

in association with

# Condé Nast **ESPA** **Traveller**

MARCH 2007 NUMBER FIVE

**SPA SPECIAL**

**READERS' SPA AWARDS 2007**

## **The world's 100 best spas**

### **Trick or retreat?**

Where to find real solutions to common health problems (and they work)

**8** Top spas in Asia

**Ireland's most luxurious hideaways**

**Praising Arizona**  
Super spas in the desert



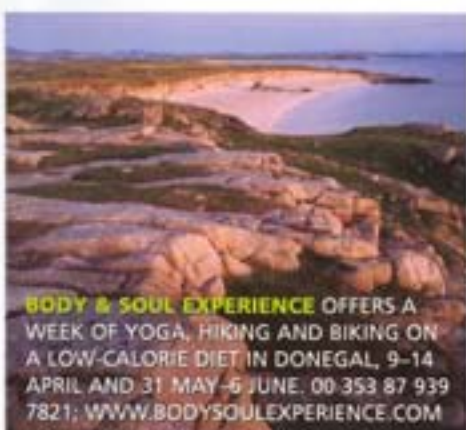
# Spa planner

Book now for this year's 12 hottest spa and adventure retreats around the world

COMBINE SURFING, MEDITATION AND WINE TASTING IN AUSTRALIA WITH **BLUE SPIRIT SURF AND ADVENTURE RETREATS**. VARIOUS DATES; THE NEXT IS 4-9 MARCH. WWW.BLUESPIRITRETREATS.COM.AU



'A Life in Harmony', a **HEALING MASTERS WORKSHOP** at Ananda in the Himalayas, 8-18 March, explores the yin and yang of relationships, among other topics. Individual counselling will also feature. 00 91 11 1378 2275 00; www.anandaspa.com



**BODY & SOUL EXPERIENCE** OFFERS A WEEK OF YOGA, HIKING AND BIKING ON A LOW-CALORIE DIET IN DONEGAL, 9-14 APRIL AND 31 MAY-6 JUNE. 00 353 87 939 7821; WWW.BODYSOULEXPERIENCE.COM

Yoga, clay-pigeon shooting and ecology are all part of **YOGOLOJI'S CONSERVATION AND ACTION RETREATS** (10-15 and 15-19 May) at Alladale in the Scottish Highlands. An eco project



with the goal of reintroducing the wolf, elk and bear to the wilderness, Alladale also offers hiking and mountain-biking. www.yogoloji.com



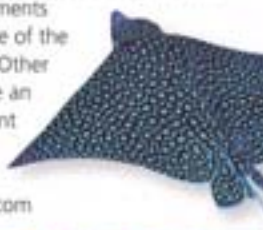
HIKE IN THE SPANISH MOUNTAINS AND TACKLE YOUR ISSUES WITH **THE BIG STRETCH**. FOUNDER ROSIE WALFORD LEADS COURSES ON 20 MAY, 17 JUNE, 22 SEPT AND 14 OCT. WWW.THEBIGSTRETCH.COM

Head for Jnane Tamsna in Marrakech (9-16 May) or Es Cucons on Ibiza (3-10 October) for **IN:SPA INTENSE**, a week of running, cycling and hiking, plus yoga, massage, nutritional advice and detox food. www.inspa.co.uk



HIGH-PROFILE YOGIS INCLUDING CYNDI LEE AND DAVID SWENSON WILL TEACH AT **COMO SHAMBHALA ESTATE**, BALI, FROM 23 MAY. WWW.CSE.COMOSHAMBHALA.BZ

'Spiritual guru, mind counsellor and body sculptor to the stars' Peter Crone is running a **'FIND YOURSELF IN PARADISE'** programme at the Hilton Maldives Resort & Spa (1-14 July). It includes one-to-one counselling, personal training and treatments at The Retreat, one of the resort's two spas. Other attractions include an undersea restaurant where rays swim by as you eat. www.petercrone.com



THE KINAN SPA AT MAROMA RESORT ON MEXICO'S **MAYAN RIVIERA** OFFERS FIVE NIGHT SPA RETREATS, 21-25 MARCH AND 24-28 OCT. WWW.MAROMAHOTEL.COM

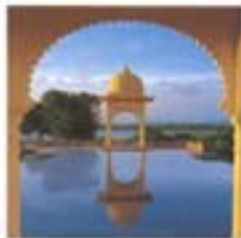
Claire Missingham teaches the dynamic Vinyasa Flow style of yoga, incorporating **YOGA TOUCH**, her blend of yoga and massage. Book a place on her retreat at the Savoyard Ferme de Montagne, 21-25 June. www.claireyogaretreats.com



DETOX FOR THE SPRING ON A **FASTING AND YOGA RETREAT** AT MGINHOS VELHOS HEALTH RETREAT IN THE ALGARVE. WWW.LOTOSJOURNEYS.CO.UK



It would be hard to find a more romantic place and time to practise yoga than Oberoi Udaivilas during the late monsoon (July-August). At the moated palace-hotel overlooking Lake Pichola in Udaipur, Rajasthan, you can take an inner journey with three days of **YOGA AND AYURVEDA** at the Oberoi Spa by Banyan Tree. 00 91 294 243 3300; www.oberoihotels.com



COMPILED BY LISA JOHNSON

# Turn your life around

Going beyond just relaxation and indulgence, some healing holidays offer the opportunity for permanent self-improvement, according to **Caroline Sylge**, author of 'Body and Soul Escapes'. She is profiled by **E Jane Dickson** on page 54. Photographs by **Hugh Arnold**



## RESTLESS AT WORK?

Find out what to do about it on **The Big Stretch**, a life-coaching holiday in the Picos de Europa mountains. Based at a charming mountain hotel graced with the sound of cowbells and a light wind, you will work every morning in small groups to explore careers, relationships and your passions in life, then trek each afternoon to digest all that you've been asked to think about that morning.

*The Big Stretch, Picos de Europa, Spain (0045 430 8621; [www.thebigstretch.com](http://www.thebigstretch.com))  
One-week retreat £2,350  
all inclusive except drinks and flights*

## BACK PAIN?

Visit Valle de Vida, an affordable retreat in a quiet valley near Málaga. It's run by Keri and her husband Robi, a fantastic osteopath with a practice in London. A programme of osteopathy

with Robi will be supported by gentle stretches, massage, hydrotherapy and badminton lessons. Valle de Vida has a gentle aerobicia. For extra quiet, stay in a teepee, or choose the Ganesh or Rama rooms in the main house. Valle de Vida, Málaga, Spain (020 7043 8607; [www.valledevida.com](http://www.valledevida.com)).  
Three-day retreats from £165 per person (sharing), all inclusive except flights, transfers and treatments