

BEST FOR... *HEALING IN NATURE*

Dharana at Shillim, Maharashtra, India

Conflict resolution is the central philosophy of Dharana at Shillim – offering respite from illness, exhaustion, grief or anger. And there's no more nurturing place to undertake it than this healing eco-retreat. Bespoke programmes blend modern medical diagnostics – such as DiSC® (Dominance, Influence, Steadiness, Conscientiousness) profiling or polysomnography sleep analysis – with ancient wisdom: Ayurvedic treatments and sound baths in the underground meditation centre. The Frank Lloyd Wright-esque building is a fitting backdrop; the villas are peaceful, with private pools and views of the organic garden. Leave time for a mindful forest walk with the local snake-catcher: the perfect guide in one of Unesco's top biologically diverse hotspots.



Healing Holidays (healingholidays.com) offers a seven-night Art of Detox programme, full board, from £2,399, including British Airways flights and transfers.