



Condé Nast Traveller

SEPTEMBER 2019 £4.90

THE DNA
ADVENTURE
TREND

FRESH EYES
ON BALI

WHY WE AREN'T JADED YET

+
HOW WACKY
DESIGN AROUND
THE WORLD IS
LIFTING OUR SPIRITS

EPIC TRAIN BRAGGING IN THE USA

LONGBOARDING LADIES:
THE COOLER, SMOOTHER ALTERNATIVE SKATERS

TEL AVIV'S SULTRY SCENE

REMAKING A ST TROPEZ LEGEND

GRASSROOTS MUMBAI



BODY & SOUL

WELLNESS ESCAPES

SPA HOLIDAYS ARE MORE POPULAR THAN EVER.

And with resorts and retreats catering for guests with an array of different health and wellbeing goals, it has never been more enticing to book a well-deserved

break that is going to give you a boost long after you leave.

From chakra balancing to 'mood dining' and everything in between, we've rounded up our favourite worldwide destinations for a happier, healthier you.

WORDS: SADIE REID

NOURISH

FEED THE SENSES AND THE SPIRIT
WITH THESE MOOD-LIFTING BREAKS

FOUR SEASONS SAYAN, Bali

There are few places more spiritually connected than Bali and with everything from chakra ceremonies to healing arts, this hotel draws from the energy of its environment to ensure each wellness experience is truly memorable. The resident wellness mentor Ibu Fera – a former Buddhist nun – has recently introduced Bali's first year-round wellness retreat to the resort. 'Guided By Gratitude' is designed to ensure guests feel more connected to themselves through meditation sessions, yoga, a Balinese water blessing, sound healing, spa treatments and – the best part yet – a Sacred Nap experience, where you'll be rocked to sleep in a silk hammock while listening to the natural world around you and Buddha's story. Heaven. The Guided By Gratitude package starts at £2,470 per person; fourseasons.com



HOTEL ESENCIA, Mexico

Mexico's Caribbean coastline is fast becoming a sought-after wellness destination and Hotel Esencia, set on powder-white sands near the ancient Mayan ruins of Tulum, delivers in spades. The hotel's health club and spa perfectly combines traditional customs and techniques with modern wellbeing practices. Here, experienced therapists devise bespoke treatments using ingredients harvested from the local area (including the sea), which are then whipped up in a Mayan kitchen laboratory. These are applied using dynamic body massages in order to promote detoxification within the body and help support the immune system. Be sure to follow with a made-to-order juice or superfood bowl at the brand-new Café Esencia. Rates start at £550 per night; hotelesencia.com



SUITCASE ESSENTIALS

The kit to pack, whether on the move or down by the water

1. MIKOH Africa knotted printed swimsuit, £101, theoutnet.com
2. Beach pouch, £45, thewhitecompany.com
3. Pball, £49, pvolve.com
4. Aquapulse Max 2 mirror goggles, £33, speedo.com
5. Maquay kimono, £260, poolita.co.uk
6. Toupe passport holder, about £52, thedailyedited.com
7. Ladies' swimmer in pale cream, £130, birdie.london

MILAIDHOO, Maldives

Famous for its beautiful beaches, romantic sunsets and crystal-clear sea, the Maldives is a tonic for the soul. Book yourself onto Milaidhoo's 'Mood Dining' programme and you'll nourish both body and mind. The concept is derived from the knowledge that nutrition, together with our surroundings, can affect our moods. Feeling in need of an energy boost? Choose the 'Sunrise Awakening' mood, where you'll be presented with

a recharging breakfast while basking in the morning sunlight, ensuring your body will create more mood-lifting serotonin. If it's relaxation you require, the 'Deep Sleep' option is served up in the evening after a soothing massage and meditation, providing foods that have been chosen to help encourage a deep and restful sleep.

Rates start at £1,276 per night in a Water Pool Villa on a half-board basis; milaidhoo.com



Clockwise from this page:
a night spa ritual at Four Seasons
Sayan in Bali; Hotel Esencia spa's
kitchen laboratory and yoga
space; Milaidhoo, Maldives