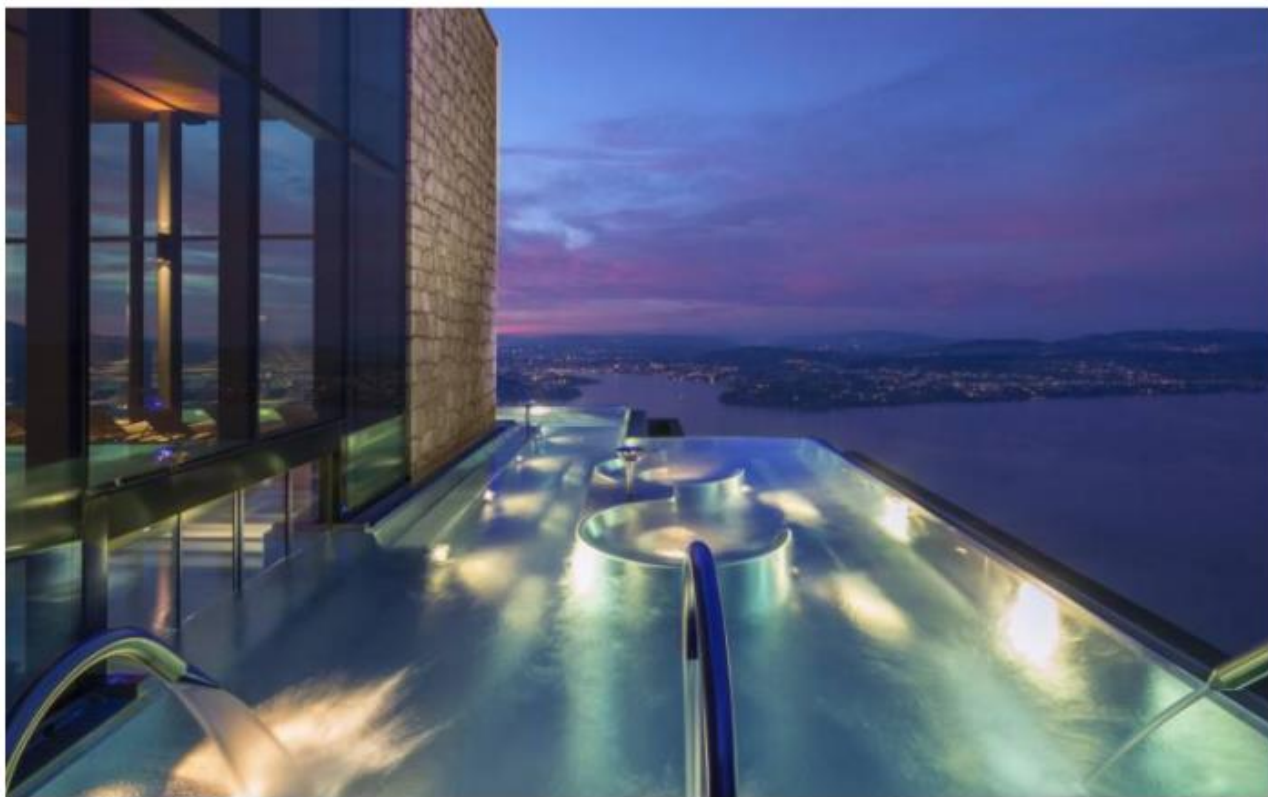




WELLBEING RETREATS

50 super-charged spa breaks

Time to try something different? Today's retreats offer everything from detox to yoga, mindfulness and 'mud rituals'



The best destination spas range from space-age fantasies to gleaming temples of self-care, staffed by spiritual teachers and body workers who bring a lifetime of learning, wisdom and time-honoured tools to preserve mind, body and soul.

If you're looking for a serious detox/weight-loss

programme, then northern Europe, particularly Germany and Austria, are your best bet. Generally speaking, India, Thailand, Sri Lanka, Bali and Vietnam are still the spiritual home of yoga, meditation and the more mindful aspects of wellness.

We are all living longer, but it's now about healthspan – and the smart money is on spa programmes promoting longevity via prevention, diagnosis and early detection.

This isn't old-fashioned pampering. It's about self-preservation to try to combat our modern, sedentary and anxiety-filled lives.

Here's my pick of the best.





Above Lake Garda, eco-friendly Lefay focuses on traditional Chinese medicine, and has a team of medical experts and therapists. Put yourself in the hands of senior therapist Teddy for a balancing tuina massage or moxibustion (hot ash applied to meridians). Activities include yoga, lakeside energy work via qi gong and tai chi or walks in the energy gardens, from the highly charged summer “red phoenix” to calm autumn “white tiger”.

Rooms from £262 ([0039 03652 41800](tel:00390365241800); lefoyresorts.com)