



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

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

YOO RETREAT, COTSWOLDS

Ila 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

quickly. The setting is the Lakes – vast and silent; the digs are elegant, timber-clad houses with gigantic terraces and glassy views across the water. Tear yourself away for outdoor yoga, Nordic walking, raw-food demonstrations and lots of chat about chakras. Or conk out with one of the sublime Ila treatments – from massage and reiki, to mind-blowing reflexology – all overseen by the lovely Denise Leicester, founder of Gwyneth Paltrow's go-to skincare products.

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

JUST
CALM
DOWN

