



Sunglasses, £340, Dior (www.dior.com). Striped bikini, £330, Fendi (www.matchesfashion.com). Catwalk shot, S/S collection 2015, Dries Van Noten



Stargazer bracelet, £142, Venessa Arizaga (www.saltresortwear.com). Cotton kaftan, £320, Finds+Koza (www.netaporter.com). Aret skirt, £470, Preen by Thornton Bregazzi (www.saltresortwear.com)



Leather cross duffle bag, £1,990, Loewe (www.loewe.com). Woven leather and suede sandals, £585, Balmain (www.matchesfashion.com)



On the scene: Spa Village Tembok, Bali

The look: Gypset

Wouldn't it be wonderful to have a volume switch to stifle stress and anxiety, reduce depressive decibels and mute any self-doubt? That's the aim at Spa Village Tembok: to help you dig about inside your psychological sofa for that personal remote control – and learn how to use it. This magical little property, set amid coconut groves and encircled by mountains on Bali's north-eastern shore, specialises in peace and (inner) quiet. A typical day begins just before sunrise with meditation on the black sand beach – facing the frothing, thumping Java Sea as the sky lightens and the warmth of the sun slowly spreads across your face. Then it's your choice: yoga on the lawn; an endorphin-pumping mountain bike ride up to a waterfall; cookery for a calmer mind; Reiki sessions. All are punctuated by fresh food, hour-long massages and a bespoke herbal bath every evening. The latter feels a little like tearing yourself out of a teabag before hopping into bed, but it does wonders for amplifying the skin's glow and reducing the brain's babble. They know what they're doing on this small plot of paradise, and the beauty is that the more you listen, the less you'll hear. Breathe in and suck up that silence. *Healing Holidays* (www.healingholidays.co.uk) offers four nights at Spa Village Tembok from £1,150 per person full board, including flights, transfers and daily creativity classes/wellness experiences

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