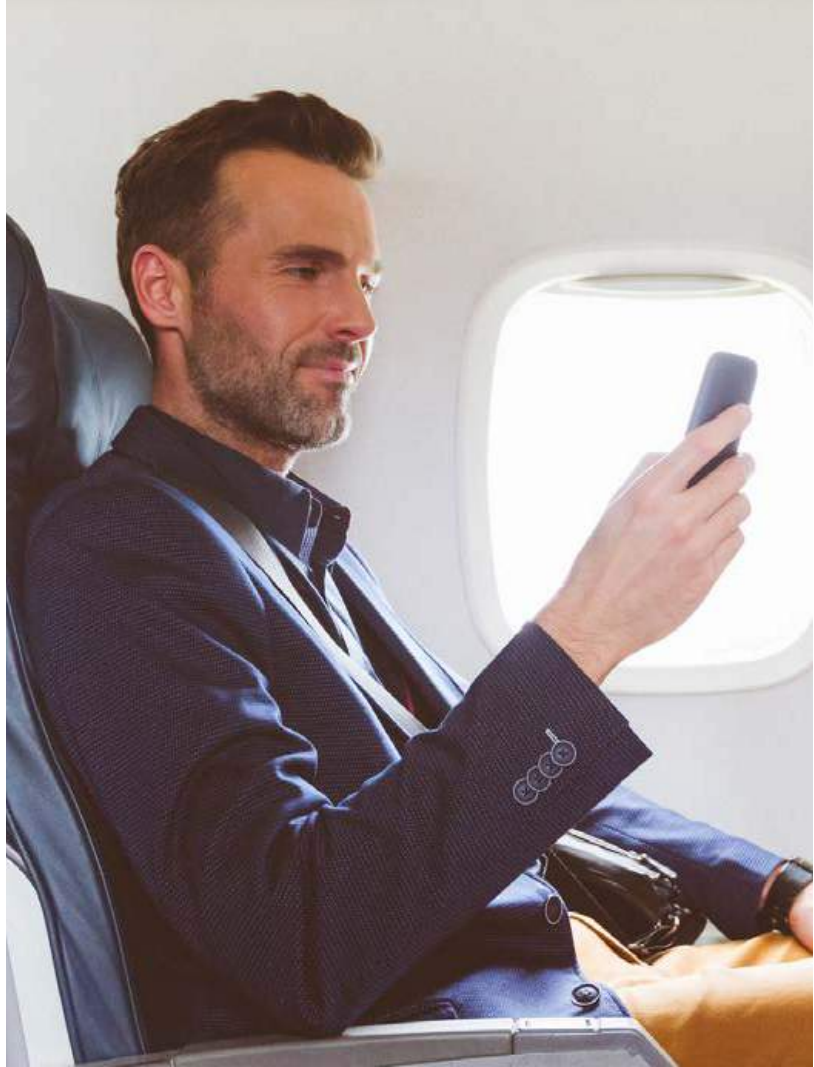
But for me, making the most out of your chosen route is the best way to make a trip not just more bearable but so much more exciting! If you have a few extra days to spare or maybe a few weeks, make the most of them and break your journey up at the same time. Discover how to make the most out of your flights with a trip that works for you.

Jo, Travel Counsellor

Anticipate time-zone changes

If your flight crosses multiple time zones, your internal body clock will be knocked off centre and you'll have to contend with jet-lag. Reducing its effects in the following ways will lessen its impact on your trip:

- Set your clock or watch to your destination's time before you board your flight so that you can accurately allocate sleeping time.
- When you arrive, try your best to adapt to the local time zone and resist the urge to sleep or eat meals at the wrong time of day.
- Make sure to take some melatonin, a hormone that helps to regulate our sleep patterns, found in cherries, tomatoes, rolled oats, walnuts and sunflower seeds.



Optimise your nutrition

Most holidays, even healthy ones, are filled with temptation, especially when it comes to what you eat and drink. For flights, bring some of your own snacks that are low on additives and preservatives, such as dried fruits, nuts and seeds, to give you an energy boost as well as aiding with digestion.

All of the properties in this brochure have either fully healthy menus or lots of healthy options in their restaurant or restaurants, making it easy to resist the urge to indulge. And outside resorts, your Travel Counsellor can recommend restaurants perfect for your needs, whether it's specific diets or allergies.



Stay hydrated

Whether you're on the plane, relaxing on a beach or exploring a city, keeping hydrated is vital for maintaining health while travelling. Cabin air is exceedingly dry and will dry out your system, so make sure to drink plenty of water during your flight, even if you're eating and drinking other things.

If you're heading to a very warm or hot destination, you can overheat very quickly, so in addition to plenty of water, eat snacks with a high water content, such as watermelon, peppers, cucumber and apples.





Best for...

SPA

The resorts and cruise vessels showcased over the following pages all tick our boxes when it comes to top-notch spa treatments and therapies delivered in incredible settings by highly skilled practitioners.



Angsana Balaclava, Mauritius

Where?

In Turtle Bay beside Grand Baie on the north-west coast, less than an hour from the airport.

Why?

To benefit from the holistic healing principles of ancient Ayurveda combined with modern fitness techniques.

Signature experience

The Rainmist Rejuvenation package, including herbal salt exfoliation and a massage under Vichy rain-shower jets.



Part of the prestigious Banyan Tree Hotel & Resorts, this intimate spot offers just 54 chic suites and one Imperial Pool Villa (offering up to four bedrooms), all built with rustic stone walls and marble floors and many boasting private infinity pools.

After water-skiing or kayaking on the tropical lagoon, there's nothing better than retreating to the award-winning Angsana Spa & Wellness Centre, which includes hydrotherapy facilities. For complete tranquility and a full wellness overhaul, there's even accommodation within the spa itself, in the form of Spa Sanctuary Suites, as well as dedicated wellness retreats.

Well laid out around beautiful gardens.
Lovely friendly staff.

Dana, Travel Counsellors customer



Morning yoga on the beach at the Angsana Balaclava can be followed by all kinds of local activities, including market visits and Mauritian cookery lessons with the resort chef. Enjoy catamaran cruises including snorkelling and a barbecue lunch on board, guided bike trips through the delightful coastal village of Petit Gamin and past sugarcane fields. Or stop for a picnic lunch on tranquil Le Goulet beach and even underwater 'scooter' adventures.



Wellness aboard Silversea Cruises

Where?

On all seven continents, from the primeval Galápagos Islands to the frosted wilderness of Antarctica.

Why?

For the chance to combine your wellness journey with adventures in unforgettable destinations.

Signature experience

Thermage non-surgical, anti-aging procedures with lifting and tightening effects as well as long-lasting results from renewed collagen production.



Silversea stands out for its small-scale luxury ships, all designed to combine discovery in more than 900 destinations around the globe with pure indulgence. All accommodation is in suites with glorious ocean views, butler service and bars stocked with your favourite wines and spirits – most also boast private teak verandas – while onboard dining options range from fine French and refined Asian cuisines to laid-back Italian dishes.

The wellness offering is top notch too, combining fitness, spa therapies, health lectures and nutritious food for a holistic approach to guests' wellbeing journey. Treatments are designed by the team from London's House of Elemis and include a seaweed body-wrap massage; on selected ships/sailings, you can benefit from acupuncture and licensed medi-spa services. Silversea also offers a well-equipped gym, Pilates and personal training, steam rooms, a sauna and seminars on topics ranging from aromatherapy to nutrition.

Committed to the environment and to humanitarian causes around the world, Silversea's sustainable initiatives includes a partnership with the marine conservation charity ORCA and co-sponsoring a marine conservation camp for kids in the Galapagos.



One of the advantages of being on a smaller ship is that they can get into the smaller, prettier and more interesting ports and at most of them, you can just get off and wander about, which is perfect. Our suite was stunning and our very own butler, Paul, would pack/unpack if you wanted, clean your luggage and shoes, run you a bath or book your restaurant for dinner...

Joy, Travel Counsellor

For more information please contact your Travel Counsellor or visit www.travelcounsellors.com





Club Med Bintan Island, Indonesia

Where?

Less than an hour boat-ride from Singapore.

Why?

For the hilltop treatment rooms with views of the South China Sea and other fabulous natural surroundings.

Signature experience

The Yang Sheng one-day program to restore energy and vitality, including a herbal purify scrub, herbal tea bath and cup gliding therapy.

This award-winning resort combines fitness sessions, outdoor activities and healthy cuisine to ensure all guests return home fully recharged. Whether you play 18 holes of golf nearby, sign up for bootcamp or unwind with a beach yoga session, wellbeing is top of the agenda. And childcare from ages two to 17 years, including age-appropriate sports and games such as circus trapeze, mean all the family can join in the fun.

Between the white sandy beach and the jungle, Asmara Spa soothes and energises with treatments that are all inspired by the Body Scrub – a form of thalassotherapy based on sea minerals and Ayurvedic rituals.

At Club Med Bintan Island, the firm's active sustainability efforts include a turtle nursery to bring the creatures back to health and promote their breeding.

For more information please contact your Travel Counsellor or visit www.travelcounsellors.com

Six Senses Yao Noi, Thailand

Where?

On an island midway between Phuket and Krabi, approximately one hour and 15 minutes from Phuket International Airport by road then speedboat.

Why?

For the chance to consult experts in alternative medicine, offering both physical and spiritual therapies.

Signature experience

The Thai Herbal Massage using warm poultices containing plai, ginger, turmeric and lemongrass, applied to specific pressure points.



Overlooking the famous limestone pinnacles of Phang Nga Bay, this resort is composed entirely of villas with private pools and open-air bathrooms. Let yourself be tempted away from yours to take a long-tailed boat ride to a picnic on a nearby island, tour hidden villages by Tuk-Tuk or discover the Phi Phi islands by speedboat.

Nestled into the lush tropical hillside, the Six Senses Spa is world-renowned for the skill of its therapists, its use of only natural products and its Thai healing practices.

Six Senses Koh Samui, Thailand



Where?

On the northern tip of Koh Samui island, 45 minutes by air from Bangkok.

Why?

For personalised wellness programmes, including a wellness screening for all guests.

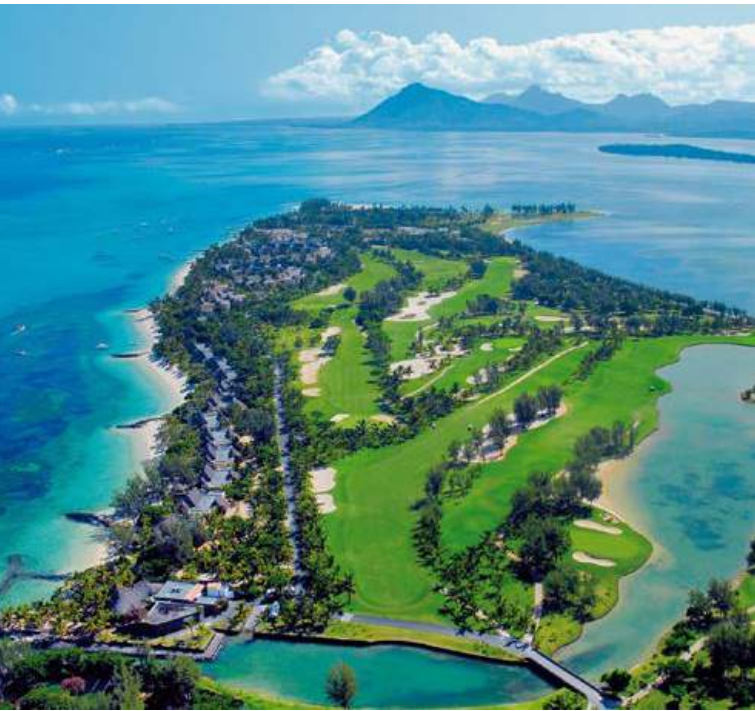
Signature experience

Six Senses offer integrated wellness programmes such as Eat with Six Senses and Sleep with Six Senses.

Just 66 villas – most with private infinity-edge swimming pools with sea views – make this the perfect tropical hideaway, although activities including hiking, diving and snorkelling, sunset cruises and island-hopping will tempt you out to explore. Some of the best dining on Koh Samui is on offer on-site.

You can indulge both body and mind at the world-class, award-winning Six Senses Spa, where yoga, Pilates, reiki, chakra-balancing and astrological consultations are among the holistic treatments and activities available. Six Senses' sustainability strategy includes an Earth Lab in each hotel and resort, hosting workshops that help guests connect more with the natural world.

Dinarobin Beachcomber Golf Resort & Spa, Mauritius



Where?

On the beachfront on the island's south-western tip, about 75 minutes from the airport.

Why?

Massages in rustic thatched pavilions right on the beach.

Signature experience

The Senses Awakening Experience using essential oils.

With a spectacular backdrop of Morne Mountain, this lush resort has a series of pools with cascades and flower-festooned islets that imbue it with a tranquil feel despite its active offerings – this is one of the world's best kite-surfing spots. There's also paddle-boarding, yoga and a nearby 18-hole golf course.

Tucked away in lush vegetation, the spa draws on Eastern cultures for its healing treatments and includes energetic coaching (hatha yoga, qi gong, the Five Tibetan Rites or 'fountain of youth'), meditation, algotherapy rooms and a personal training suite.

Trou aux Biches Beachcomber Golf Resort & Spa, Mauritius

Where?

On the beachfront on the north coast, about an hour from the airport.

Why?

For holistic treatments by the resort's Artisans of Well-Being, based on ancient therapeutic wisdom.

Signature experience

The B(e) BEAUTIFUL Terroir des Iles smoothing scrub with local sugar.

Water sports including snorkelling, wind-surfing and scuba-diving, tennis on floodlit courts, mountain-biking and beach volleyball by the Indian Ocean are all on offer at this luxury all-suite resort, as well as kids' and teen clubs.

Like the rest of the resort, the spa with its cool ponds and frangipane trees invites you to commune with nature. Among the treatment rooms are 13 rustic wood and thatched cabins linked by winding pathways and there are also two saunas, two hammams, a balneotherapy room and two Vichy shower rooms.



For more information please contact your Travel Counsellor or visit www.travelcounsellors.com



Jumeirah Port Soller Hotel & Spa, Mallorca

Where?

On the north-west coast, approximately 40 minutes from the airport.

Why?

For new-generation spa treatments using local natural ingredients such as oranges, lemons, almonds and olive oil.

Signature experience

Treatments in the hammam suite with its views over the UNESCO Heritage listed Tramuntana mountains.

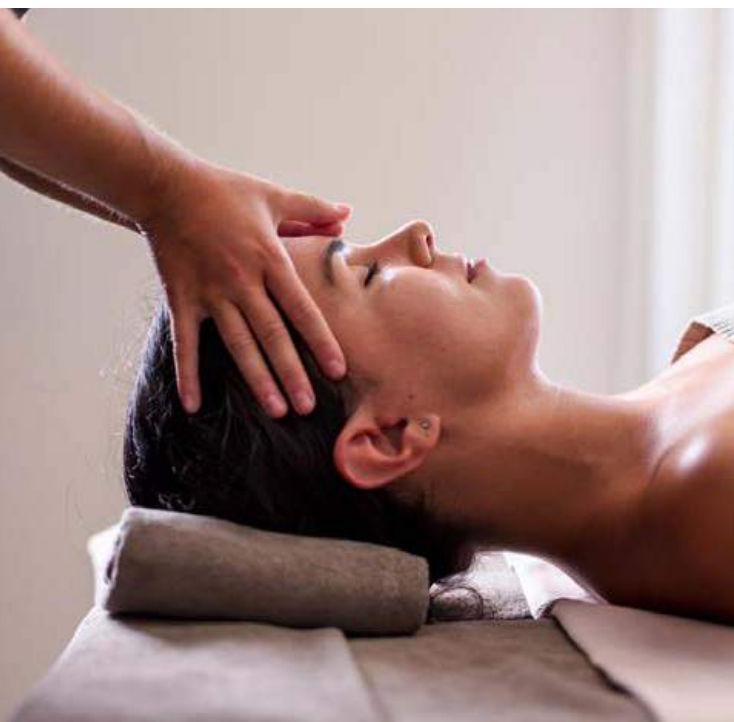


In a clifftop setting overlooking a fishing village, this intimate luxury hotel has 121 airy suites and rooms, all with stunning mountain or sea views, in buildings connected by gorgeously scented gardens. Three heated pools (one infinity), a kids' club for 3-12-year-olds and three restaurants are among on-site facilities, while excursions include sunset boat-trips, orange-field visits, gin-tastings and cookery lessons. There are also private classes at the Rafael Nadal tennis academy.

The resort's Talise Spa with its holistic approach to guests' wellbeing includes an outdoor heated relaxation hydropool, an extensive thermal area, 10 spacious treatment rooms and a state-of-the-art gym.

Beautiful location overlooking Port Sóller. Wonderful, professional and friendly staff. We spent our days relaxing by the adult infinity pool, which was lovely and quiet.

Amanda, Travel Counsellor customer





Almyra, Cyprus

Where?

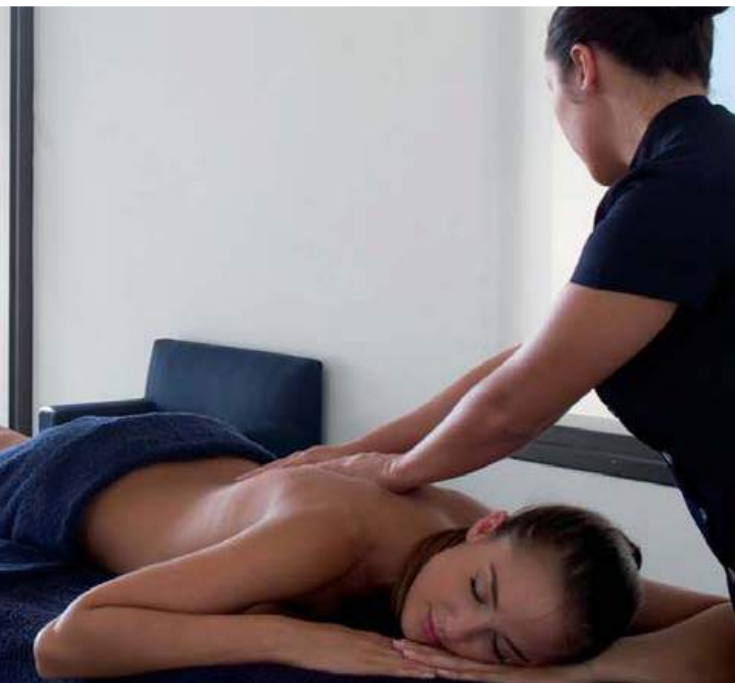
Overlooking Paphos harbour, 20 minutes from Paphos International Airport.

Why?

For innovative treatments using 'beyond organic' ILA, marine-based OSEA and medical-grade QMS.

Signature experience

Almyra Hydro Harmony using own-grown garden herbs and including a Cypriot carob exfoliation, avocado body wrap and hibiscus scalp treatment.



With its stunning coastal views, this is one of the island's finest resorts for couples and families alike, offering sublime swimming pools, fantastic food including Japanese-Mediterranean fusion dishes at Notios, kids' clubs and even a Baby Go Lightly service allowing you to pre-book essentials. The sleek accommodation has lovely vistas, cutting-edge artisan furniture and divine marble bathrooms.

The holistic Almyraspa is world-class, with two pools including an indoor pool and sun decks, a sauna and steam rooms, couples' suites, private rooftop yoga, Pilates and personal training, personalised nutritional advice and alfresco dining in Eauzone.

The only design hotel on the island really is a spectacular place – very modern and ultra-trendy. The food here was really special.

Emma, Travel Counsellor



When you're not being pampered, staff can arrange any number of excursions and adventures into unspoilt Cyprus, including jeep safaris in the lush Troodos Mountains and wine-tasting excursions to a Byzantine monastery. You can also go hiking or mountain-biking on the ruggedly beautiful Akamas peninsula with its lagoons, gorges and bays, its cyclamen, orchids, eagles and wild mouflon.

For more information please contact your Travel Counsellor or visit www.travelcounsellors.com



Unwind on a Cunard cruise

Where?

Across the Atlantic and all over the world.

Why?

For cutting-edge wellness and beauty expertise combined with maritime luxury.

Signature experience

The Seaweed Leaf Wrap using hand-harvested seaweed to detoxify, firm and soften skin.

Cunard's iconic ships have been synonymous with stylish ocean travel for more than 150 years. In late 2018, the company upped its wellbeing game with the unveiling of its own spa brand, Mareel Wellness & Beauty, created in partnership with Canyon Ranch – a luxury lifestyle brand with two destination spa resorts in the USA.

Already in place on the Queen Elizabeth and the Queen Victoria, Mareel will be launched on the firm's third ship, the Queen Mary 2, for November 2020. Expect a couples' suite for bathing rituals using VOYA seaweed from the west coast of Ireland, a meditation room with acoustic-resonance loungers, a re-modelled gym and fitness studio and new sound-therapy facilities in treatment rooms. Outside the spa itself, Mareel offers open-air deck activities including yoga, plus wellness seminars and daily meditation films on in-cabin TVs. Meanwhile, Canyon Ranch's new spa menu has a focus on marine treatments based on mineral-rich seawater.

I was immediately impressed by the number of smiling staff. Cunard take huge pride in their legendary White Star Service, which means all staff are very highly trained and ensure guests feel pampered at all times. I was really impressed by the size of the spa on board - there are plenty of treatment rooms as well as a gorgeous relaxation area with heated beds looking out to sea.

Louise, Travel Counsellor

DIGITAL DETOX HOLIDAYS: *Our Guide*



Do you feel your eyes are constantly directed at a screen? Are you glued to Google or smitten with Snapchat? Are your fingers twitching because you haven't checked your notifications for 10 minutes?

The 2,617 estimated interactions you'll have with gadgets and gizmos today, according to a recent study, equals more than 18,000 uses a week. Whether it's using a mobile phone, computer or games console, a heavy use of technology can add to our sense of 'overwhelm'.

“With crystal-clear blue waters and miles of pristine white sand, the islands of the Maldives provide a peaceful sanctuary from the realities of the outside world. They are so remote and so quiet you can totally switch off and relax. With pure air and unpolluted seas, this is nature at its very best.

Most resorts won't have a busy entertainment programme and there is no sightseeing apart from the occasional organised excursion by boat so if you're not happy lounging on the beach with a good book and cocktail close by in-between swimming in the warm ocean and snorkelling then this probably isn't the place for you.

Linda, Travel Counsellor

Tech-light and tech-free holidays: why and how

Digital-detox holidays are increasingly popular among travellers looking to swap technology for quality time and escape the stresses of everyday life. Holidays are the ideal time to give up some of life's vices for a short time.

A digital-detox adventure puts you back in control, opening up a window of opportunity for your brain to adopt new habits and rewire your relationship with your gadgets, encouraging you to live in the moment.

It's also the perfect opportunity to leave work behind, since mobiles and laptops often keep us connected with our work

while travelling – often against our will. A holiday is a time to immerse yourself in a destination and totally switching off from work will help you achieve this, as well as reducing stress levels.

But you don't have to go cold turkey – it can be a case of blocking out social media for a few days, or choosing a real book over Facebook. Alternatively, there are dedicated trips whereby you leave the electronics at home and go for a tranquil, completely technology-free retreat, or hotels where you can hand over your phone to be looked after for you or ask to be disconnected from the Wi-Fi.



Tips for staying low-tech or tech-free on holiday

Remember that practice makes perfect: Try some detox techniques when you're at home, such as leaving your phone behind when you go shopping or asking your family to put their phones in a box before you eat.

Manage your updates: Switch off push notifications on your phone or even set it to Do Not Disturb, removing the temptation to compulsively check it every few minutes.

Get a more basic phone: If you don't want to go completely off grid, buy a phone that doesn't have the bells and whistles of today's iPhones and Androids. The reissued Nokia 3310 is an example of a modern phone with few capabilities beyond calling and texting, meaning you can still keep in contact without being distracted by a multitude of apps.

10 ways to take a break from tech

- Cull any apps you don't absolutely need on your phone.
- Digitally declutter by unsubscribing from subscription emails.
- Dedicate specific time-slots for checking emails and social media.
- Set out-of-office emails to manage other people's expectations.
- Allocate non-negotiable screen-free time-slots in your calendar.
- Switch your phone to Do Not Disturb at certain times (you can allow calls from selected numbers).
- Reconnect with nature. Whether it's a walk in the woods or a holiday on a tropical-island paradise, gorgeous surroundings can make you forget about emails and social media altogether.
- Establish social rules about the use of phones at the table with family and friends, both at home and in restaurants/bars.
- Make your bedroom at home a digital-free sanctuary.
- Seek out hobbies that don't involve any screen use.

“Switching off all phones and devices because there was no Wi-Fi was so refreshing and served to literally connect you with nature again.”

Lisa, Travel Counsellor

Best for...

DIGITAL DETOX

Over the following pages, we've hand-picked our favourite properties for those looking for a wellness break with a true get-away-from-it-all feel and the chance to leave modern technology aside for a few days or more.



COMO HOTELS AND RESORTS

Known for its personalised service and super-stylish properties – each individually curated to reflect its stunning location – COMO is also a big player in the world of holistic wellness. Indeed, many of its properties have COMO Shambhala Retreats, where ancient healing is combined with modern science to amazing affect through a mix of expert staff, cutting-edge therapies, yoga centres and delicious cuisine.

COMO resorts act as as custodians of their destinations and are proactive in reducing consumption and in supporting surrounding communities by using local produce.



COMO Parrot Cay, Turks & Caicos

COMO Point Yamu, Thailand



Where?

Located at the tip of Cape Yamu overlooking the Andaman Sea and Phang Nga Bay, about 25 minutes from Phuket International Airport.

Why?

For the COMO Beach Club on nearby Naka Yai Island, with treatment salas set back in the jungle as well as a water-sports centre.

Signature experience

Thai massages in secluded alcoves as well as Thai kickboxing classes.

Floor-to-ceiling windows in all of this resort's 79 rooms and suites and its 27 villas allow for stirring views of the limestones of Phang Nga Bay. Activities and amenities on-site include scuba-diving, golf, deep-sea fishing and a kids' club. You'll also want to explore the surrounding region by sea-canoeing in nearby caves or trekking in a national park.

The focal point is the COMO Shambhala Retreat, which offers holistic therapies in single and double treatment rooms as well as Thai massage alcoves, steam rooms, a yoga studio, fitness classes and an infinity pool. Its three restaurants and bars serve the health-focused COMO Shambhala menu.

COMO Cocoa Island, Maldives



Where?

In the South Malé Atoll a 40-minute speedboat ride from the Maldives capital.

Why?

For treatment in pavilions that combine natural wood, traditional coral walls and Kajan thatched roofs.

Signature experience

Ayurveda-based therapies inspired by the proximity of southern India, such as the Rejuvenating Body Treatment including an Abhyanga back massage.

This exclusive resort has just 33 overwater suites and villas with bleached wooden interiors, sun-decks and direct access to the shimmering lagoon. Its world-class dive centre offers some of the Maldives' best diving spots. But more than anything else, this is a top destination spa, with its COMO Shambhala Retreat offering Asian-inspired holistic therapies, an open-air yoga pavilion and an infinity-edge pool.

COMO Maalifushi, Maldives

Where?

On a private island an hour's seaplane ride from Malé.

Why?

The only resort in the Thaa Atoll, it's the ideal get-away-from-it-all destination.

Signature experience

Asian-inspired therapies in overwater treatment rooms.

With just 65 land and overwater rooms, suites and villas in a minimalist beach-house style – some with private pools, their own jetties and/or butler service – this is the perfect intimate retreat. The water-sports centre offers surfing in nearby breaks, diving in scenic sites and seasonal hammerhead-shark and manta-ray spotting. There's also a kids' club and an organic garden providing ingredients for the overwater Japanese restaurant and the main restaurant, where you can order from the COMO Shambhala healthy menu.

The resort's COMO Shambhala Retreat is extensive, with signature massages, facials and reflexology, complimentary yoga in an open-air pavilion, steam rooms and a pool among its many offerings.





COMO Shambhala Estate, Bali

Where?

Above a jungle-swathed gorge a 20-minute drive from the artists' enclave of Ubud.

Why?

With just 30 rooms, suites and villas, this is a blissfully intimate and spiritual retreat.

Signature experience

Holistic treatments including Ayurvedic programs working in harmony with the natural surroundings.



Rated among the world's very best destination spas in the *Condé Nast Traveller Spa Guide 2018*, this intimate luxury health retreat includes 12 treatment rooms, an outdoor hydrotherapy area, yoga and Pilates specialists, total body resistance training, spring-water pools, its own Ayurvedic doctor, a dietician and tailor-made wellness packages. Of its two restaurants, open-sided Glow serves the health-focused COMO Shambhala.

COMO Shambhala Estate is also ideal for adventurers, with thrilling guided activities including white-water rafting, outdoor circuit training, hikes through rice paddies and even water blessings at an ancient spring.

Paradise... Peace, serenity and bliss. All the personal touches makes this a place for the bucket list. Inspiring menus, food of the highest quality to cover all tastes and probably the best hot stone massage I have ever had!

Sarah, Travel Counsellor





COMO Parrot Cay, Turks and Caicos

Where?

On a private island about 50 minutes by car and boat from Providenciales International Airport.

Why?

Each guest enjoys a complimentary hour's wellness session daily, choosing from yoga, Pilates, fitness, meditation and COMO Shambhala signature treatments.

Signature experience

Ayurvedic therapies such as the Abhyanga package with its trio of treatments (swedana, ubtan and shirodhara).



This A-list celebrity favourite offers accommodation in rooms, suites, houses and villas, as well as on privately owned estates with one or more bedrooms. Activities and adventures range from catamaran-sailing and sunset cruises to caving and wind-surfing. There's also a kids' club with activities including treasure hunts. Kids can also plant their own trees in the on-site banana and coconut plantations that form part of the resort's sustainability initiatives.

The resort is most highly sought after for its COMO Shambhala Retreat, which has Javanese baths, complimentary yoga and Pilates, a state-of-the-art gym, an outdoor Jacuzzi garden and even its own Ayurvedic consultant.

A comprehensive program of daily activities ranges from beach work-outs to tai chi and meditation sessions, while talks by the resort's resident wellness experts lead you to a deeper understanding of the role of traditional Asian practices in restoring and maintaining optimal physical and mental health.

After relaxing as hard as you can, there's plenty of scope for indulgence at the COMO Beach Club with its expertly mixed cocktails and nightly Caribbean music. Lotus restaurant serves both Caribbean specialities and South-east Asian fare and Terrace has Italian-infusing Mediterranean dinners, while both also offer the COMO Shambhala health-focused menu and fresh juices.





Marbella Club, Golf Resort & Spa, Spain

Where?

On the Costa del Sol between Marbella and Puerto Banús, 40 minutes from Málaga Airport.

Why?

For the old-school charm, sense of space and wholesome Mediterranean dining.

Signature experience

The day-long Detox, including thalassotherapy bath, seaweed body wrap and personalised massage.

Within lush jasmine-scented gardens, this long-established, fairly intimate resort has 121 inviting rooms, a beach club with water sports, an 18-hole golf course and an extensive kids' club, with tennis available at nearby sister property the Puente Romano.

The on-site Thalasso Spa harnesses the natural healing powers of seawater as the ancient Greeks and Egyptians did, with state-of-the-art facilities including a thalassotherapy pool, steam baths, a naturopath, a nutritionist and a fitness expert advising on the right treatments, plus personalised therapies and mindfulness.

“This beautiful five-star hotel was once Prince Alfonso’s residence and claimed to be the first beach resort hotel in Spain. Lunch at the pool/beachside restaurant was fantastic. Marbella is still a great beach/city destination with something for everyone.”

Christina, Travel Counsellor

MINDFULNESS:

Our Guide

Breathing techniques, posture and living in the moment: mindful meditation boosts mental and physical health as well as promoting kindness and a feeling of wellbeing. Rooted in Buddhist philosophy, mindfulness dates back more than 2,500 years.

Being mindful allows the thoughts that visit us to appear and to be acknowledged without judgement before being shown the door. There is no harm in having these thoughts. Some thoughts are from the past, some are of the distant future. We have to learn to let go of both, because we can't change what happened yesterday and we don't know what the future is going to bring.

Those who practise mindfulness daily focus on what they are feeling and thinking – noticing it and allowing it to just be there. But the image of a person sitting by a lake, away from all gadgets and digital interference, isn't a true reflection of reality. Mindfulness and meditation aren't practices for a social elite as they are sometimes stereotyped to be. With openness, curiosity and a willingness to be with what is, anyone can practise them.



How to be mindful

- Be grateful (keep a gratitude journal)
- Spend 10 minutes doing nothing
- Learn calming breathing techniques
- Meditate
- Relax and watch the world go by
- Control your thoughts
- Be more aware of your five senses

Living in the present

A present-moment experience uses all your senses – touching, seeing, hearing, tasting and smelling. Whatever physical sensation you're noticing – a change in temperature, the sour taste of a boiled sweet, a person speaking or feeling hungry – contributes to the present-moment experience. Allow those sensations to be there, be curious and take interest.

Mark Twain is famously quoted as having said: "Mauritius was made first and then Heaven, and Heaven was copied after Mauritius."

Never were truer words spoken. When you're on the island of Mauritius, the rest of the world suddenly seems irrelevant and quite unnecessary.

Jo, Travel Counsellor

What mindfulness can do for you

Mindfulness and meditation are practices we use to pay attention to experiences and to accept and understand feelings. Once you've learnt them, you need to factor them into everyday life. Scientifically proven benefits include:

- Understanding pain, which is a fact of life but doesn't have to rule you. Mindfulness can help you reshape your relationship with both mental and physical pain.
- Connecting better. Mindfulness helps you give your friends, partners and children your full attention.
- Lowering stress. Excess stress causes lots of illnesses and makes others worse. Mindfulness decreases stress and this, in turn, improves resilience.
- Focusing your mind to stop it straying off what you're doing and being pulled in six directions. Meditation hones our innate ability to focus.
- Reducing brain chatter. Mindfulness is a way of giving a little break to the nattering voice in our head or 'monkey mind'.
- Increasing engagement with each other, at work and at home and becoming more productive all-round.



How mindfulness affects the brain

- It strengthens your pre-frontal cortex – responsible for executive functioning such as planning, problem-solving and emotion regulation.
- It shrinks your amygdala, the part of the brain associated with fear and emotion, which plays a key role in the body's stress response.
- It changes the networks in your brain. Studies show that people with meditation experience have increased

connectivity between certain regions of the brain, such as those associated with attention and disengaging from distraction. These also happen to be some of the fundamental principles of meditation .

- It gives your other senses a workout. Long-term meditators often demonstrate an increase in grey matter in the parts of the brain responsible for feeling and hearing.

This makes sense because mindfulness is all about closing your eyes, filtering outside stimulation and focusing inward – all of which can enhance your other senses.

- It sends your dopamine through the roof. Famously known as the 'reward chemical,' dopamine is associated with all things pleasurable.

Best for...

SPORTS, FITNESS & WEIGHT LOSS

Over the following pages, we've showcased our favourite properties in Europe and further afield for those who want to get active and/or focus on healthy eating and detoxification.





Heritage Awali Golf & Spa Resort, Mauritius

Where?

On the beachfront in Bel Ombre in the south, less than an hour from the airport.

Why?

Guests each get a complimentary spa treatment per stay.

Signature experience

Treatments in a straw hut in the gardens or on the beach.



This award-winning all-inclusive resort offers unlimited French champagne and divine dining in venues such as the toes-in-the-sand Infinity Blue and under the stars at Boma with its African shows and campfires. Parents appreciate the childcare and there's plenty of scope for relaxation at the adults-only pool and hip beach club.

The only 100% Mauritian spa, offering treatments based on natural local ingredients, Seven Colours includes vitality and chill pools and 20 treatment rooms (one designed for families, one for kids). Combine therapies with 'forest bathing', wellness walks and yoga in the on-site nature reserve where you'll come away a new person...

It was my first visit to Mauritius and we loved it! This hotel was lovely and I would highly recommend it as a good-value all-inclusive option.

Vicky, Travel Counsellor

Other activities for those of a sporty frame of mind include beach volleyball, tennis, snorkelling, scuba-diving and diving, kayaking, windsurfing, paddle-boarding, yoga, archery and bike tours.



Heritage Le Telfair Golf & Wellness Resort, Mauritius

Where?

On a 1km beach facing a preserved lagoon in Bel Ombre in the south, about an hour from the airport.

Why?

For the incredible spa menu and wellness cuisine in on-site restaurants, including detox and fortifying cocktails.

Signature experience

The Wellness Bliss package mixing massages, body-care, nature experiences, mind-and body and fitness sessions, and osteopathy.



This all-suite property with its plantation-inspired interiors is part of the Small Luxury Hotels of the World Group, so expect top-notch service including butlers on hand. Catering to all the family, its facilities range from childcare (including a free crèche for babies from birth to 35 months), a teen program and a beach club to adult-only restaurants – don't miss the refined Mauritian cuisine using own-grown ingredients in the 19th-century plantation house Le Château.

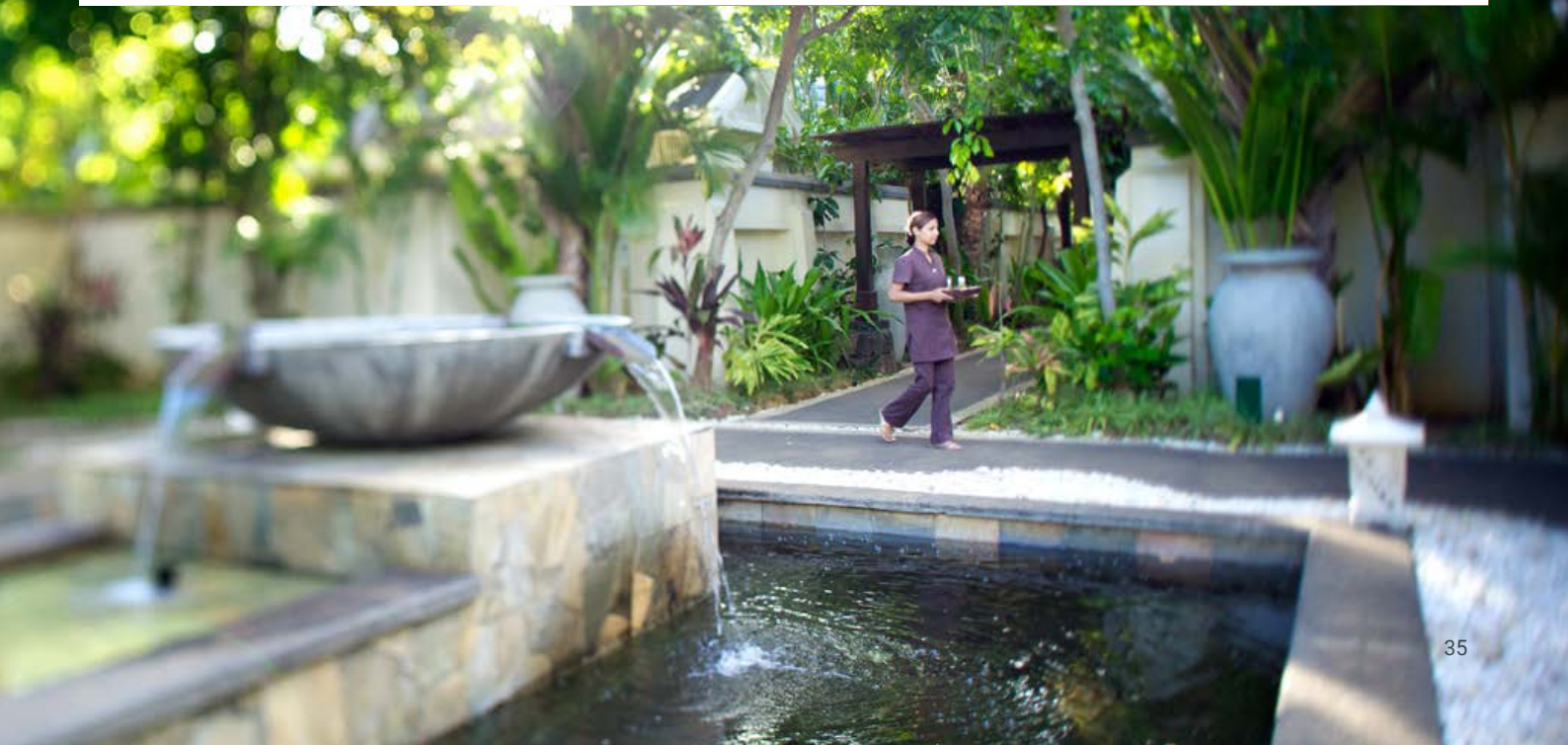
This is a place to put your wellbeing in expert hands. First up is the exceptional Millésime Collection Seven Colours Spa, whose in-house osteopath offers special treatments for those availing themselves of the on-site 18-hole championship golf course. Other active options include daily yoga and tai chi, current sea walks, and nature treks and forest bathing in the 2,500-acre natural reserve with its indigenous wildlife. Note that the basic all-inclusive package includes a spa treatment for adults, kids and teens.



The resort was inspired by Charles Telfair, a famous naturalist who lived here in the 19th century, on what was then the Bel Ombre Sugar Estate. It has a colonial feel, with beautiful, well-maintained buildings and grounds.

Brian, Travel Counsellor

For more information please contact your Travel Counsellor or visit www.travelcounsellors.com





BodyHoliday, Saint Lucia

Where?

In Castries on the north-west coast, about 90 minutes from the airport.

Why?

Complimentary spa treatment daily and a comprehensive activity schedule.

Signature experience

The Lucian Lime & Ginger Scrub exfoliation ritual.



Personalised wellness programmes are the speciality of this luxury resort, with yoga, water sports, adventure tours, Ayurveda treatments and weight-loss plans among the options that can be incorporated into your bespoke plan. In the five restaurants, every dish is prepared with wellness in mind. Guests can even forage ingredients from the on-site organic farm and prepare ingredients with the I-Tal team, at the same time learning about organic and sustainable agriculture and West Indian plants. Meanwhile, whether in Garden Rooms for solo travellers or Grand Luxury Oceanfront suites, a pillow menu, bedtime tea delivery service and the resort's sleep well concept ensures restorative sleep.

The Wellness Centre is the most impressive I've ever seen. They have 36 treatment rooms and offer dozens of treatments extra to the included ones as well as its own Ayurvedic temple, state-of-the-art body-science treatment and a beauty centre.

Michelle, Travel Counsellor



The all-inclusive plan gives you one complimentary 50-minute spa treatment for each full day of your stay, as if you needed any more convincing...

The resort also runs themed months, which range from sailing to yoga, dance or swimfit as well as embracing programs designed specifically for families or solo travellers looking for a wellness getaway.

For more information please contact your Travel Counsellor or visit www.travelcounsellors.com

LUX* Belle Mare, Mauritius

Where?

In a beachfront setting on the island's east coast, about an hour from the airport.

Why?

For consultations with the resort's Wellness Concierge, who assesses stress, muscle soreness, energy and happiness levels and stays in touch after your holiday.

Signature experience

Exclusive Zhengliao treatments in atmospheric Chinese medicine rooms.

Centred on a vast swimming pool, this award-winning contemporary resort with its suites and villas offers complimentary water and land sports including tai chi and beach yoga for those focused on wellness and even horse-riding on the beach. Fine Indian dining by Michelin-starred chef Vineet Bhatia and a Tea House where you can experience a unique tea ceremony are among the foodie offerings and there are also kids' and teen clubs to keep younger guests out of mischief.

LUX* Me Spa is a serene sanctuary offering guests a personalised approach to wellbeing through signature treatments, fitness, yoga, meditation and nutrition.



Blue&Green Vilalara Thalassa Resort, Portugal



Where?

In a beachfront setting on the Algarve 40 minutes from Faro Airport.

Why?

Because it's one of the best thalassotherapy centres in the world.

Signature experience

Sea-mud applications and magnesium wraps.

Offering understated luxury and outstanding service, this exclusive space within 11 acres of fragrant botanical gardens is dedicated to wellbeing and the senses. You can help yourself to oranges and loquats straight off the tree and enjoy fresh orange juice and jam made using fruit from the gardens.

Its truly impressive Vilalara Longevity Thalassa & Medical Spa offers a unique fusion of thalassotherapy, state-of-the-art wellness and anti-ageing, with personalised detox, nutrition and weight loss and stress-management programmes that will leave you feeling like a whole new person.



Zoëtry Paraiso de la Bonita, Riviera Maya, Mexico

Where?

In the Riviera Maya, 20 minutes south of Cancun Airport.

Why?

The Endless Privileges® all-inclusive package includes a complimentary ancestral Temazcal cleansing ceremony, laundry service, no check in or check out time and complimentary chauffer airport transfers.

Signature experience

The Sanitas per Aqua holistic retreat combining thalassotherapy, native Mayan treatments, skincare and couples' massages.



This all-inclusive, all-suite Leading Hotels of the World property has a relaxing, adult vibe. All 100 suites face the Caribbean Sea, some coming with private butler service. The complimentary one-hour catamaran sail with sparkling wine will help you wind down at the end of a day spent enjoying water sports and joining in activities such as cookery and Spanish classes.

Nine of these suites belong to the The Impression™ Club, the newest addition to Zoëtry Paraiso de la Bonita Riviera Maya offering a more secluded, villa style experience for the most discerning travellers seeking the highest level of luxury and unmatched service. These extra exquisite suites are accompanied by a dedicated butler, an open kitchen with a private chef, upgraded amenities, a designated infinity pool with entry to a secluded & private beach area, plus two additional Impression™ & Butler suite-only restaurants, bars and more.

The resort's award-winning Thalasso Center & Spa is truly extraordinary, with sea-water sessions, Temazcal steam room ceremonies, yoga classes, nutrition workshops and much more besides. This pampering experience is enhanced with the use of ultra-luxurious products by the likes of Natura Bissé and Valmont.



This resort is really quite unique in Mexico, being a boutique property with all rooms decorated differently and with sea views. We were very impressed with the staff, who were among the best I have ever experienced. Zoëtry is a top-shelf all-inclusive resort, so the branded drinks and food were excellent.

Catherine, Travel Counsellor

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