



# THE WELLNESS COLLECTION

*by Elegant Resorts*



*Wellness by*  
**The Travel  
Concept**



*Truly immersive experiences for  
mind, body and soul*



RAKXA WELLNESS & MEDICAL RETREAT, BANGKOK, THAILAND





COMO PARROT CAY, TURKS AND CAICOS



# Contents

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## INTRODUCTION TO WELLNESS

<i>The Wellness Collection</i>	04.
<i>Our Wellness Specialists</i>	06.
<i>A Typical Day of Wellness</i>	07.
<i>Where Wellness Meets Luxury</i>	08.

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## DESTINATIONS

<i>Asia</i>	10.
<i>Europe &amp; North Africa</i>	22.
<i>Indian Ocean &amp; The Middle East</i>	38.
<i>Caribbean &amp; Mexico</i>	46.

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### Photography

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### Cover Artwork

Ananda in the Himalayas.



# The Wellness Collection

## by Elegant Resorts

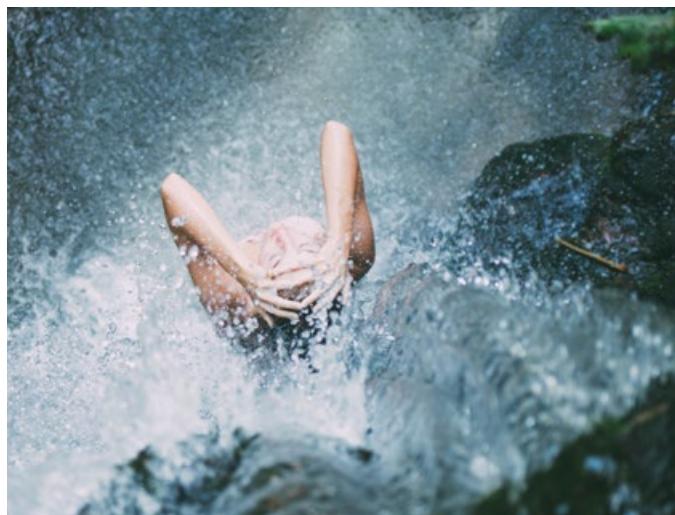
Invest in yourself and your health on a journey of self-discovery, rebalance and healing. Our carefully curated Wellness Collection promises a truly immersive escape for the mind, body and soul – whether you're looking for a long-weekend detox, a dedicated yoga retreat or an off-the-grid getaway to fully disconnect.

Each property in the collection has been selected based on its exceptional facilities and unparalleled wellness opportunities. To give you a taste of what's on offer, we've suggested a sample wellness programme available at each hotel. From time-honoured Thai healing practices to cutting-edge scientific treatments, get ready for the ultimate health and wellness experience, while learning valuable skills and practices to enhance your overall wellbeing once you return home.



### *Weight Loss and Detox*

If losing weight is an important goal for you, many of our featured luxury hotels will whip you into shape without depriving the body. Think nutritious menus, bespoke fitness plans and treatments that support sustainable weight loss, as well as science-backed detox programmes that remove toxins and boost energy.



### *Rebalance and De-stress*

Life can be stressful. So it's important to make sure you make time to get away from it all, take a breath and pause for a while. From beachfront yoga retreats to Himalayan hideaways, we've got the perfect places for you to enjoy that much-needed downtime – with a little added indulgence.

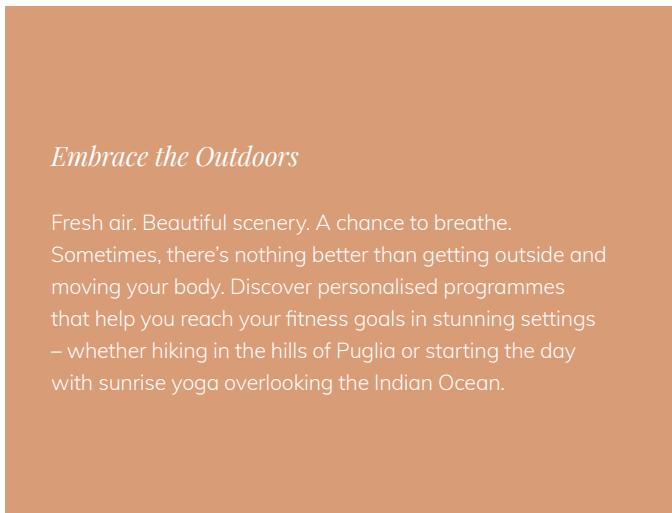
## *Emotional Healing*

Whether you're grieving, overcoming trauma or simply need to escape for a while, you'll discover specialist healing programmes throughout our Wellness Collection – incorporating a range of approaches, from crystal workshops and sleep tracking to meditation and ancient Ayurvedic ceremonies.



## *Retreat and Immerse*

Looking for a completely immersive retreat? We offer a range of luxury hideaways that take every aspect of your wellbeing into account – from tailored menus and fitness plans to mindfulness activities and sleep schedules, with specialists ranging from doctors to yogis to nutritionists.



## *Embrace the Outdoors*

Fresh air. Beautiful scenery. A chance to breathe. Sometimes, there's nothing better than getting outside and moving your body. Discover personalised programmes that help you reach your fitness goals in stunning settings – whether hiking in the hills of Puglia or starting the day with sunrise yoga overlooking the Indian Ocean.





# Echelon Health

## Where Wellness Meets Luxury

Established 15 years ago in the heart of Harley Street, Echelon Health brings together 30 years of clinical expertise, the most advanced imaging technology and unparalleled client service to offer some of the world's leading health assessments available today without compromising on luxury and comfort.

Echelon Health's Preventative Health Assessments are carried out with the sole purpose of (i) detecting disease at its earliest stage (usually before any symptoms) to maximise the chances of effective treatment and avoid early death, and (ii) to allow their clients to establish a baseline for the condition of their health and recommend an appropriate onward lifestyle plan – all within a relaxing environment. The state-of-the-art technology enables Echelon Health to identify tumours as small as 1-2mm as well as detect up to 92% and 95% of the causes of preventable death among men and women, respectively.

Echelon Health is unique in that not only do they look 'under the bonnet' to see inside you in incredible detail, but they also recognise that no single scanning technology can spot all diseases. As a result, they utilise a combination of the most advanced MRI, CT and Ultrasound technologies, alongside comprehensive blood tests such as tumour markers, so that every client receives a highly comprehensive set of results.

*"The bottom line is that I was diagnosed with a cerebral fistula in my brain, a condition from which I was suffering no symptoms and would have been completely undetectable in a normal medical"*  
– N.F., CEO.



Dr Paul Jenkins, Chairman and Medical Director

Whilst most clients opt for the comprehensive Platinum Health assessment, Echelon Health is also able to offer additional assessments which are bespoke to their clients' needs if required.

*"The service they are providing at present is, in my opinion, the best that can be achieved in current practice with existing knowledge." – Dr David Wilson, Past President of British Institute of Radiology.*

Health assessments provided by Echelon Health have evolved into a harmonious blend of wellness and luxury. They stand as pioneers of this transformation, offering state-of-the-art assessments that prioritize the early detection of disease and overall well-being without compromising on opulence.



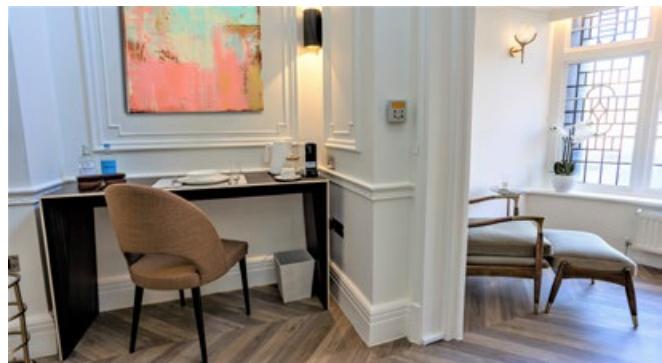
Echelon Health has saved many lives, including N.F.'s, through innovative preventive health assessments. Following his diagnosis of a cerebral arteriovenous fistula in his brain, he was immediately referred by Echelon Health to one of the best specialists in the country and underwent a successful procedure a few days later.

*"I do hope that others will treat themselves to the full preventative maintenance regime by Echelon Health, which can potentially be lifesaving" – N.F.*

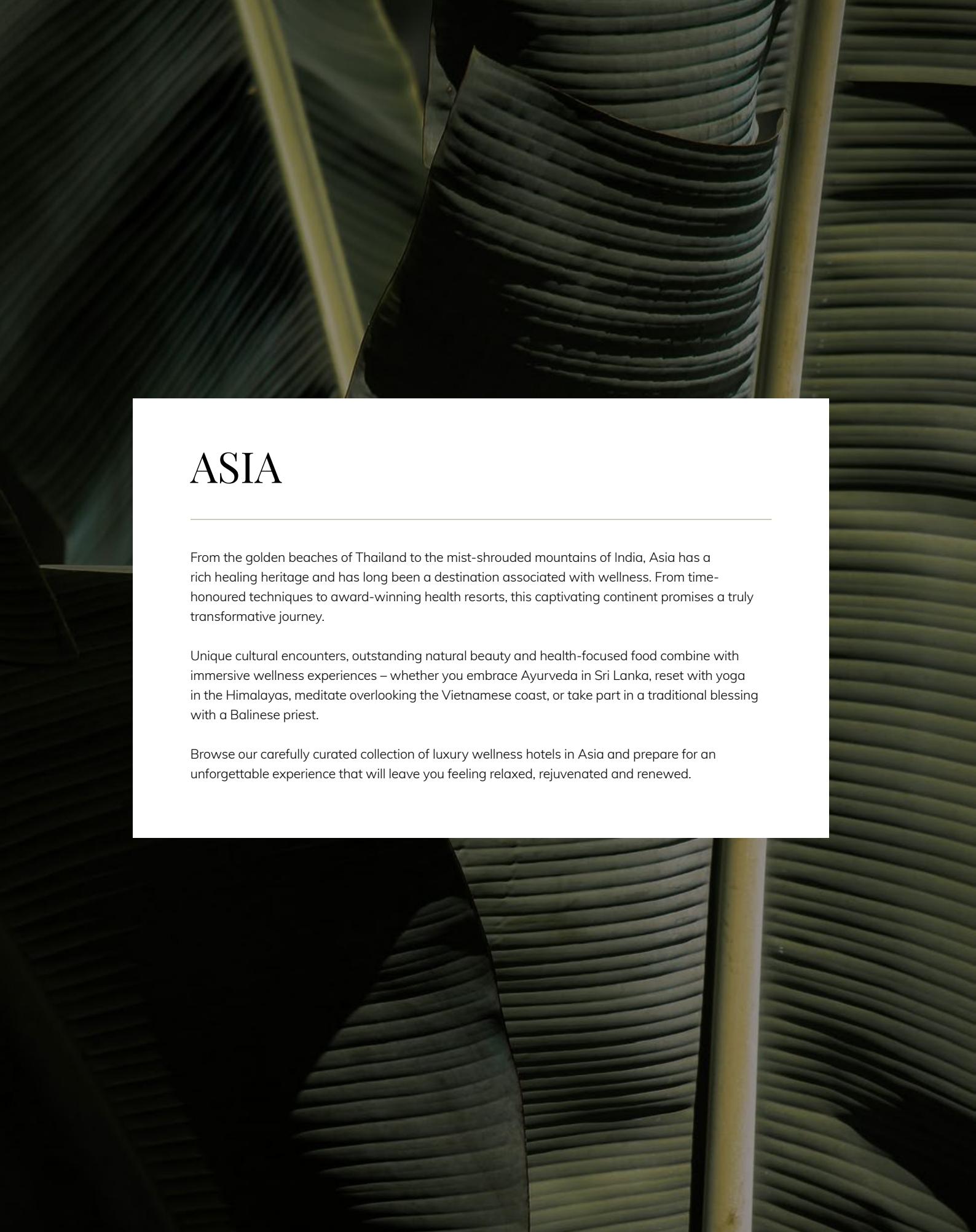
Echelon Health benefits from a Medical Advisory Committee on which sit specialists who are amongst the very best in their chosen field. They regularly guide Echelon Health on best practice and provide knowledge on the most up-to-date medical science, enabling Echelon Health to remain at the forefront of preventative medicine.

Their friendly and extremely attentive staff enable every client to experience a stress-free and comfortable day as possible. Echelon Health pride themselves on their excellence in client care. Safety is their top priority and wellbeing as well as superlative comfort are prioritised in their five-star luxury approach to service.

Clients undergoing a Platinum or Gold health assessment benefit from the use of their own private suite throughout the day. Offering a lavish and tranquil base to be used in-between tests and scans, the suite ensures the day of assessment is as relaxing as it is efficient. The suite is meticulously furnished with select pieces by renowned designer David Linley and reminiscent of the 1950s Art Deco style.



For a complementary private conversation with an Echelon Health expert please call:  
**+44 (0)20 7580 7688 / +44 (0)7375 791713,**  
**email [info@echelon.health](mailto:info@echelon.health) or visit**  
**[www.echelon.health](http://www.echelon.health).**



# ASIA

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From the golden beaches of Thailand to the mist-shrouded mountains of India, Asia has a rich healing heritage and has long been a destination associated with wellness. From time-honoured techniques to award-winning health resorts, this captivating continent promises a truly transformative journey.

Unique cultural encounters, outstanding natural beauty and health-focused food combine with immersive wellness experiences – whether you embrace Ayurveda in Sri Lanka, reset with yoga in the Himalayas, meditate overlooking the Vietnamese coast, or take part in a traditional blessing with a Balinese priest.

Browse our carefully curated collection of luxury wellness hotels in Asia and prepare for an unforgettable experience that will leave you feeling relaxed, rejuvenated and renewed.



## CHIVA-SOM

*Hua Hin, Thailand*

Tucked away within seven acres of tranquil tropical gardens, Chiva-Som is one of the world's most acclaimed luxury health resorts. With a truly pioneering wellness offering that combines cutting-edge western diagnostics with time-honoured eastern philosophies – backed by a team of nutritionists, doctors, naturopaths, therapists and personal trainers – it was recently named 'Best Destination Spa in the World' at the Condé Nast Traveler Readers' Choice Awards 2022. Immersive wellness programmes are personalised depending on your goals, whether you suffer from headaches or want to improve your gut health, all fuelled by organic, locally sourced cuisine that's both delicious and nutritious.

*"Chiva-Som feels like a sanctuary with some of the best programmes in the world for longevity and rebalancing the body and mind."*

### *Sample Wellness Programme* *A Taste of Chiva-Som*

Get ready to embark on a truly personal wellness experience, working alongside your Health and Wellness Advisor to craft a bespoke journey that suits your needs – whether you're looking to detox, relax or transform. No matter if you choose a 3, 5, 7, 10 or 14-night package, each day will include three Chiva-Som Wellness Cuisine meals and a treatment of your choice. Depending on the length of your stay and chosen programme, you could enjoy treatments such as:

- Marine mud wrap
- Physiotherapy
- Sense balance therapy
- Stress release therapy
- Body composition analysis
- Acupressure reflexology
- Crystal massage and quantum healing
- Manual Lymphatic Drainage



## COMO POINT YAMU

*Phuket, Thailand*

Set on the secluded east coast peninsula of Phuket, this hilltop retreat combines serious serenity, stylish interiors and simply spellbinding views across Phang Nga Bay. COMO is a brand known for its dreamy destination spas, and the COMO Shambhala Retreat here is nothing short of sensational. Along with signature COMO therapies, you can choose from a range of regionally-inspired options – including a traditional Thai massage, a scrub with locally sourced lemongrass and galangal, and a full body compress using up to 12 Thai herbs. And if you're keen to continue the holistic approach beyond the spa, healthy COMO Shambhala cuisine is available across the resort's restaurants.



*"The perfect place to combine wellness with a holiday."*



### *Sample Wellness Programme* Elegant Resorts Wellness Package

Exclusively available to clients of Elegant Resorts, this spa programme of local therapies and Asian-inspired treatments promises to nourish and rejuvenate, whilst promoting physical and mental wellbeing. Your treatments will include:

- 60-minute full body COMO Shambhala Signature Massage
- 60-minute foot acupressure massage
- 60-minute full body stretching/yoga
- 90-minute COMO Shambhala Detoxifying Skin Treatment
- 60-minute Indian head massage
- 60-minute Thai massage



## KAMALAYA KOH SAMUI

*Koh Samui, Thailand*

Backed by lily ponds and lush jungle with endless views across the Gulf of Thailand, this multi-award-winning wellness sanctuary surrounds a cave that was once inhabited by Buddhist monks and is still open to guests for meditation. Every stay here begins with a personalised consultation to determine your ideal programme – whether you want to beat burnout or improve your immunity – while the specially formulated Detox Cuisine allows you to rid your body of toxins without depriving yourself of delicious, Thai-inspired dishes. The wellness sanctuary also hosts a range of visiting practitioners throughout the year, each of whom are leading specialists in their field – from healing with sound to astrological readings to cellular rejuvenation.

*"Surrounded by jungle, Kamalya is the perfect place to reconnect, slow down and heal. The new longevity house now offers treatments focussing on anti-ageing."*

### *Sample Wellness Programme* *Embracing Change & Emotional Harmony*

Begin your journey of self-discovery with a 5 or 7-day holistic retreat at Kamalya. With guidance from your Life Enhancement Mentors, you will be encouraged to look inwards to develop self-compassion and learn how to navigate emotional challenges, explore past trauma, and achieve inner balance. Your programme will use a range of specialised holistic therapies and treatments to rebalance the body, including:

- Wellness consultation
- Body Bioimpedance Analysis
- Embracing Change session
- Traditional Chinese medicine
- Variety of traditional massages e.g. Indian head massage, traditional Asian hand massage, Vital Essence oil massage or traditional Thai massage





## RAKXA WELLNESS & MEDICAL RETREAT

*Bangkok, Thailand*

While just a short drive from Bangkok, this fully integrative wellness and medical retreat feels worlds away from the bustle of Thailand's capital. Its all-encompassing and science-backed approach to wellness aims to improve every aspect of the self – physical, emotional, mental and spiritual – by offering a personalised programme of care based on a deep understanding of your individual needs. Combining cutting-edge technology with ancient tradition, the team of visionary doctors and specialists will guide you on a path towards optimal wellbeing and profound lifestyle transformation. Thoughtfully designed menus, relaxing luxury villas and stimulating experiences also come together in RAKxa's unparalleled guidance.

*"One of the newest wellness resorts in the world, with world-class facilities including the latest in advanced medical science equipment and a huge range of treatments with excellent practitioners."*

### *Sample Wellness Programme Sense of RAKxa*

This 3-night journey introduces you to the RAKxa approach to optimal wellbeing. Combining authentic and traditional Thai healing therapies with modern scientific technologies, it will leave you feeling healthier, happier and able to continue better habits in your everyday life. Your programme will include:

- Health and wellness consultation
- Doctor consultation
- RAKxa functional fitness assessment
- Seven choices of holistic treatments
- Two choices of medical treatments
- Three wellness cuisine meals or detox meals per person and per night of stay
- Complimentary daily fitness and leisure activities
- Complimentary use of hydrotherapy area, including vitality pool, steam, herbal steam, sauna, experience shower and cold plunge pool



## AMANPURI

*Phuket, Thailand*

Resting on a rainforest-covered peninsula overlooking the Andaman Sea, the peaceful ambience and protected location of Amanpuri has long drawn discerning travellers searching for understated style, genuine hospitality and pure relaxation. Deep within the resort's coconut plantation, you'll find the Aman Spa and Medical Centre which, along with more traditional massages and facials, offers a variety of personalised multi-day wellness immersions for different goals. Designed to promote profound change with the support of healthcare professionals and a dedicated wellness chef, these carefully calibrated and individually tailored programmes include weight management, detox, cleansing and mindfulness.



*"A secluded and peaceful sanctuary offering the ancient healing arts of Thailand plus much, much more."*

### *Sample Wellness Programme* *Mindfulness and Stress Management*

Ideal for those looking to gain a deep sense of peace and relaxation, the Mindfulness and Stress Management wellness package aims to help you develop the skills for managing a stressful lifestyle through an array of classes and experiences which have been curated to complement your Phuket escape. Embracing every person's unique circumstances, this programme is bespoke to you, meaning that no two immersions will be the same. Aiming to mitigate the negative effects of a busy life, your luxury package will include:

- Wellness classes
- Full board with personalised breakfasts
- Movement sessions
- Spa treatments
- Body composition analysis
- Nutrition and lifestyle advice
- Comprehensive immersion guide to take home



## AMANOI

*Nui Chua National Park, Nha Trang, Vietnam*

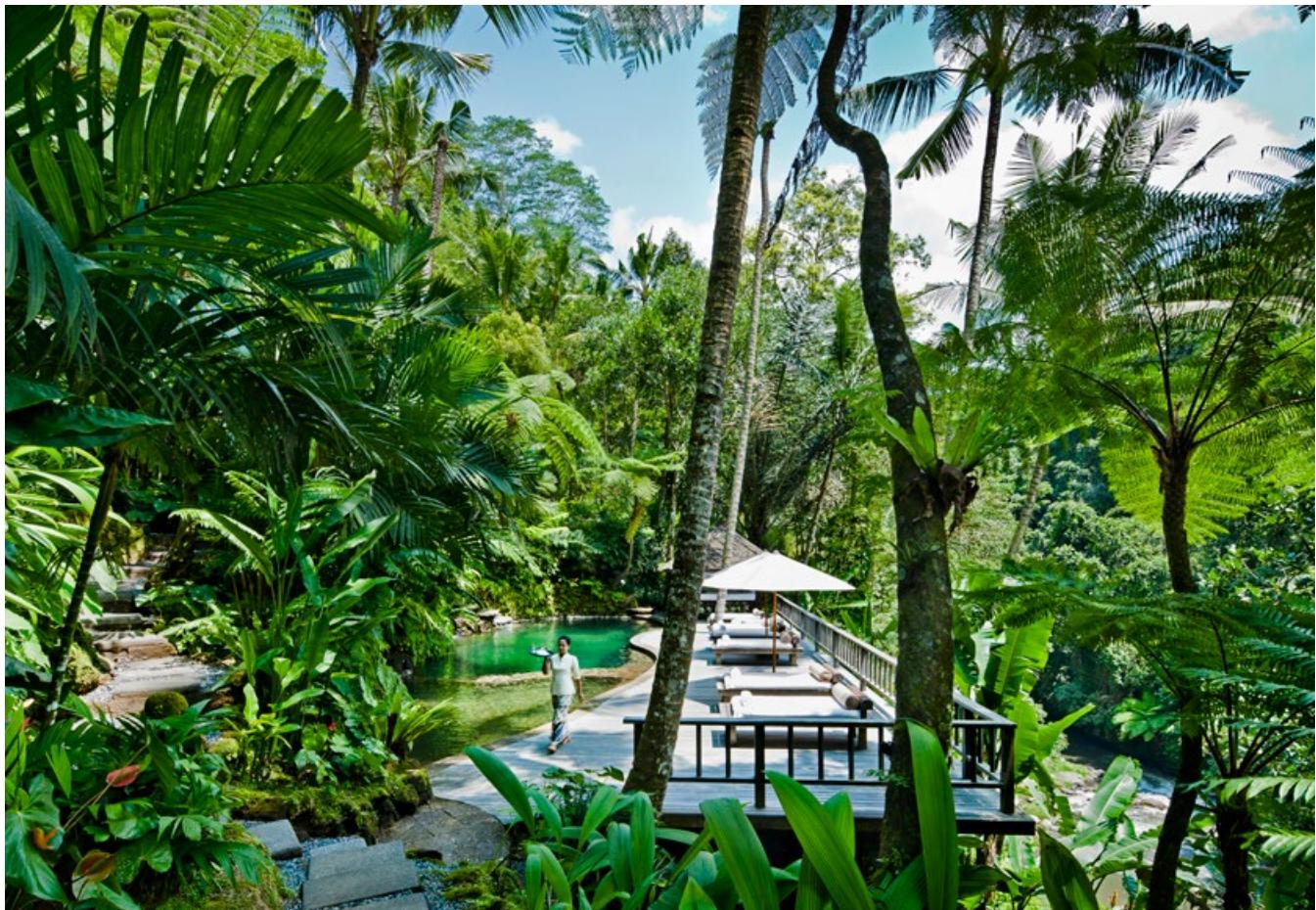
Claiming a spectacular stretch of Vietnam's coastline within the verdant embrace of Nui Chua National Park and UNESCO Biosphere Reserve, Amanoi is a true natural paradise – promising outdoor exploration, cultural immersion and plenty of opportunities to unwind. On the shores of a lake dotted with lotus blossoms, the Aman Spa delivers an extensive menu of Aman signature treatments and traditional Vietnamese therapies. Amanoi also houses a pair of one-bedroom Wellness Villas, complete with their very own therapists and integrated spa facilities – from treatment rooms to a private hammam or banya – bringing the wellbeing experience to the comfort of your accommodation.



### *Sample Wellness Programme* *Wellness Hideaway*

Amanoi's two unique Wellness Pool Villas are designed for those who wish to dedicate their stay to wellness. Offering spacious living areas and comprehensive spa facilities, each claims a consummately private setting with magnificent views of the lake or the national park. Those staying in these private enclaves can enjoy exclusive benefits including:

- One Banya or Hammam treatment every alternate day
- One sacred Cham Blessing ceremony
- Unlimited treatments from the spa menu in your villa with private therapist (excluding visiting specialist)
- 'We are what we eat' – one healthy Vietnamese culinary class at the Rock Studio



## COMO SHAMBHALA ESTATE

*Ubud, Bali, Indonesia*

Blessed with views across verdant jungle, rice fields and the sacred Ayung River, this award-winning retreat is just moments from the spiritual hub of Ubud. Translating to 'peace' in Sanskrit, Shambhala is all about the pursuit of balance, combining modern science with ancient practices to align your mind, body and spirit. Expect a truly immersive and personalised programme, as well as locally inspired experiences that invite you to embrace the spirit, serenity and healing heritage of the island. You can take part in a traditional Balinese water blessing with a local priest or cycle through the rice terraces, before refuelling with nutrition-optimised COMO Shambhala Cuisine.

*"Located in the heart of the Ubud rainforest, this award-winning wellness resort is a magical experience. The Ayurvedic treatments are incredible!"*

### *Sample Wellness Programme* *Integrated Wellness*

Guiding you towards better health and an inspired mindset, this package is personalised to your individual needs, comprising an array of holistic treatments and therapies that are decided following an in-depth consultation. From stress management to rejuvenation, you can discover a sense of peace and improved wellbeing amongst the tropical jungle, through activities such as:

- Deep flow yoga
- Rice field walk
- Healing hydrotherapy
- Balinese gratitude ceremony
- Restorative Pilates
- Cardio boost



## SIX SENSES FORT BARAWA

*Rajasthan, India*

This 14th-century fort has been sensitively converted into a Six Senses sanctuary – with sustainability, luxury and wellness at its heart. Set across an original palace and two temples, the Six Senses Spa is a haven of history and healing, offering ancient Ayurvedic therapies, sound healing and meditation, along with personalised wellness programmes that combine age-old eastern medicine with results-oriented western technology. A signature range of indigenous oils and products are used in the treatments, crafted with produce from the medicinal herb garden. Beyond the spa, you can enjoy cookery lessons, sustainability tours and unforgettable tiger safaris in the nearby Ranthambore National Park.

### *Sample Wellness Programme* *Eye of the Tiger*

Discover a personalised, holistic journey on this all-encompassing wellness programme. With daily spa sessions and wellness activities designed by pioneering experts, doctors and practitioners, experience the immediate and real benefits of a healthier alternate lifestyle. During your five-day stay, the package will include:

- Wellness consultation and screening
- Daily 90-minute private spa or wellness sessions
- Daily group wellness activities including yoga, meditation and fitness sessions
- Complimentary access to the spa's wet facilities
- Two hours of sacred downtime each day
- Sleep tracking for three nights
- Bengal tiger safari experience
- Breakfast, lunch and dinner each day





## SIX SENSES VANA

*Dehradun, Uttarakhand, India*

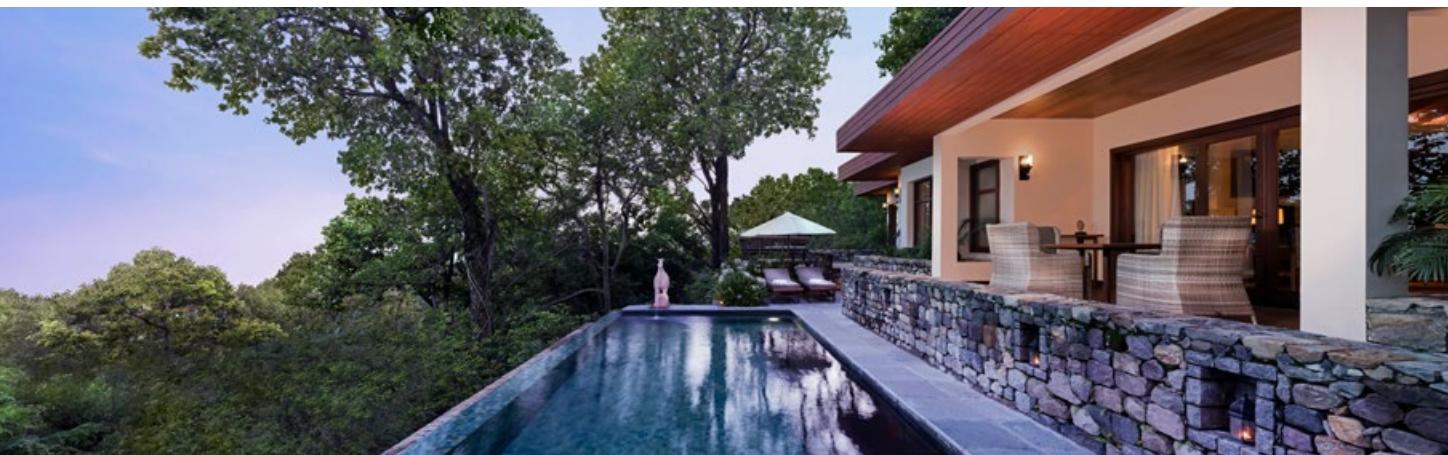
Set in the foothills of the Himalayas and named after the forest it takes refuge in, Six Senses Vana encourages you to connect to yourself, others and nature. Personalised programmes combine ancient Ayurveda, Tibetan medicine, natural healing therapies and contemporary approaches, selected by doctors based on your arrival consultation, wellness screening and personal goals. A stay includes all your meals – which celebrate local flavours and use sustainably sourced, natural ingredients – along with daily activities such as yoga, meditation, wellness workshops and functional fitness. You can also make the most of an alchemy bar, reflection garden, walking trails and a Bodhi Tree for contemplation.

*"After an immersive stay at Six Senses Vana, my body and spirit felt more alive than it has for years! Prepare to feel nourishment, joy and gratitude as you take yourself on a journey of wellness."*

### *Sample Wellness Programme* *Detox*

Ideal for those looking to shake off fatigue, boost the immune system and rebalance the metabolism, the Detox programme promises a cleanse for body, mind and soul. Embracing every person's unique circumstances, expect a curated meal plan, soothing Ayurvedic treatments and state-of-the-art therapies designed to slow your fight-or-flight response. Plus, with a digital detox, this programme aims to reinvigorate energy levels and provide newfound clarity. Depending on the length of your stay, the treatments will include:

- Wellness consultation and screening
- Private yoga/ fitness/ meditation/ Pranayama sessions
- Natural healing and Tibetan therapies
- Ayurvedic treatments
- Yogic intestinal cleanse

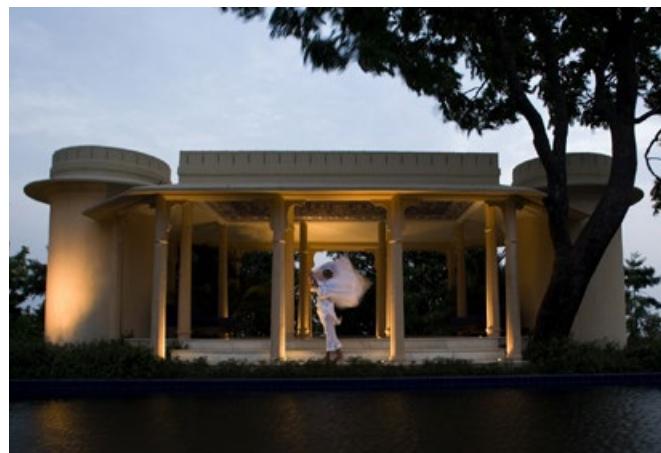


## ANANDA IN THE HIMALAYAS

*Rishikesh, Himalayas, India*

A multi award-winning luxury wellness retreat in the Himalayan foothills, Ananda is located on a 100-acre Maharaja's Palace Estate. Surrounded by graceful Sal forests, overlooking the spiritual town of Rishikesh and the Ganges river valley, Ananda integrates its five wellness pillars of Ayurveda and holistic wellness, healthy cuisine, yoga and meditation, emotional healing, and spiritual awareness to restore balance and harmony.

Taking an integrative wellness approach, Ananda addresses underlying factors that lead to chronic and debilitating lifestyle disorders through 15 signature wellness programmes which are further customised to each individual's requirements. Ananda's wellness team has at its forefront leading doctors, healers and wellbeing practitioners who bring decades of experience and help achieve pioneering results in this haven of tranquillity.



### *Sample Wellness Programme Sleep Enhancement*

Ananda's new Sleep Enhancement programme uses a holistic approach of lifestyle modifications, emotional healing, Ayurveda therapies and traditional Chinese medicine to help you reduce stress and unlock the art of deeply restful sleep. Inclusions across your 7, 14 or 21-night stay feature:

- 25,000ft<sup>2</sup> spa with aesthetically designed therapy rooms showing views of nature
- Wellness consultations with Ayurvedic doctors, emotional healers and other wellness experts
- Open-air yoga and meditation pavilions
- Outdoor pool and gymnasium
- Physiotherapy centre and hydrotherapy
- Individually customised wellness meals to promote internal balance
- Lifestyle and wellness activities including powerful discourses in vedanta, yoga and meditation
- The best of Ayurvedic and international therapies to cleanse the body, mind and soul

*"Ananda is a truly magical place overlooking the Ganges. Enjoy world-class yoga, Ayurvedic treatments and personally designed menus."*



## SANTANI WELLNESS KANDY

*Kandy, Sri Lanka*

Escape the everyday at this beautifully designed sanctuary in the Sri Lankan mountains. There's a restaurant serving personalised nutritious menus guided by the in-house Ayurvedic doctor, while each morning begins with sunrise meditation in the mountains. Blending beautifully into the hillside, the tri-level spa is one of the largest in Sri Lanka, offering an extensive menu of therapies that are deeply rooted in the ancient practices of Ayurveda. And as well as making you feel fabulous while you're away, Santani's mission is to impart a sense of mindfulness that you can continue to embrace back at home.



*"If you really want to reconnect with yourself and nature, Santani is hard to beat with its beautiful lush valley, tea plantations and hiking trails."*



### *Sample Wellness Programme Immune Boosting Detox*

Revive your immune system with this holistic cleansing detox retreat. As well as leaving you feeling refreshed, energised and stronger, it offers stress-reducing and anti-ageing benefits. Your package will include:

- A personalised wellness consultation
- Personalised spa treatments based on your body analysis
- Prescribed Ayurveda treatments
- Guided group nature walks
- Ghee therapy
- A Pranayama session

# EUROPE & NORTH AFRICA

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Looking for a wellness retreat a little closer to home? Some of the world's most luxurious hotels and esteemed spas can be found just a short flight away in Europe and North Africa – from the beaches of Marbella to the medinas of Marrakech.

Choose an adults-only escape for complete calm and serenity – no matter if you're travelling as a couple, with a group or solo – or take the little ones along to one of our family-friendly properties, where they can enjoy the incredible children's clubs while you unwind.

Outdoor enthusiasts will delight in the continent's stunning landscapes, offering endless opportunities for adventure and exploration in some of the most scenic spots on the planet, from hiking and cycling to skiing and geo-thermal bathing.

Whether a mountainside medical retreat, beachfront bootcamp or spiritual sanctuary overlooking the sea, there's a luxury European hotel to suit you and your goals. Let's find your perfect fit.

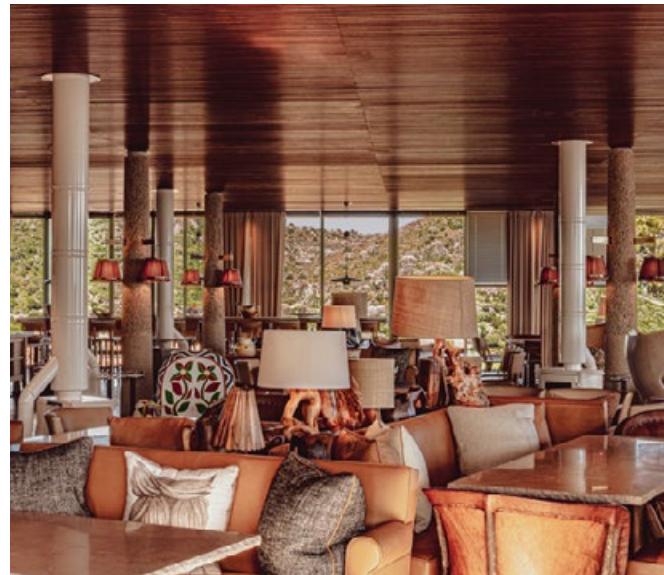




## LILY OF THE VALLEY

*St Tropez Peninsula, France*

A superb, year round retreat set on a hillside south of St Tropez, Lily of the Valley combines immersive health wellness experiences with all the glamour of the French Riviera. At its heart, The Shape Club specialises in sustainable and flexible weight loss programmes. Offering the perfect balance between performance and relaxation, it incorporates daily treatments, fitness coaching, expert monitoring and delicious cuisine that follows the feel-good philosophy of French nutritionist Jacques Fricker. The wellness space includes state-of-the-art studios, a semi-Olympic pool, sauna shower and treatment rooms, while the private Beach Club is the perfect place to embrace the beauty and bustle of Plage de Gigaro.



*"The perfect place to combine fitness and nature with an excellent range of treatments."*

### *Sample Wellness Programme* *Optimal Weight & Serenity*

Be guided to achieve your weight loss goals, by a team of professionals advised by nutritionist, Jacques Fricker. This 4, 7, 10 or 14-day programme combines a light diet with yoga, gentle exercise, outdoor sports including e-bike and hiking, and treatments promoting relaxation, that will leave you feeling lighter and better in your body. Depending on the length of your stay, this programme can include:

- Evaluation and bioimpedance analysis
- Personalised eating plan
- Curated fitness routine with excursions, yoga and Pilates
- A range of tailored treatments including massage and technology-based treatments including INDIBA®, cryotherapy or skin diagnosis
- Access to the 'Nordic Circuit' and Shape Academy



## PALAZZO FIUGGI

*Rome, Italy*

Nestled amongst woodland and within easy reach of iconic places like Rome and Amalfi, this elegantly restored palazzo-turned-medical-spa makes for an ideal inclusion to your multi-centre Italian escape. A team of experts will use the latest diagnostic tools to craft your bespoke wellness schedule, while nutritious dining menus come from Michelin-starred chef, Heinz Beck. Beyond the spa, clinic and Movement Lab, you can hike through the hills to the source of the Fiuggi water – celebrated for its healing properties for over 600 years.

*"Enjoy true Italian hospitality at this spectacular heavenly retreat, featuring some of the world's best thermal and thalassotherapy facilities."*

### *Sample Wellness Programme* *Longevity and Rejuvenation*

Using a holistic approach and specialist testing, this 7-day programme is curated to combat signs of ageing. It offers a transformative and regenerative retreat that focuses on nutrition, fitness and lifestyle treatments, activities and classes that are tailored to your personal wellbeing needs. This package includes:

- Cryotherapy
- Thalassotherapy
- Genetic testing
- Herbal tea from the oldest pharmacy in the world
- Lymphatic drainage massages
- Supreme ultrasonic facial lifts
- Postural training





## COMO CASTELLO DEL NERO

*Tuscany, Italy*

Sophisticated, serene and surrounding a 12th-century castle, this 740-acre estate is backed by the rolling hills, vineyards and olive groves of Tuscany. Maintaining COMO's legendary spa status, the hotel is home to the COMO Shambhala Retreat – a peaceful sanctuary offering a range of therapeutic treatments, from signature massages and revitalising facials to bespoke wellness paths and yoga sessions. Hiking, cycling and truffle hunting are just some of the many ways to move your body and embrace your stunning surroundings, while the Michelin-starred restaurant serves seasonal cuisine using organic produce from the onsite garden and Tuscan suppliers.

### *Sample Wellness Programme* *COMO Shambhala Bespoke*

Wellness, your way. The COMO Shambhala Bespoke package is a truly personalised programme, through which you can select the treatments that will best support your needs – whether you want to focus on detoxing, radiance or improving your sleep. Following an in-depth consultation, the resident wellness experts will recommend your ideal combination of treatments and activities. These will include:

- Your choice of 60-minute group exercise class or wellness activity
- Your choice of any two 60-minute COMO Shambhala treatments



## LEFAY RESORT & SPA DOLOMITI

*The Dolomites, Italy*

Get away from it all at Lefay Resort & SPA Dolomiti – a sanctuary surrounded by the UNESCO World Heritage Dolomites. Overlooking this magnificent landscape, the expansive Lefay SPA is in a league of its own, boasting an exceptional treatment menu, indoor salt-water lake, salt grotto, sensory showers a host of other facilities across four floors. If you want to truly dedicate your stay to wellbeing, the SPA also offers a selection of in-depth wellness programmes with a specific focus – including Detox, Ayurveda and Fitness. Year-round alfresco pursuits range from world-class skiing to mountain biking, after which you can refuel with top-class cuisine that celebrates local produce.



### *Sample Wellness Programme Purifying Programme*

Restore a healthy mindset and find harmony within your body. This 'Purifying' programme includes a range of Lefay SPA massages and signature treatments, combining time-honoured eastern and cutting-edge western techniques to rid your body of any toxicity, while building your general health to help with the disposal of future toxic accumulations. Your treatments will include:

- Alpine salt and horse chestnut oil scrub
- Unico Cielo face cleansing ritual
- Lefay SPA phyto-specific draining wrap
- Lefay SPA detoxifying energy massage
- Energy aroma-hydrotherapy session with essential oils



## LEFAY RESORT & SPA LAGO DI GARDA

*Lake Garda, Italy*

This oasis of calm is carved into the mountainside above Lake Garda, perched among olive trees and overlooking sparkling waters. The perfect mixture of Mediterranean relaxation and eastern wellness, the resort works harmoniously with the surroundings to provide an experience that nourishes the mind, body and soul. After an insightful one-to-one assessment, you'll embark on your own bespoke path to wellness and healthier living, including a blend of tailored massages, stimulating facial treatments, reviving physical activities and sensory rituals. With beautiful saltwater pools, extensive fitness facilities and lake views from almost every spot, just a few days here will leave you feeling entirely renewed.



*"Surrounded by the Alps and overlooking the magical Lake Garda, the resort features treatments, Italian food and facilities that are all of the highest standard."*

### *Sample Wellness Programme* *Detox*

This 5 or 10-night programme is perfect if you're looking to rebalance your physical and mental health. It has been designed to help the body remove toxins accumulated during periods of stress, while re-establishing better functioning of the organs responsible for toxin elimination. It includes:

- A welcome salt-water ritual
- A medical examination
- Personalised phytotherapy
- An intestinal check-up
- Nutritional supplements
- Lefay SPA treatments and massages
- A cryotherapy session
- A cellular repair treatment
- Activities for rebalancing physical energy
- A guided walk in the energy and therapeutic garden
- A final examination with bespoke recommendations





## MARBELLA CLUB HOTEL, GOLF RESORT & SPA

*Marbella, Costa del Sol, Spain*

Live – and relax – like royalty in this luxury Marbella hotel, once the former private residence of Prince Alfonso von Hohenlohe. It combines an unmistakable Andalusian spirit with world-class facilities – including the tranquil Thalasso Spa. Here, enjoy treatments that harness the healing benefits and rich minerals of the Mediterranean Sea, before embracing the dynamic seawater pool, yoga pavilion, extensive fitness facilities and serene sub-tropical gardens. Marbella Club also offers a range of wellness programmes dedicated to different causes – from single-day schedules to week-long retreats – while an impressive schedule of complimentary activities includes aqua fitness, beach bootcamps, Tai Chi and nutrition.



*“The spa, fitness facilities and expert therapists make this a wonderful destination for a wellness break, combined the joys of one of Europe’s best resorts.”*



### *Sample Wellness Programme Mediterranean Lifestyle*

This signature package taps into the rejuvenating benefits of the Mediterranean lifestyle. Embracing natural elements across a range of facials, treatments and massages, this 2, 4 or 7-night retreat promises to leave you looking and feeling relaxed, revitalised and radiant. Dependent on the length of your stay, your retreat may include:

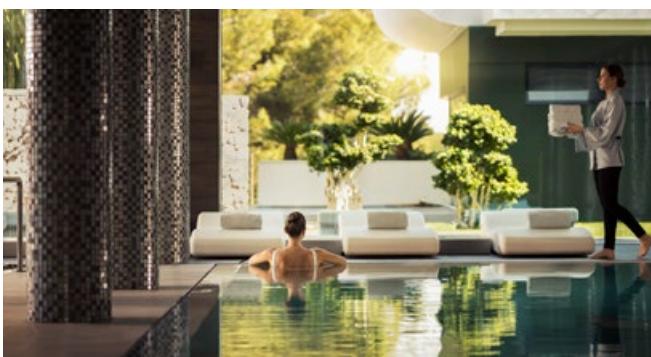
- Lifestyle and nutrition consultation using Quest technology
- Personalised facial
- Thalasso Vichy salt and oil exfoliation
- Marbella Club personalised massage or heated lava-stone massage
- Marine magnesium or calcium wrap (4 or 7-night package)



## SHA WELLNESS CLINIC

*Alicante, Spain*

Idyllic surroundings, sumptuous suites and truly pioneering health facilities await at this hillside haven, set within the Sierra Helada Natural Park. Created by leading names in wellness, the integrative SHA Method helps you achieve optimal health through tailored programmes. Whether you want to achieve your ideal weight, improve your performance or relieve stress, expect a bespoke approach that combines natural therapies with cutting-edge medical treatments. There are regular wellbeing talks held by SHA specialists, while group cookery classes teach you how to continue your nutritional journey beyond the retreat. This scenic spot also enjoys around 330 days of sunshine per year – perfect for hiking, diving and sailing.



*“An incredible concept offering both traditional holistic therapies and modern-day techniques to ensure that by the end of your stay, you feel rejuvenated, happier and healthier.”*



### *Sample Wellness Programme* *Advance Detox Package*

Instil healthier habits with this 7, 14 or 21-day programme designed to identify, counteract and ultimately rid your body of toxins and oxidative stress. Ranging from an initial detox to a deep restoration, the programme includes medical, mindful and nutritional therapies and services such as:

- A personalised nutrition plan
- An Oxytest oxidative stress test
- Various wellness therapies chosen to suit your needs e.g. underwater therapy, a lymphatic drainage massage and detoxifying seaweed wrap
- Access to complimentary group activities, including talks, holistic classes, training, walks and healthy cooking classes



## SIX SENSES IBIZA

*Ibiza, Spain*

Set in a secluded spot in northern Ibiza, this Six Senses sanctuary centres around spirituality, sustainability and wellness. From science-backed spa treatments and immersive multi-day programmes to sunrise salutations and sound healing, you can expect a pioneering journey that goes way beyond your ordinary spa experience. The sensational Six Senses Spa combines the latest scientific research with the healing power of nature, offering tailored treatments that guarantee results. Unique sunset sound healing sessions use the power of gong vibration to wake up hidden energies, underwater meditation invites you to achieve complete calm while snorkelling and cliff jumping is a great way to see the island while getting your heart rate high.

*“A perfect fusion of sun-kissed Ibiza vibe, wellbeing and wonderful healthy Mediterranean cuisine.”*

### *Sample Wellness Programme* **Fitness**

Perfect if you want to boost your fitness, this 3, 5 or 7-day programme is all about getting you moving. Blending high and low intensity training with recovery treatments, meditation and sleep workshops, you will leave with increased strength, endurance, coordination and aerobic fitness, among other benefits. This programme will include:

- A wellness screening
- A consultation with a personal trainer
- Personalised fitness training
- Deep tissue massages
- A CellGym session
- Normatech recovery boots
- A cryotherapy session
- A programme wrap-up



## SIX SENSES DOURO VALLEY

*Douro Valley, Porto and the North, Portugal*

Surrounded by sun-dappled vineyards in the UNESCO-listed Douro Valley wine region, this relaxing retreat promises elegance and escapism in equal measure. Set around a beautifully restored 19th-century manor house, it's home to a world-class Six Senses Spa that blends traditional healing techniques with modern wellness practices. Following a non-invasive wellness screening, get ready to indulge in a range of locally inspired treatments, holistic therapies and specialist multi-day programmes designed to restore balance and enhance your wellbeing. Cryotherapy, sound therapy, yoga and forest bathing are just a few of the many wellness activities on offer, while the scenic surroundings encourage hiking, cycling and kayaking along the Douro River.



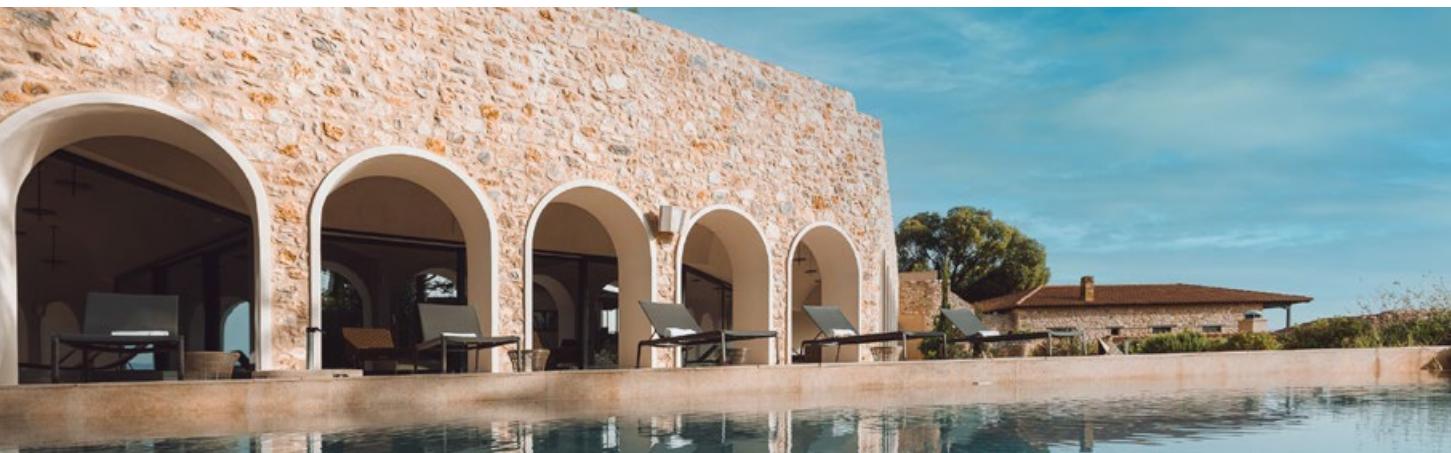
*"The perfect autumn wellness escape, surrounded by rich colours, inviting cosy spaces and heavenly treatments."*



### *Sample Wellness Programme Six Senses Sleep*

Do you find it hard to get to sleep or sleep through the night, or do you often wake up feeling groggy and unrefreshed? Improve your resting habits and boost your energy levels with this rejuvenating 3, 5 or 7-day retreat. Guided by a Sleep Doctor, this programme will examine your current sleep habits, help you establish a better sleeping routine and explore the health benefits that come with getting enough sleep. Your programme will include:

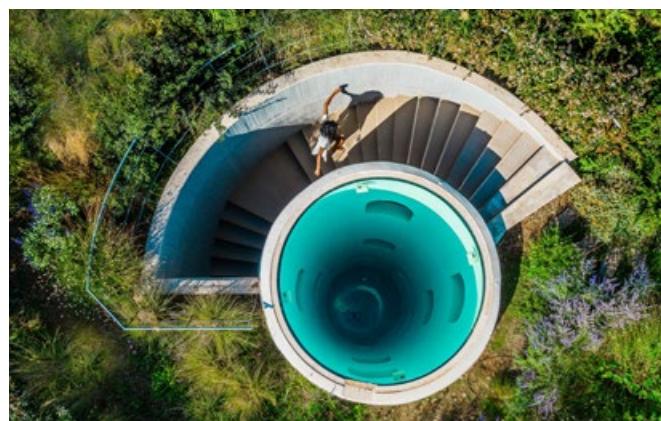
- A Six Senses wellness screening
- Personalised 90-minute spa treatments
- Personalised 60-minute fitness and wellness activities



## EUPHORIA RETREAT

*Peloponnese, Greece*

Welcome to a place of transformation, healing and self-discovery in the heart of Greece's mythical Peloponnese. As you might expect from a leading wellness retreat, the spa facilities here are in another class. Enjoy four floors of appointed treatment rooms – offering locally infused therapies and transformative programmes – plus plenty more cutting-edge facilities, including a Kneipp therapy space and Watsu pool. Surrounded by a private fir forest, this is also the ideal spot for immersing yourself in nature. Enjoy guided walks through the woodland, work up a sweat in the alfresco gym, cycle past alpine meadows or trek to the UNESCO World Heritage village of Mystras.



*“A very special place to rebalance and connect, surrounded by nature, Euphoria is the perfect retreat.”*



### *Sample Wellness Programme* *Euphoria Wellbeing Detox*

Start your journey to better health on this 3, 5 or 7-day programme. It blends a nutritional approach with a variety of therapies that will help cleanse your body and boost your metabolism. These include:

- Nutritional guidance session
- Lymphatic drainage
- Detox cupping massage
- Infrared sauna
- Biologique Recherche algae slimming and detox body treatment (5 and 7-day packages)

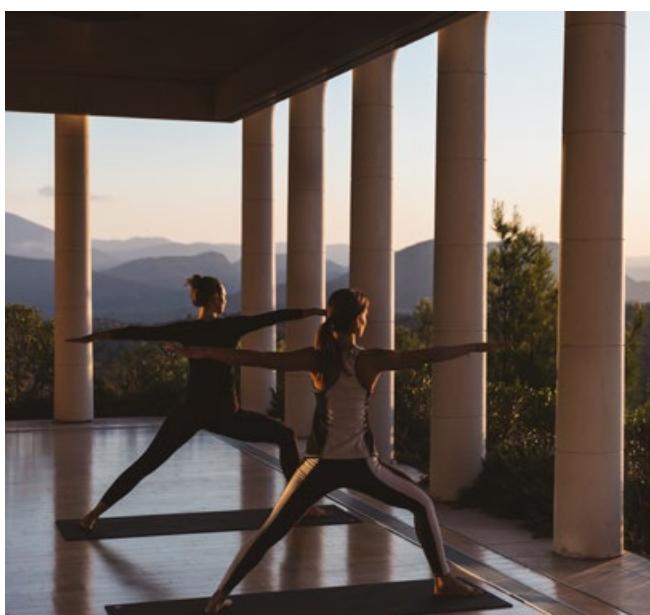


## AMANZOE

*Peloponnese, Greece*

Built in an elegant Acropolis style – think soaring pillars and plenty of marble – this restful resort is secluded on a hilltop, surrounded by olive groves, vineyards and cypress trees, looking out towards the brilliant blue bay below. Scented by lavender and flooded with sunlight, the expansive Aman Spa has been inspired by the holistic healings of Hippocrates. Overseen by an entire team of health professionals, transformative wellness experiences are offered through a combination of nutrition, exercise and targeted treatments using all-natural products. The Aman aim? To leave you feeling empowered and renewed, with the tools and resilience to continue your wellness journey at home.

*“As soon as you arrive at the property you feel completely at peace. The light and spacious spa is a true sanctuary offering both traditional and innovative treatments.”*



### *Sample Wellness Programme* *Amanzoe Optimal Living Mindfulness Retreat*

Honouring the ancient wisdom of traditional practices while keeping a lens on the future, this 5-night retreat is inspired by the four ancient Hellenic Delphic Maxims. A comprehensive programme of mindfulness, breathwork and meditative movement classes guides you in overcoming mental barriers and improve your wellbeing. It includes these daily experiences:

- Talks with local specialist, Konstantinos Chrysikakis
- Morning energy awakening sessions
- Meditative movement class e.g. Kripalu yoga
- Healing meditation e.g. Vipassana meditation
- Spa treatment e.g. Anatripsi massage



## SIX SENSES KAPLANKAYA

*Bodrum, Turkey*

Space and seclusion meet sleek Aegean style at this sustainably focused luxury resort, tucked away on a private peninsula overlooking five beautiful beaches. When you're not relaxing in the infinity pool, feasting on locally sourced cuisine or exploring the region, don't miss a trip (or several) to the Six Senses Spa. Here, experts will use a biometric medical test to craft your tailor-made dietary and treatment programme, combining cutting-edge science with ancient approaches and natural ingredients. You can also enjoy the time-honoured Turkish Hammam, aerial yoga and chakra meditation – among many more wellness activities – before reflecting in the meditation cave or rehydrating with a smoothie from the Alchemy Bar.

### *Sample Wellness Programme* *Longevity*

This 3, 5 or 7-night programme is specifically designed to increase your energy, sharpen your mental focus, and improve your overall health and fitness, all while reducing your risk of disease and working towards the goal of living better for longer. It includes treatments such as:

- Wellness screening
- Guided morning walks
- Longevity breathwork (Pranayama)
- Body wrap
- Private fitness training, Pilates or yoga
- High altitude training
- Yoga Nidra or meditation
- Sleep tracking
- Personalised body massage
- Watsu



## AMANJENA

*Marrakech, Morocco*

Designed to emulate the rose-hued Berber villages found at the foot of the Atlas Mountains, stepping through the handcrafted double oak doors of Amanjena instantly places you in an oasis of calm. Among the sun-dappled date palms and olive groves, discover the luxurious Aman Spa – where expert therapists work to restore optimal wellbeing through a range of massages, facials, scrubs and wraps using Aman products. All-encompassing spa journeys are also on offer, ranging from half-day schedules to three-day immersions. Beyond the private treatment rooms, there are two traditional-style Hammams – places of purification for the body and soul, and an integral part of Moroccan culture.



### *Sample Wellness Programme* **Holistic Immune Support Retreat**

Taking a spiritual and holistic approach to wellbeing, this calming 3-night retreat will help boost your immune system and enhance your general health through a carefully crafted selection of detoxifying and supportive practices and treatments. These include:

- Daily healthy breakfast
- Daily 'Immune Support' herbal teas
- Daily 60-minute holistic massage
- Daily fitness or yoga
- One traditional hammam and argan hair treatment
- A choice of 60-minute lymphatic drainage massage or Chi Nei Tsang stomach massage
- One foot reflexology treatment



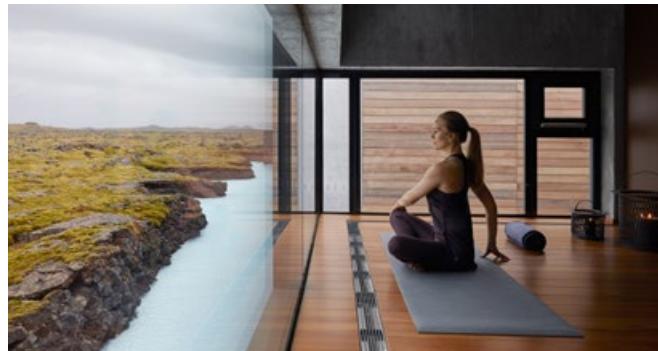
## THE RETREAT AT BLUE LAGOON

*Reykjanes Peninsula, Iceland*

You've no doubt heard of the Blue Lagoon – a unique geothermal spa set in the heart of the volcanic Icelandic landscape. And if you want to experience this world-famous water away from the crowds, The Retreat at Blue Lagoon grants you exclusive access to a more secluded pool that flows from the same mineral-rich waters. Wander through lava canyons and hidden corridors, before bathing in the healing spring and embracing the exhilarating Blue Lagoon Ritual – which uses the lagoon's natural components to cleanse, exfoliate and moisturise your skin. This luxury hotel also showcases a state-the-art design, all-suite accommodation, ever-changing dining menus and – at certain times of the year – views of the Northern Lights.



*“The Blue Lagoon Ritual is highly recommended! I lathered my skin in minerals, silica and algae to leave my whole body feeling refreshed, and my skin was glowing too.”*



### *Sample Wellness Programme A Romantic Getaway*

Harness the power of Iceland's geothermal waters with this intimate and rejuvenating getaway, designed especially for couples. Experience pure harmony as you unwind together amid the natural wonders of the Blue Lagoon, enjoying access to the geothermal and culinary offerings of the retreat. This 2-night experience includes:

- Unlimited use of the Retreat Spa, the Retreat Lagoon and the Blue Lagoon
- Blue Lagoon skincare amenities
- Daily group yoga sessions
- Icelandic coffee time in the lobby
- A choice of in-water massage, solo float therapy or indoor treatment



## CHENOT PALACE WEGGIS

*Weggis, Switzerland*

Set majestically on the shores of Switzerland's Lake Lucerne, surrounded by snow-capped alpine peaks, Chenot Palace Weggis is one of the most acclaimed wellness retreats in the world. It exclusively offers unique 7-night programmes guided by the renowned and research-driven Chenot Method®. Whichever programme you choose – from 'Advanced Detox', 'Recover & Energise' or 'Prevention & Ageing Well' – it will begin with a consultation from a doctor and nutritionist, who will work to establish a baseline for your health and tailor your experience. The cutting-edge 5,000-square-metre medical spa facility offers everything from cryotherapy to cupping massages, while the calorie-controlled cuisine is designed to work in synergy with the other medical treatments.



*"World-class medical and wellness facilities designed with very specific programmes to achieve excellent results."*



### *Sample Wellness Programme* *Recover & Energise*

This 7-night programme has been designed with an emphasis on reducing stress, recharging the body's natural energy and restoring its vitality. Including the pillar detox treatments of Henri Chenot, this curated plan is enriched with specialised clinically-proven neuroscience technology, providing stress relief for those feeling fatigued from a demanding life, whilst energising the deeper structures of the body. This programme includes:

- Two Medical and nutritional consultations
- A personalised detoxifying diet plan
- Chenot diagnostics with Lifestyle Biomarkers®
- Body composition analysis and stress test
- One digital infrared thermal imaging
- One bio-energetic check-up
- Two Chenot bio-energetic treatments
- Six Chenot energetic massages
- Six Phyto-mud and six hydro-jet treatments
- Six whole-body photo-biomodulation treatments
- Six neuro-acoustic deep relaxation treatments
- Six days HRV biofeedback self training



# INDIAN OCEAN & THE MIDDLE EAST

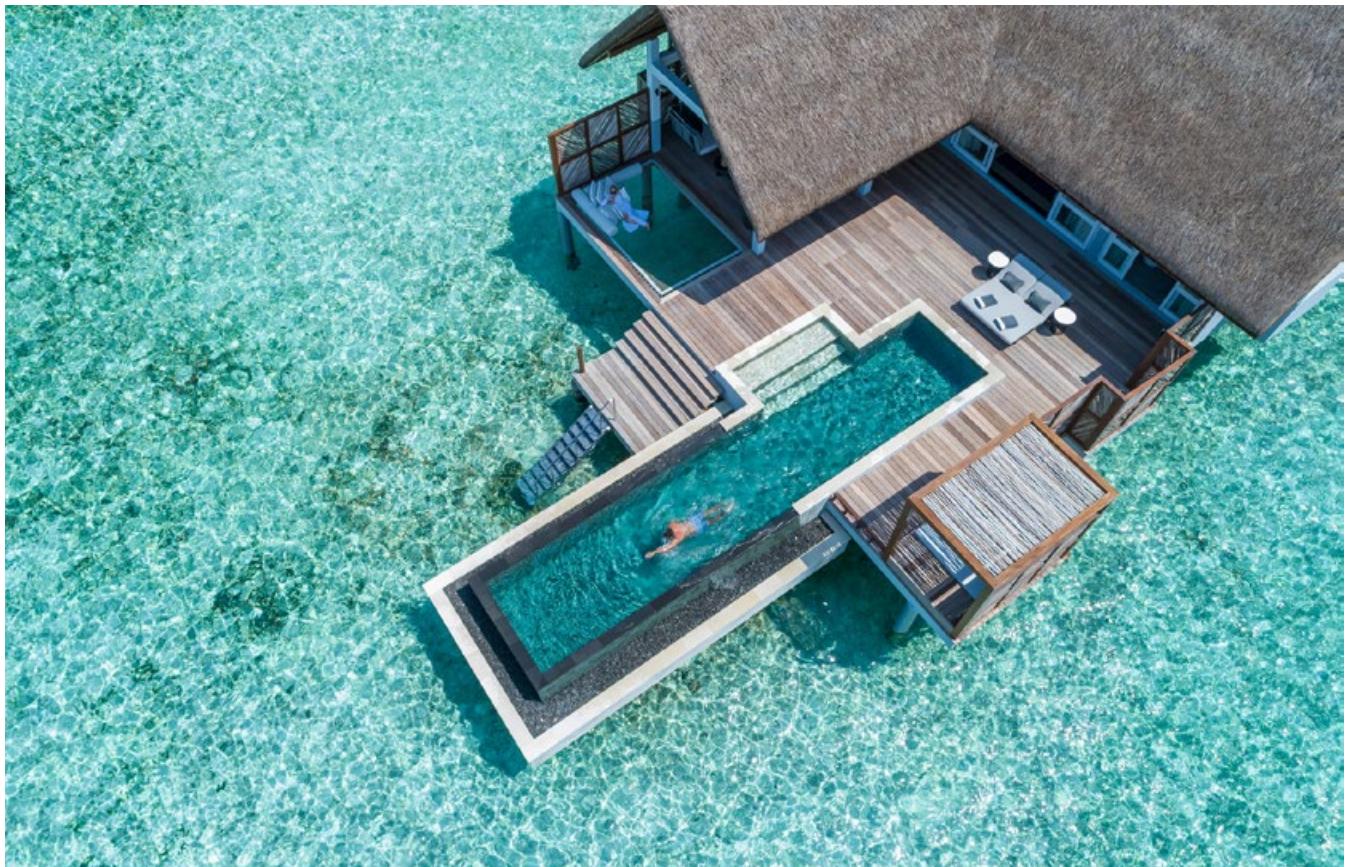
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Perfect white sands. Endless turquoise waters. A sense of calm that's hard to match. Escapism is effortless in the Maldives – an idyll of islands that house some of the world's finest luxury spa hotels.

Award-winning, eco-conscious wellness retreats embrace both their castaway island setting and the latest scientific approaches. Experience holistic spa treatments using local ingredients, cutting-edge medical therapies, beachfront bootcamps, and endless outdoor adventures – including some of the best diving on the planet.

Over in the Arabian Gulf, where more spectacular scenery awaits, spas tap into the region's healing heritage and natural bounty. Start the day with sunrise meditation and Omani tea, unwind in a traditional Arabian Hammam, and rejuvenate with a scrub of local dates and honey.

Wherever you visit and whichever luxury hotel you choose, get ready for warm hospitality, scenic seclusion, and a journey of self-discovery and pure renewal.



## FOUR SEASONS RESORT MALDIVES AT LANDAA GIRAAVARU

*Baa Atoll, Maldives*

Set on a paradise island in the Baa Atoll UNESCO Biosphere Reserve, this luxury resort is surrounded by white sand beaches, untouched jungle and crystal-clear lagoons – which Four Seasons is working hard to protect through extensive sustainability efforts. The spa's innovative wellness concept AyurMa invites you to look differently at health, harmony and happiness – encouraging compassion and care for both yourself and the planet. A multi-award-winning team of Ayurvedic doctors, naturopaths, yogis and massage therapists is on hand to provide an utterly unique and all-encompassing spa experience, based on four distinct pillars: Ayurveda, Yoga, Wellness and Planetary Wellbeing. Lifestyle talks, energy trails, healthy cookery classes and endless alfresco adventures can also be enjoyed.

*“A visit to the Ayurvedic Doctor when you first arrive is a must, even if you don't wish to do a full Ayurveda programme. They will be able to provide recommendations on treatments and cuisine to help with your overall wellbeing!”*

### *Sample Wellness Programme* *Explore*

This 7-day programme encourages you to reset your awareness and embark on a new path to balance, contentment and good health. Combining a holistic approach to wellbeing with an in-depth understanding of your lifestyle, this luxury experience will include:

- An initial consultation and follow up meetings with Ayurvedic physicians
- Three private yoga classes
- Seven spa treatments
- Meals customized by an Ayurvedic doctor
- Elakkizhi (herbal bundle) preparation class
- A cookery class tailored to your Dosha (Ayurvedic body type)



## JOALI BEING

*Raa Atoll, Maldives*

Secluded on a private island, this truly immersive island is the first of its kind in the Maldives. From the soothing ocean sounds to the grounding embrace of ivory sands, the location was chosen to help you experience the feeling of true 'weightlessness', where your worries are worlds away and the only thing that matters is the present. Wellbeing centres around four pillars – mind, skin, microbiome and energy – featuring hi-tech diagnostics and a blend of modern treatments and ancient practices. Set across the island, unmatched transformational spaces include a sound therapy hall, hydrotherapy hall, herbology centre and a meditation deck suspended above the crystal-clear Indian Ocean.



*"JOALI BEING features some of the finest selection of wellbeing facilities I have experienced, such as a Sound Therapy Hall, cryotherapy chamber and a Watsu pool."*



### *Sample Wellness Programme De-Stress*

Cultivate inner balance, vitality and strength through a sequence of grounding and restorative practices, transformative sound therapy sessions, and energy balancing treatments. This 5, 7 or 10-night programme will guide you to embrace the present and appreciate the wonder in each moment. It includes:

- Pre-arrival wellbeing consultation
- Integrative lifestyle assessment consultation
- AKTAR signature herbal tea and essential oil roller blend
- Four Pillar signature message
- Watsu therapy session
- AKTAR mind therapy or sound healing remedies
- Abhyanga Shirodhara massage or mind therapy
- Departure and follow up consultation



## COMO COCOA ISLAND

*South Malé Atoll, Maldives*

This peaceful private island is home to just 33 stunning overwater villas, from which you can dive directly into the surrounding lagoon's clear waters. Care-free days are best spent at the exceptional COMO Shambhala Retreat – the island's wellness centre that embraces the COMO philosophy for healthy living. Nurturing therapies range from the renowned COMO Shambhala Massage, using the brand's signature oil, to the Age Defying Firming Facial, which embraces the regenerative properties of the gotu kola plant. Physical wellness is also promoted through a daily schedule of activities; you may choose to start the day with sunrise yoga, get your heart rate high with a circuits class, or enjoy the cutting-edge hydrotherapy pool – one of the few in the Maldives.

*"Staying in one of the suites built in the style of a traditional Dhoni boat, and listening to the water lapping below is really special and enhances your overall wellness."*

### *Sample Wellness Programme* *COMO Shambhala Cleanse*

Experience a cleanse that goes beyond skin deep. This full-day package promises to deliver a sense of rejuvenation and renewal through a combination of movement, massage therapies and body treatments. With a range of benefits – from reviving tired skin to boosting your immune system – the programme includes:

- Shambhala skin detoxifying treatment
- Lymphatic drainage massage
- Group exercise class or wellness activity
- COMO Shambhala Green and Clean juice
- 100ml Bottle of PURIFY blended massage oil



## COMO MAALIFUSHI

*Thaa Atoll, Maldives*

Effortlessly elegant and luxuriously low-key (think clean lines, white fabrics and pale woods) yet another incomparable COMO sanctuary awaits in the Maldives; this time, in the tranquil and relatively undeveloped Thaa Atoll, reached only by scenic seaplane from Malé. Enhancing the remote island experience, it's home to its very own COMO Shambhala Retreat, offering a carefully curated yet extensive selection of holistic therapies and rituals – from traditional Thai massage and age-defying facials to the cleansing COMO Shambhala Bath. Enjoy yoga, Pilates and ancient Pranayama breathing sessions, before taking wellness into your own hands by learning the art of massage from an expert COMO Shambhala therapist.

*“The COMO Shambhala Retreat and well-being concept is carried through into the treatments as well as the menus. I enjoyed some of the most delicious vegetarian dishes I’ve ever experienced!”*

### *Sample Wellness Programme* *COMO Shambhala Sleep*

Learn the art of restfulness during this one-day programme, which combines a selection of activities, therapies and suggestions for long-term and sustainable improvements on your sleep. The package includes:

- COMO Shambhala massage
- Reflexology treatment
- 10ml bottle of CALM Essential Oil Blend



## SIX SENSES LAAMU

*Laamu Atoll, Maldives*

This secluded paradise island is one of the most celebrated luxury resorts in the Maldives, home to breathtaking beaches, luxury villas and a wealth of first-class facilities – including the exceptional Six Senses Spa. Comprising nine uniquely designed treatment nests dotted along the beach or among lush greenery, the spa offers an extensive menu of therapies, including an age-defying facial that uses 24k gold to regenerate skin cells and create a gorgeous glow. You can also discover your dosha (body type) with Ayurveda, nurture your soul with meditation in an open-air rooftop studio, and embark on a nutritional journey using the guiding principles of Eat with Six Senses – created using fruit, vegetables and herbs grown in the organic garden.



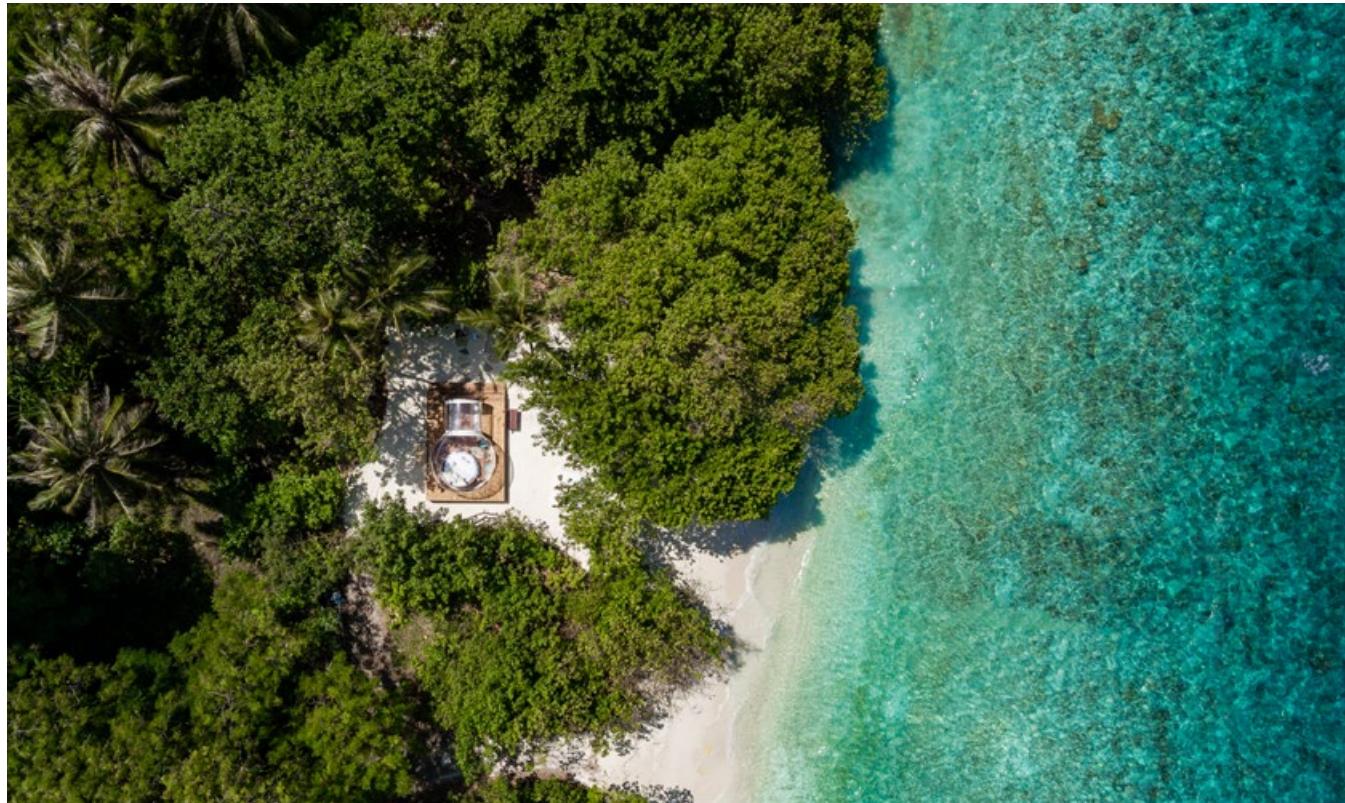
*“When you arrive on the boat you instantly feel yourself relax. Your shoes are removed, and you can experience barefoot luxury until the moment you come to leave!”*



### *Sample Wellness Programme* *Wellness Your Way at Six Senses Laamu*

Depart the Maldives feeling fabulous with this all-encompassing 5-night wellness journey. While completely personalised to address the key areas that you want to improve – whether that's sleep, weight management, stress relief, fitness or a combination of everything – it will include:

- An arrival wellness check-in and consultation
- Two nights' sleep tracking
- Three signature massages
- Two specialised Ayurvedic body treatments
- Two stretching or guided meditation sessions
- Two personal training or yoga sessions
- One breathwork session



## AMILLA MALDIVES RESORT & RESIDENCES

*Baa Atoll, Maldives*

Surrounded by a UNESCO-listed World Biosphere Reserve, this inspiring island retreat fuses contemporary luxury with attentive service and a laid-back ambience. After choosing from the extensive selection of spa treatments, many of which incorporate island-grown plants, you can connect to your surroundings with a unique range of wellness approaches. These range from chakra healing meditation to Pranayama breathwork. Reducing food miles and maximising goodness, the Homegrown@Amilla initiative strives to grow as many ingredients as possible across the onsite organic gardens, before serving them across the resort's restaurants.



### *Sample Wellness Programme Movement*

Want to increase your activity and become the best version of yourself? This bespoke package embraces the power of movement and the additional health benefits that it provides. While the length customisable, the best results are seen when it's taken as a full 7-day programme. Dependent on the length of your programme, it may include:

- Selection of yoga sessions including Hatha, Nidra and Sun Salutation
- Thai massage
- Masgulha Filuva Beys treatment
- Sensorsa Chakra Journey
- Tennis lesson
- Stretching class
- Maldivian cooking class
- Various smoothies
- Snorkelling excursions



## SIX SENSES ZIGHY BAY

*Musandam, Oman*

Enveloped by the mighty Musandam Mountains, this intimate and eco-conscious enclave is quite unlike anywhere else, providing the perfect balance of Bedouin adventure and pure relaxation. Start as you mean to go on – with unforgettable experiences – as you paraglide into the resort for check-in, before slowing the pace at the Six Senses Spa. Surrounded by date palms and lime bushes, it embraces local healing traditions and smart technology under one roof. Choose from a menu of soul soothing treatments and integrative programmes, before embracing the two Arabic-style hammams, ice cave and alfresco yoga deck with unbeatable sunrise views. When it's time to refuel, don't miss dinner at Sense on the Edge, an exclusive eatery set nearly 300-metres above the Gulf of Oman.



### *Sample Wellness Programme* *Discover Yoga*

Maintain body and mind balance on this 3, 5 or 7-day celebration of yoga. Daily practices will relieve stress, tension and muscle stiffness, while keeping the body strong and the mind quiet. The programme includes:

- A yoga consultation
- Personalised yoga
- Guided meditation
- Signature massages
- Pranayama breathwork (only on 5 and 7-day programmes)

*“A real feeling of being at one with the earth, I left feeling wonderfully grounded.”*



# CARIBBEAN & MEXICO

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Nowhere does laid-back living quite like the Caribbean. With array of illustrious islands each boasting their own charm, this truly tropical region offers a peaceful sanctuary for your next spa escape. Immerse yourself in luxurious treatments and transformative wellness experiences, all perfected by glorious sunshine, the soothing sound of waves, and postcard-perfect scenery – from golden sands to verdant jungle.

Over in Mexico, luxury wellness resorts often embrace the country's centuries-old healing traditions and incredible natural produce. Enjoy an ancestral herbal treatment with a local healer, feel the restorative power of swimming in a cenote sinkhole, or experience the therapeutic ancient ritual of Temazcal.

Ready for a sun-kissed spa escape? Explore our carefully selected Wellness Collection hotels in the Caribbean and Mexico – from an all-inclusive health retreat in St Lucia to a sustainable sanctuary close to the ancient Mayan city of Chichén Itzá.



## BODYHOLIDAY

*Castries, St Lucia*

Welcome to one of the world's original and most coveted all-inclusive wellness retreats. As its name suggests, BodyHoliday promises a transformative journey of health and wellbeing, designed as an antidote to the pressures of modern life. When it comes to revitalising your body and soul, complimentary daily spa treatments and nutritious dishes are only the beginning. Head to the Ayurvedic Temple to discover your Dosha body type, receive a biochemical analysis at the Wellness Clinic or take on the one-mile WellFit Trail. BodyHoliday also holds regular theme months – from Jive June to October Yoga – each featuring unique classes, motivational talks and dinner held by visiting athletes.



*“They have such a varied programme of activities, I loved the daily yoga but also that I could try other activities such as tai chi and fencing and the daily spa treatment was excellent!”*



### *Sample Wellness Programme A Day in Your Life at BodyHoliday*

Experience an extensive and bespoke holiday of wellness, set on the breathtaking island of St Lucia. Start the day with a guided morning walk to Cas en Bas, followed by a wholesome breakfast overlooking Cariblue Beach. After relaxing at the beach, try your hand at water-skiing before heading to the Wellness Centre for your daily spa treatment. Some grilled fish and organic leaves from the garden await, with a lovely chilled glass of rose.

Spend the afternoon relaxing before a tennis or golf lesson. And if you still have energy to spare head to the deck for sunset yoga or enjoy afternoon tea listening to the live saxophonist as the sun goes down. BodyHoliday is all about choice – do as much or as little as you like, and it's all included too!



## COMO PARROT CAY

*Turks and Caicos*

Enjoy a thousand acres of pure escapism at one of the Caribbean's most exclusive private island sanctuaries, accessible only by speedboat. Along with a beautifully minimalist design, the resort showcases a mile-long powdery beach, inspiring kids' club and the award-winning COMO Shambhala Retreat. With a calming spirit and incredible views over the North Caicos Channel, this spa sanctuary offers Asian inspired holistic therapies, modern skincare treatments and a trio of Wellness Immersions – longer, curated experiences that combine multiple treatments to offer targeted benefits. A light-drenched yoga pavilion, Pilates studio and Jacuzzi garden are also yours to enjoy, while COMO Shambhala Cuisine promises the perfect combination of flavour and nourishment.



### *Sample Wellness Programme*

#### *COMO Shambhala Bespoke Wellness Immersion*

Choose what works for you. This immersion is for those seeking a more personalised spa experience, with activities and treatments chosen according to your specific needs. It includes:

- Your choice of 60-minute group exercise class or wellness activity
- Your choice of any two COMO Shambhala treatments (excluding Ayurvedic and wellness specialist treatments)

*"This private island with stunning powder white beaches is the perfect place to relax and recharge, their signature COMO Shambhala Retreat has an incredible spa menu I recommend starting with a full body massage after the long flight it's perfect to ease you into your stay in this island paradise."*





## CHABLÉ YUCATÁN

*Yucatán, Yucatán Peninsula, Mexico*

Enhance your spiritual wellbeing and embrace the healing heritage of Mexico at this sustainable, design-focused hotel. Set across 750 acres of Mayan jungle, the incredible Chablé Spa lies, surrounded by thick vegetation and set around a cenote – a sacred sinkhole believed to be a source of restoration. Treatments combine traditional Mexican wellness techniques and local produce with the latest scientific approaches, while rejuvenating rituals include Mayan cosmology and traditional Temazcal ceremonies led by a shaman (spiritual practitioner). Yoga, Pilates and meditation are also available, plus there's a fabulous fitness centre nestled in the forest. There's plenty to explore on your doorstep too, including the UNESCO World Heritage Mayan site of Chichén Itzá.

*"The spa is built around the cenote which Mayan healers believe brings energy. Here, you can embark on a chosen journey guided by your healer that includes traditional rituals and treatments."*

### *Sample Wellness Programme Awareness Retreat*

Focus your mind and improve your wellbeing with this 4-night programme. It encourages you to reflect on your past, assess your present and gain the tools and mindfulness to approach your future. Through meditation, yoga and sacred Mayan rituals, you will develop a greater awareness of yourself and your surroundings. The retreat includes:

- A private Temazcal ceremony
- Meditation and yoga classes with sound healing
- A Green Route bike tour
- A Uxmal archaeological site visit
- One cooking class

*Wellness by*  
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