

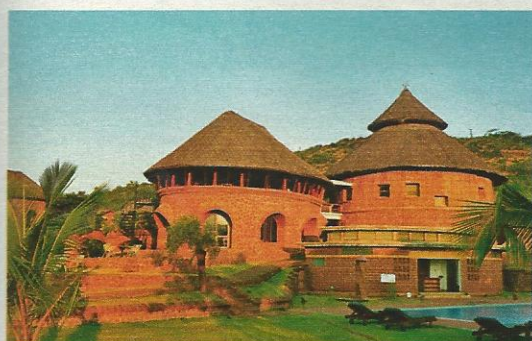
Four of the best wellbeing breaks, by Francesca Syz

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SPA BREAK AT KEMPINSKI HOTEL BARBAROS

BAY TURKEY This glamorous retreat, on a hillside above the Bay of Bodrum, exploding with bougainvillea and jasmine, is so spacious that even when full it never feels crowded. Add excellent, highly personalised service, five restaurants, a glorious infinity pool, a private beach and a jetty for lounging on that's straight out of *The Great Gatsby* and it's close to perfection. The final flourish? A vast Six Senses Spa with beautiful treatment rooms, an outdoor relaxation area with its own herb garden and the opportunity to enjoy your own customised spa journey, with treatments by both Six Senses and Aromatherapy Associates. Other highlights include spa suites with their own steam room and sauna, the invigorating Hammam Sea & Olive Oil Scrub and the Watsu treatment with the alternative therapy guru Deniz Susever. There's also an entire menu of detox and activities such as yoga, Pilates, meditation, Nordic walking and fitness training.

The details ITC Classics (01244-355527; itcclassics.co.uk) offers seven nights from £755 pp (including a 20 per cent discount when booking before March 31) based on two adults sharing a standard room on a B&B basis including flights to Bodrum and private transfers.



SWASWARA HOLISTIC BEACH HOLIDAY INDIA Too many work deadlines, family pressures and late nights leave us feeling hysterical, exhausted and not particularly in control of our lives. So if you're looking to slam on the brakes, recharge and, dare I say it, find yourself again, SwaSwara in southern India is an excellent option and you don't have to go all hippie to enjoy it. On a cliff above the gorgeous Om Beach in Karnataka, this eco-friendly hideaway offers a combination of yoga, meditation, ayurveda, art classes and guided nature walks with plenty of time to switch off, swim in the sea, lie in a hammock or visit the market in the village. Accommodation is in 24 simple, stylish thatched villas and there are three places to dine, all serving fresh healthy food and even the odd glass of surprisingly good local wine. The Holistic Beach Holiday package includes everything from multiple massages and private yoga classes to interactive cooking and art sessions with the artist in residence. **The details** Wellbeing Escapes (0845-602 6202; wellbeingescapes.co.uk) offers the seven-night Holistic Beach Holiday from £1,459 pp based on two sharing, including return flights to Goa, transfers, full board and a host of treatments and activities.

VAMIZI SPA RETREAT MOZAMBIQUE Why not blow the budget on one of three new spa retreats this year at Vamizi Island in Mozambique's Quirimbas Archipelago, being hosted by the renowned yoga instructor Claire Finlay (January 21-27, March 5-11 and November 10-16). A unique opportunity to rejuvenate in the most spectacular desert island setting, the retreats combine expert yoga tuition with exercise and nutrition, where the spectacular beach becomes the gym and food comes straight out of the ocean. Each day begins and ends with vinyasa yoga on the beach with Finlay, and in between you can snorkel and dive, explore the island with the resident naturalist, have spa treatments, catch tuna for your sashimi dinner or just hang out in your lovely villa. **The details** Scott Dunn (020-8682 5070; scottdunn.com) offers the five-night Vamizi Spa Retreat from £3,225 pp including four nights in a room in one of the new villas at Vamizi Island and one night at the Oyster Bay in Dar es Salaam on a half-board basis, including flights to Dar es Salaam, transfers, twice-daily yoga, one complimentary dive and fishing trip and a complimentary spa treatment.



DETOX RETREAT, TILTON HOUSE EAST SUSSEX The yoga teacher Sally Parkes is this year running five detox weekends, suitable for all levels of experience, at the beautiful Georgian Tilton House on the Sussex Downs, once home to the economist and Bloomsbury Group member John Maynard Keynes. The first weekend, the New Year Detox, runs January 27-29. Focusing on hatha and dynamic yoga, Pilates and meditation, the detox aspect is covered by a combination of cleansing juices served before the morning yoga class, amazing vegetarian food served throughout and postures within the yoga class that compress and twist the digestive system to encourage healthy elimination. The retreat also includes time to relax, enjoy holistic therapies and explore your surroundings. You are also a short walk from Charleston Farmhouse, the Bloomsbury Group's country retreat, which shares the same private road and is open to the public. **The details** The two-night weekend costs £317 pp based on two sharing a room. A limited number of single rooms are available for £377. The price includes all classes, accommodation, meals, snacks, drinks and juices (0844-888 5050; nealsyardagency.com). **Next: Swiss grandes dames**