



KAMALAYA THAILAND

Issue: **TECHNOLOGY ADDICTION**

It's almost irrelevant what treatment combo you do – before you even reach the spa the powerful spiritual energy which pulses through the air here (along with butterflies the size of birds) totally knocks you out. The rest of the world seems a million miles away, which is exactly what you need. This hypnotically beautiful jungly hillside resort is built around an ancient Monk's Cave, once the font of Buddhism on Koh Samui. A man with a mass of dreadlocks plays pipes in the gardens, and the vibe is so pure and intense that it's impossible not to switch off your BlackBerry and escape external pressures. The spa, a higgledy-piggledy zone of treatment rooms overhanging the bay, provides every conceivable type of healing. Ayurveda is the lynchpin used in stress and burn-out programmes, as well as the new sleep-enhancement programme. With über-intuitive therapists slathering warm medicated oil over you, they stimulate your meridians, restore your chakras then polish your aura. Every treatment digs deep to maximise the flow of *prana* (your vital life force which digital overload drains away.) Chi Nei Tsang, a complex abdominal delving that refers to the gut as the second brain, balances the nervous system. This strange stomach massage excavates emotional trauma – prepare to weep and dream wildly. The near-vegan Asian food is superb (the Energy Salad is a delicious medley of *wakame* and goji berries); there's all sorts of yoga; and you can finally take the time to learn to meditate. Rooms may be a little tired and the beach a little squished, but time out here will seriously soothe your soul and take you off-grid. You'll re-emerge fit, sleek and connected – to yourself, rather than your gadgets.

TOP TIP Turn your gizmos off. But also be sure to see Andre Tse, a five-elements acupuncture star who reads your pulse like Braille then re-sets your equilibrium to slow you down. **BOOK THROUGH** Healing Holidays (+44 20 7843 3592; www.healingholidays.co.uk/condenast), which offers a seven-night Relax & Renew programme from £2,900 per person full board, including treatments, flights and transfers.

TRAVELLER SPECIAL Book this and receive a £150 spa credit, complimentary room upgrade and early check-in/late check-out

SIMPLY HEALING DETOX RETREAT WEST SUSSEX

Issue: **FERTILITY**

You can read as many articles or talk to as many mums-to-be as you want about fertility but there's a point when you have to stop and say, 'Hold on a moment, what is right for *my* body?' This is Britain's most knowledgeable retreat for fertility enhancement, and it provides a warm and nurturing environment. Step through the doors of the beautiful, 18th-century manor house and walk into a parallel universe of positive yet calming energy. Vivien Kay, the founder and a renowned healer, smothers you with warmth and wisdom, while Kate, a specialist in meditation, radiates calmness and poise. Kay will gently but firmly unravel your reason for being here – and you need to be honest. Too much stress, a neglected diet, not enough sleep or having a poisonous frame of mind after seeing numerous fertility consultants – nothing fazes her. Instead, it allows her to tailor your five-day stay, mixing complementary and alternative therapy. For irregular periods, ovulation problems and complaints such as PSOC and cystitis, you'll be blissfully uncoiled with a deep-reaching abdominal-sacral massage before the therapist zones in on your uterus and reproductive organs, helping to improve blood circulation. It's intensive, but when you leave the massage table your stomach area feels as though everything is flowing that little bit smoother. You'll also have reflexology, which helps your body regain its natural balance, and hypnotherapy, which organises frenzied thoughts and feelings by teaching your unconscious mind to establish ways of working towards your future, rather than dwelling on the past. The juice menu (yes, *no* food here) is surprisingly tasty (try the beetroot, fennel and carrot) and, reassuringly, you don't get too hungry – though that's not to say guests don't talk about steak and chips while sipping potassium broth at dinner. Don't expect to walk away from here and fall pregnant straight away, but do expect to go home lighter both physically and mentally.

TOP TIP Invest in some good quality Cold Pressed Evening Primrose Oil for a healthy uterus and stable hormones. **BOOK THROUGH** +44 1403 822117; www.simplyhealingcentre.com. A five-night Fertility Enhancement Detox Plan costs from £1,615 per person full board, including treatments and consultations

