

## PURIST VS TOURIST



## KAMALAYA, THAILAND

Comprehensive Balance & Revitalise programme. The only thing that will top a stay at Kamalaya – a former monks' retreat plunged knee-deep in Koh Samui

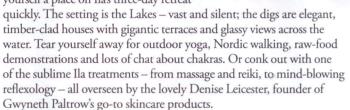
overworked adrenals and ever so gently, but effectively, reboots them. It's healing, but not intrusive. Mind-altering, but without being preachy. Practitioners tackle both physical and psychological symptoms, using the best of eastern and western therapies, be it massage or meditation, yoga or acupuncture, or simply having you sit and stare into space. It works. Healing Holidays (020 7843 3597; healingholidays.co.uk) offers seven nights at

Kamalaya, from £1,870, including flights, transfers, breakfast and use of all facilities

greenery - is this seven-day 'burnout' retreat, which takes your fraught,

YOO RETREAT, COTSWOLDS

lla Adreno Restore. If you are so stressed by work you're worried that a vein on your forehead is about to pop, book yourself a place on Ila's three-day retreat



From £1,250 (01367 250066; thelakesbyyoo.com/yoo-retreats)