


TATLER®



SPA GUIDE 2019

IN ASSOCIATION WITH Healing  Holidays AND ESPA



CHABLÉ MAROMA

Riviera Maya, Mexico

Need to lie down for a week? The sister resort of Chablé in the Yucatan (where Cara Delevingne escaped to for her 25th birthday), is a mangrove-lined beachfront dazzler that will scoop you up and bring you back to life. Mornings start with pastries and coffee delivered to your casita, and from there on out it's sun, sea and ceviche. Food is a highlight (linseed pancakes and Yucatan-style *sopa de lima* pack a healthy punch); interiors blaze; the turquoise-tiled pool is a dream. But so too is the spa – marked by a sacred amate tree – with its trio of hydrotherapy pools, seven treatment villas and back-to-basics healing: herbal compress massages, Naturopathica facials, yoga and meditation. For something more outré, temazcal sweat-lodge ceremonies are held by female shamans. Fitness classes and a salt chamber are in the works, but for now, the margaritas and mellow vibes will have to do. *Hayes & Jarvis* (hayesandjarvis.co.uk; 01293 762456) offers seven nights from £3,250, including breakfast and flights.

EUPHORIA RETREAT *Mystras, Greece*

Among the orange and olive trees of the Peloponnese peninsula, you'll find Euphoria – quite literally. This haven of wellbeing, which has been several years in the making, is the vision of owner Marina Efraimoglou, whose cancer diagnosis led her to quit banking and spend two decades exploring self-awareness and spiritual healing. Treatments blend elements of Traditional Chinese medicine, Taoism and Greek Hippocratic medicine (try the Five Element Balancing massage), while the surroundings are elegantly zen (curving stone walls, sunny terraces and interiors





KAMALAYA

Koh Samui, Thailand

There's a special sort of magic at play at Kamalaya. It runs through the cascading streams, shimmering with fish; it whistles through the trees above the heart-soaringly lovely villas; it glows in the lantern-strung trees at night. It gets into your bones. But so too does the new Structural Revival programme, a fusion of mind and movement that pinpoints skeletal and muscular weakness through physiotherapy, reformer Pilates and myofascial release – plus some fortifying therapies. Such as the Three Treasures: a combination of Tui na (a brisk knuckle-rub, from head to toe); massage (using warm polished crystals); and reiki (to calm). This stimulates energy, enabling it to flow where it's needed – and suddenly things click into place. Not just physically, but mentally too. (Personal mentoring, under the guidance of a former monk, helps to identify challenges in life, and shows you how to overcome them.) But don't underestimate the power of sprawling on a marigold beach-lounger at the water's edge, sipping from a fresh coconut and gazing at the horizon. That's also part of the magic.

that blaze in burnished gold and pink). Euphoria's retreats are indisputably in a league of their own, but the one to book is the Emotional & Physical Transformation retreat, which helps you to 'unlock' the secret to inner balance. Of course, the hydrotherapy pool, spectacular 'water tower' Kneipp bath and antioxidant-rich Mediterranean food all help too.

 *Healing Holidays* (healing-holidays.com/tatlerspaguide; 020 7529 8551) offers a five-night Yoga & Relax programme, full board, from £2,500, including flights and transfers.

 *Healing Holidays* (healing-holidays.com/tatlerspaguide; 020 7529 8551) offers a seven-night Relax & Renew programme, full board, from £3,200, including flights and transfers. **Tatler Exclusive offer** see p.75

TEMAZCAL SWEAT-LODGE CEREMONIES
ARE HELD BY FEMALE SHAMANS