

Take a breath

The last two years have impacted everyone in one form or another. Make time in 2022 to be kind to yourself and travel to one of these beautiful wellness retreats – Ananda, India; Como Shambhala, Bali; Bad Ragaz, Switzerland; Six Senses, Portugal; Kamalaya Koh Samui, Thailand; or Amangiri, USA

Health and wellness are an integral part of everyday life, and getting away from the stresses and pressures of work and busy living can be a renewing and restorative experience. There are many different ways to relax and recuperate, with many therapies and programs proving to have immensely beneficial results on overall health. Getting away to serene and peaceful surroundings where focus can be solely on wellness is one of the most rewarding experiences,

and these wellness retreats and resorts offer programs that promise to provide unparalleled getaways full of luxury and rejuvenation for the mind, body and soul.

ANANDA HIMALAYAS
Located in the foothills of the Himalayan mountain range, the Ananda Wellness Centre offers tailored wellness programs for every need. With a focus on individual health goals for each guest, the many programs revolve around

scheduled daily sessions for group yoga, demonstrations of meal preparation revolving around healthful food, and meditation sessions. Including their programs for detox, weight management and full-body rejuvenation, mental health programs focused on stress relief, self-realisation and meditation. In addition, the suites are built to promote serenity, spirituality and a luxurious experience that recalls the incredible maharajah palace the resort is built around.

The customised menus provide exactly what is needed in every individual case, and can be enjoyed from the on-site restaurant, by the pool, or privately. Surrounded by stunning scenery, this incredible facility offers life-changing and comprehensive wellness programs of all types for any needs.

anandaspa.com

Below: The spectacular COMO Shambhala Estate lap pool and infinity pool in the rainforest close to Ubud in Bali



COMO SHAMBHALA
At this ‘retreat for change’, experts in all areas of health and wellness provide a customised experience for the health goals of each and every guest. Amidst the jungle terrain of Ubud, Bali, by the Ayung River, Como Shambhala’s incredible villa accommodation is just the start of the lush living experiences here.

With a personal assistant for every guest, each wellness program is tailored to the specific needs of the individual. With the ‘cleanse’ and ‘nutritional wellness’ packages, healthy eating and living is the focus.

Above: A guest enjoys an Abhyanga massage at the award-winning luxury destination spa resort Ananda, situated in the Himalayan foothills of Northern India

The ‘be active’ program centres around fitness and finding the right routine for every kind of body. Massage therapy, body, facial and beauty care and hydrotherapy are all on offer in addition to daily activities and workshops to encompass a mind and body approach. For families, there are menus catered more specifically to children and men, but if none of these fit the needs of a guest, a fully bespoke option is also available.

comohotels.com/en/comoshambhalaestate/wellness

GRAND RESORT BAD RAGAZ
At Grand Resort Bad Ragaz, the focus is on preventative and nutritional medicine. Each program is tailored to the personal lifestyle of every guest and includes the latest therapies. On site, there are natural thermal

baths, spa, saunas, even a hair spa. With a motto like ‘live healthy to stay healthy’, it’s no wonder that this resort boasts programs for every need, including nutrition, fitness, recharging, detoxing and cleanses, micro biome assessments and hydrotherapy in the thermal baths described as a ‘gift of nature’.

The Swiss alpine setting of this comprehensive wellness resort plays a big role in the practices, as cultural traditions around bathing and spas are incorporated into the programs.

On top of the luxury rooms and suites available, there are also programs and accommodation tailored specifically towards family trips, and the private spa can be booked for special events. The two Michelin star chefs provide impressive menus, though there are also many options available

outside of the resort in the nearby village, including many other activities.

resortragaz.ch/en/health-and-wellness

SIX SENSES DOURO VALLEY
Fitting into the location is one of the great features of this Six Senses resort, as the Portuguese-inspired design of the accommodations and grounds mix with contemporary and natural design to create a comfortable cultural experience from check-in to check-out. The facilities include a heated pool, personal treatment rooms, a fully kitted out gym, and even a dedicated yoga pavilion. The program menu can be tailored to the specifics of each individual, with packages based around full body health, including spiritual and mental. ➤

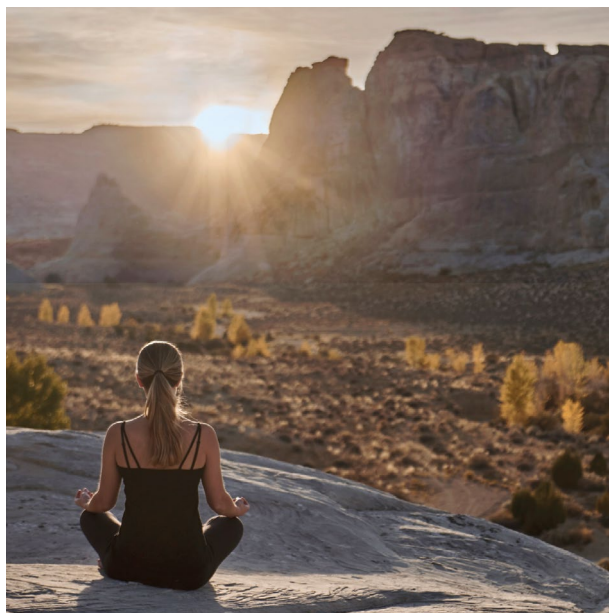
On the nutritional side, much of the produce is homegrown, and guests can be assured that all aspects of their stay are carefully crafted by a team of health and wellness experts. There are also many activities on offer, such as wine tastings, river cruises and exclusive visits to historical gardens in the area.

sixsenses.com/en/resorts/douro-valley/wellness-spa

KAMALAYA KOH SAMUI

At Kamalaya Koh Samui, techniques and practices from traditional Chinese medicine, naturopathy, yoga, meditation and many other health-focused traditions are blended together to form a program which touches on every aspect of health. Beginning with a choice of a room with garden views or ocean views, or even a private pool, this resort offers complete customisation. Their programs include relaxation, immunity, sleep, detox, yoga, balance and other spiritual and restorative options.

Activities outside of these programs include martial arts, alternative medicines and



Above: Wellness yoga with a sunrise view at Amangiri in Utah Below: A couple enjoy a traditional Balinese massage

therapies, tea ceremonies and even spiritual enlightenment sessions. Kamalaya works hard to incorporate the healing traditions of China and India with modern nutritional science,

and dining can take place in the surrounding restaurants and cafes, or privately.

Additionally, Kamalaya offers meal recipes and deliveries through their online platform, as well as online astrology classes and many excerpts in video form from their various wellness programs.

kamalaya.com/

AMANGIRI UTAH

Amangiri offers a wellness experience unlike any other, situated across 25 thousand square feet of Utah desert. Surrounded by nature and entirely removed from busy city life, this resort offers suites and homes that have been built to embrace and follow the natural landscape of the dunes, ridges and plateaus of the desert. The pool pavilions exist in the midst of this landscape and the Aman spa spans across the desert to accommodate the natural geography. Their therapies draw from the Navajo traditions and are centred around the elements of earth, wind, fire and water. The massage and beauty treatments adhere to the traditional ways of 'Hózhó healing' and are supplemented by yoga sessions, grounding rituals, movement therapy and a full mental health program at the nearby Camp Sarika. The surrounding areas provide many extra activities such as horseback exploration, the stair across the sky, hiking and air tours.

aman.com/resorts/amangiri ■

