



SHARE



Silversea Cruises

### Silversea Luxury Cr

Small Ships. Exceptional Service. Spacious Ocean View Suites. R



Advertisement



Home > Travel Experiences > Wellness

# Dream Destinations: Nine amazing destinations for a wellness holiday



SHARE

Swimming at the Brando, Tahiti. Photo: Tim McKenna

## French Polynesia

*With their dazzling good looks, these islands are the Pacific equivalent of the Maldives, but much closer to home.*

**THE EXPERIENCE** It is a truth universally acknowledged that every movie star has a desert-island fantasy. That goes some way to explaining why French Polynesia has lured Hollywood's dropouts and paradise seekers for decades. With 118 volcanic islands and atolls each blanketed in lush tropical vegetation and surrounded by cobalt-blue sea, the country better known as Tahiti also has some of the best resorts in the world. Marlon Brando bought a group of remote islands called Tetiaroa in the 1960s after falling in love with his 19-year-old Tahitian co-star of *Mutiny on the Bounty*, but the



Advertisement

JustFashionNow **FREE SHIPPING**



[experiencephilippines.org](http://experiencephilippines.org).

– Sue Wallace

SHARE

**LIKE THIS?** Head to Thailand's Hua Hin, where the much-awarded and newly renovated beachfront Chiva Som offers a range of wellbeing programs; [chivasom.com](http://chivasom.com); [tourismhuahin.com](http://tourismhuahin.com).



### Mystras, Greece



*There's more to Greece than whitewashed houses overlooking an achingly blue sea.*



**THE EXPERIENCE** The beautiful Peloponnese is a place of verdant forests and jagged mountains, where Romans, Ottomans and Venetians have all left their traces visible in its plenitude of historic sites: the medieval citadel of Monemvasia, and the UNESCO World Heritage archaeological bounty of Messene and Olympia, home of the original Olympic Games. Then there are the natural wonders, including the spectacular Diros Caves.



The Peloponnese is also home to Euphoria Retreat, a destination spa with dramatic architecture inspired by the area's Byzantine heritage, seen most splendidly in Mystras. The treatments, by contrast, draw heavily on Chinese practices such as acupuncture, along with energy-balancing techniques and meditation.

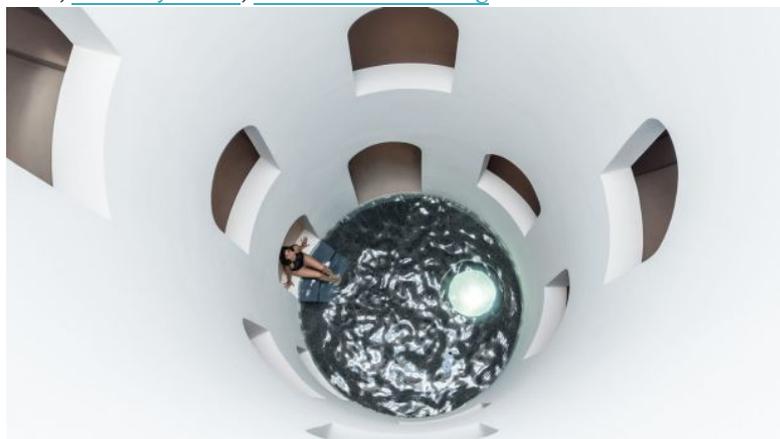
Guests can stretch their bodies not just with yoga and Pilates but also on mountain hikes, and meals are individually tailored using the principles of metabolic medicine. For those wanting to add some sightseeing to the experience, excursions are available to some of the area's most historic sites.

**IDEAL FOR** Spa addicts.

**PRICE** From £363 (\$583) a person a night twin share, including breakfast and one daily treatment a room; [euphoriaretreat.com](http://euphoriaretreat.com); [visitgreece.gr](http://visitgreece.gr).

– Ute Junker

**LIKE THIS?** Kamalaya Wellness Sanctuary on Thailand's Koh Samui has a serene setting, holistic wellness packages and next-level spa food; [kamalaya.com](http://kamalaya.com); [tourismthailand.org](http://tourismthailand.org).



The spa at the Euphoria Retreat, Greece. *Photo: Supplied*

### Old Delhi, India

*Combine an authentic Indian city stay with serious creature comforts.*