

Condé Nast Traveller

SPA SPECIAL

TRUTH IN TRAVEL

MARCH 2010 NUMBER EIGHT

READERS' SPA AWARDS 2010

The best spas in the world

**Feel great,
look great**

Well-being
destinations
in the sun

**DISCOVER
AYURVEDA**

Detox the traditional way

Our essential guide
to spas in Thailand

PLUS

Head for the east!
Affordable European spas

in association with

ESPA

On the horizon

Where to book the best detox, yoga and spa retreats around the world. By Lisa Johnson

FRANCE Melanie Geenty taught Pilates in London before relocating to Les Tilleuls, a restored farmhouse between the Lot and the Dordogne. Through **Pilates en France**, she offers informal, all-inclusive breaks comprising daily Pilates classes along with whatever other activities guests have a mind to try (such as visits to a lavender farm). The farmhouse sleeps eight; from £138 per person per night (00 33 5 53 31 97 22; www.pilates-en-france.com).

SPAIN Week-long retreats with **The Big Stretch**, which combine hiking and life coaching, have a new base in the Alpujarras mountains, Andalucía. 27 March, 29 May, 11 September, 2 October; £1,995, excluding flights (www.thebigstretch.com).

SCOTLAND Set on a 23,000-acre estate, the **Alladale Fitness Retreat** offers six days of rejuvenating activities in the Highlands: beach bootcamps, hiking and biking through the glens. Downtime includes massages, saunas, healthy meals and fireside chat. 2 May; from £1,950, full board (www.alladale.com).

ITALY In:spa's new sister branch, **Fitscape**, is more couple-friendly than the company's original detox weeks, promoting more fitness, less yoga, and a less strict diet. The first is at Rosa Alpina in

the Dolomites, 26 June; from £1,325 (www.fitscape.co.uk).

RUSSIA **Escape to Shape** in St Petersburg has created a niche by adding culture (private tours of The Hermitage; vodka and caviar tastings) to the usual wellbeing mix of yoga, Pilates, circuits, massages and healthy food. This year's new destinations include Búzios in Brazil. 17–24 July; from US\$3,000 (www.escapetoshape.com).

BALI Psychologist Fiona Paton adds an extra dimension to the Stress Management Wellness Programme at the magical **Como Shambhala Estate**, near Ubud. Ayurvedic cuisine, one-on-one yoga and relaxing Shirodhara treatments complete the package, which costs from US\$1,850 for five nights (www.cse.como.bz).

SOUTH AFRICA Launched in December, **Cape Active** is based 96km from Cape Town in a guesthouse near the beach in Betty's Bay. Run by a Pilates teacher and a travel PR, the tailor-made retreats combine Pilates with whalewatching, yoga, biking in the Kogelberg Biosphere Reserve and other activities. Seven nights from £595 (www.capeactive.com).

FIJI Snorkel, dive and develop a personal yoga practice with **Heart of Yoga** at the Garden Island Resort on Taveuni, Fiji. From US\$1,800, full board (www.heartofyogaretreats.com).

