



January  
2017

# HOUSE & GARDEN DESTINATIONS

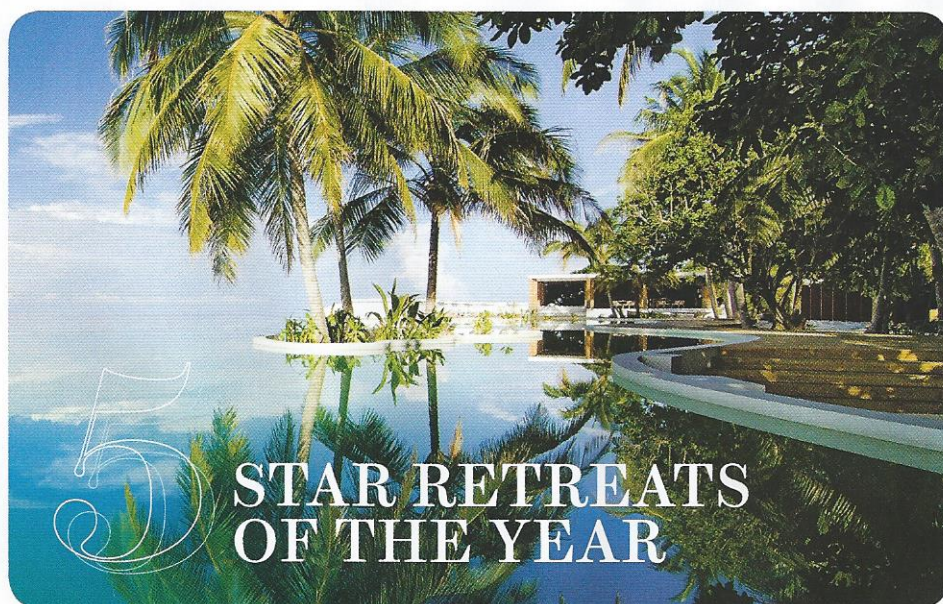
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HOUSE  
& GARDEN  
BESPOKE

## ZIMBABWE IS BACK

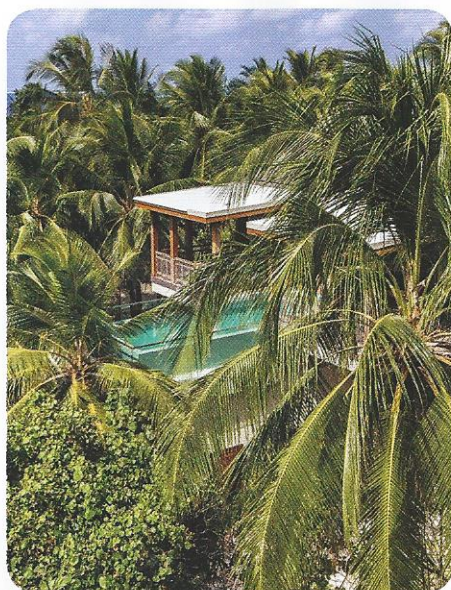
and unveiling **MAGICAL** *new lodges*

WILD ADVENTURE | THE BEST BEACH IDYLLS | SEYCHELLES BY BOAT  
BURMA ON THE IRRAWADDY | MODERN COLOMBIA  
SHORT HAUL BLISS | COUNTRY RETREATS



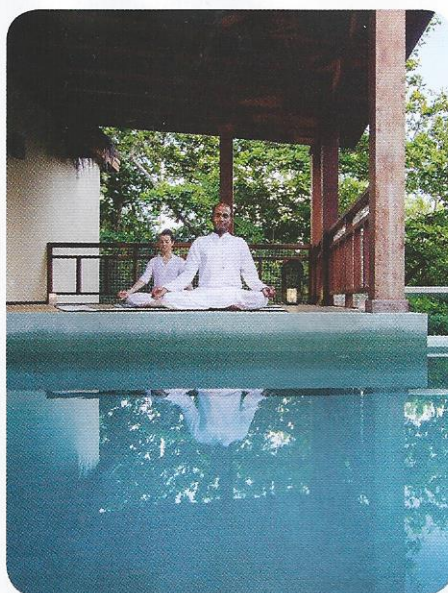


***Fitness fix***  
**AMILLA FUSHI,**  
**MALDIVES**



It might be only a 30-minute seaplane ride from Malé but Amilla Fushi has its own time zone, set two hours ahead of the rest of the Maldives.

The reason? To stretch out the day and make the most of all the island has to offer. There are bicycles to go exploring, tennis lessons on offer with professional coaches and plenty of water sports. But the really exciting news for the wellness pack is a new hook-up with Bodyism's James Duigan. His philosophy focuses on pairing movement (boxing, weights, Pilates) with a 'Clean and Lean' eating regime (all the restaurants have options clearly marked on the menus, such as the delicious gluten-free bread with avocado and poached eggs for breakfast). Follow up gruelling outdoor circuit sessions with



JB, the resident trainer, with muscle-easing treatments at the gorgeous Javvu Spa. Rooms range from an intimate beach house to a vast family residence (with a full-size swimming pool and room for the nanny). Or choose the Wellness Tree Houses by Bodyism – private one-bedroom spa 'nests' complete with their own dedicated treatment suites, where guests can enjoy an inclusive personalised wellness experience delivered by Bodyism Performance Specialists. A 'Katheeb' is always assigned to you, and nothing – from organising a buggy to booking Feeling Koi, the izakaya-style Japanese sharing restaurant – is too much trouble.

➤ **ESSENTIALS**

Healing Holidays ([healingholidays.co.uk](http://healingholidays.co.uk); 0207-843 3597) offers seven-night 'Wellness Tree House' packages from £7,929, including flights, transfers and full Bodyism programme



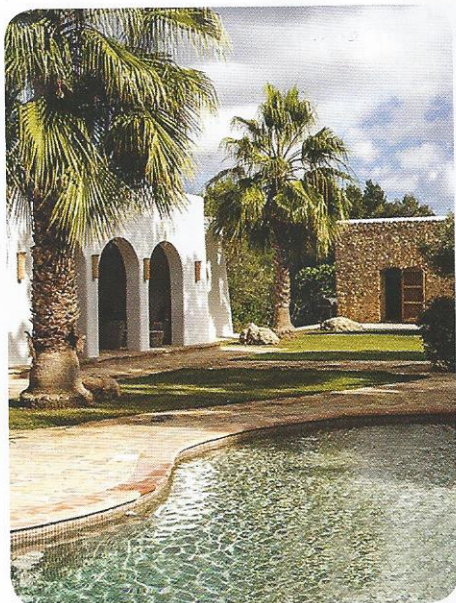
***Old-school jewel***  
**MARBELLA CLUB,**  
**COSTA DEL SOL**

Founded by Prince Alfonso, the Marbella Club is an iconic haunt that in its hey-day was known for lavish, hedonistic parties frequented by the likes of Bridget Bardot. Now its rooms and suites have been refreshed with a light, contemporary palette and it has widened its appeal to encompass 21st-century mores, recently launching five wellness programmes focusing on beauty, emotional and physical rebalancing and fitness. Inspired by the Mediterranean lifestyle and the resort's setting, between the Sierra Blanca and the sparkling azure sea, in beautiful gardens, these 'Pathways' bring together healthy food (fresh fish, giant prawns and zingy gazpacho), thalasso spa treatments, such as underwater massage, and bespoke exercises over two-, four- and seven-day itineraries. Each programme begins with a consultation with the club's doctor, nutritionist and life coach to ascertain more about one's needs and lifestyle, and to offer guidance on optimising health and overall experience. While this isn't a bootcamp, the fusion of healthy eating, bespoke exercise or yoga, combined with treatments in the thalasso spa, and year-round sun, ensures you will come away lighter, rested and tanned. *Nota bene:* not everyone is on a health drive – so you need to be able to cope with Malagueños with their piña coladas and Sobranies.

➤ **ESSENTIALS**

From £380 per night, B&B. The 'Mediterranean Lifestyle' two-day pathway starts at £560 (excluding food and consultations, which are £210 a day). [marbellaclub.com](http://marbellaclub.com)





### ***Yogic nurturing*** YOGA ROSA, IBIZA

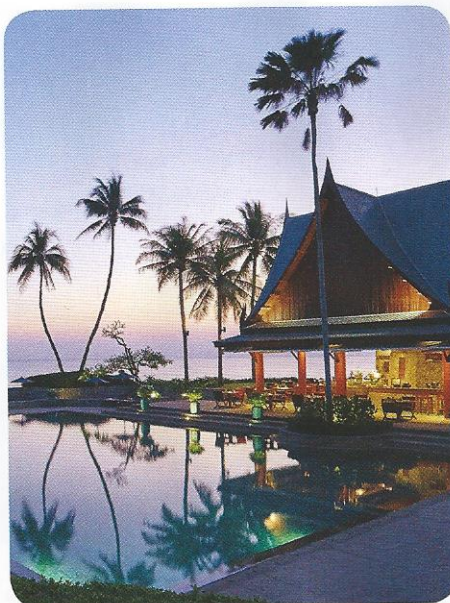
Surrounded by a fragrant pine forest in the heart of Ibiza, Yoga Rosa is the result of Rose Klein's recovery from a serious car accident. To rid herself of constant pain and return to full health, she turned to first practising, and then training to teach, gentle yoga therapy.

Her holistic retreats combine asana flow, pranayama meditation and quiet reflection, aimed at focusing the mind and letting go of whatever may be holding us back (exercises are suitable for all levels and can be easily worked into a daily routine back home).

A nutritious diet is key to well-being, so chef Philipp Gandler has created a vegetarian-vegan diet using locally grown fruit, vegetables and herbs, some from Klein's own garden, as well as eggs from her hens. Snacks come in the form of vitamin-packed green smoothies and fruit plates, should you feel peckish. Although yoga is the main focus, there are also extras on request - reiki healing and massages, bio-resonance therapy and body balance - plus plenty of time to relax by the two pools, read in a hammock or stroll through the sculpture garden. Rooms are simple yet welcoming, with timber beds and pure cotton linens smudged with white sage before guests arrive to ensure everyone is welcomed with pure energy. A sojourn at magical Yoga Rosa is a life-affirming gift to yourself.

#### ➤ ESSENTIALS

Three nights from €750; seven nights from €1,750 with food, drinks, snacks, yoga and colon cleanse. Treatments extra. [mail@rosaklein.at](mailto:mail@rosaklein.at); 00-34-608 813 668; [yogarosaretreats.com](http://yogarosaretreats.com)

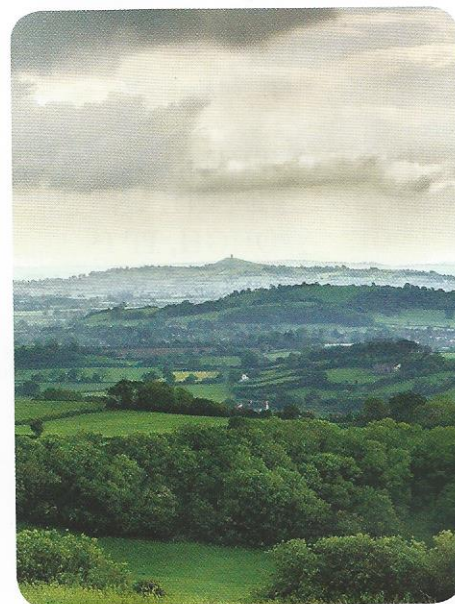


### ***Refreshed legend*** CHIVA-SOM, THAILAND

A pioneering destination spa where Western practices and Eastern philosophies meet, Chiva Som has a menu of more than 200 fitness, physiotherapy, holistic, medi-spa and spa therapies aimed at restoring and rejuvenating body, mind and spirit. Five new retreats have recently been added into the mix in response to specific health issues: migraines, high blood pressure, stress management, post-cancer treatment, and excess body weight (each requires a minimum 10-night stay). The cranial relief programme for migraines, for example, combines holistic and physiotherapy treatments to increase balance and stability, plus exercises to help the face muscles relax; while the emotional well-being programme for the over-stressed involves acupuncture and fitness classes, and coaching in healthy eating and sleeping patterns to equip one with the tools to control stress. The beachfront setting and lush grounds are soothing; the new Ocean Rooms, designed by architect Ed Tuttle, have cool, contemporary interiors and a colour palette of gold and ivory, while the specially created menus focus on paring down the ingredients, without compromising on the flavour. If you leave a fan, you won't be alone - Chiva-Som has a cabinet full of travel award trophies and serious credentials, its guest satisfaction rating running at 91.15 per cent.

#### ➤ ESSENTIALS

Rooms from approximately £1,100 for a single occupancy for a three-night retreat stay, including three daily spa cuisine meals and snacks and a daily treatment. [chivasom.com](http://chivasom.com)



### ***Deep transformation*** THE ARRIGO PROGRAMME, SOMERSET

Nothing compares to the bespoke West Country retreats created by psychotherapist and healer Fiona Arrigo, whose burnt-out clients jet in from all corners of the earth to decamp to one of her sweet cottages (prepped with flowers, candles, log fires and hot baths) for some highly focused TLC. This is like no other retreat in the UK in terms of its power and depth. Although Fiona runs programmes for mothers and daughters, as well as couples, most people come alone, prepared to spend a few days in seclusion (and comfortable clothes) stripping back the psychological layers. Think of it as an emotional and physical spring clean; a time to confront the big issues in one's life, but with total support, with the emphasis being on the individual's worth and unique needs.

Your housekeeper - or 'angel' - as they call them, sorts out every last detail of the cottage and spirits in your pre-ordered food - and what that food is depends on whether you need to be sustained, made lighter, or be energized. Fiona visits daily, to unravel your life, bringing wise and warm insight, and four physical therapies are arranged daily, something you'll likely find only in the top luxury spas of Asia, whether that's a form of massage, cranial or other bodywork, acupuncture or breathing techniques. You leave with deepened self-respect and a certainty about your next move.

#### ➤ ESSENTIALS

A four-day 'Arrigo Programme' residential retreat with four treatments daily, designed by Fiona Arrigo, costs £5,395, all-inclusive. [thearrigoprogramme.com](http://thearrigoprogramme.com) ⓘ