

BEST FOR... *NEW BEGINNINGS*

Kamalaya, Koh Samui, Thailand

Kamalaya has its die-hards: those who return each year to find solace in its lantern-strung gardens, shimmering streams and profoundly healing therapies. But for those in search of a new path or perspective, the Embracing Change programme breaks the mould. The five- or seven-day retreat is a journey: one that slowly, gently, explores emotions; that resets belief systems; and that lessens the grip of ingrained habits. One-to-one mentoring provides a safe space to let go, while energetic bodywork – like a TuiNa massage – helps to relieve physical tension. Guests feel cosseted in the hands of therapists who are among the best in the world and who help their clients to glimpse new possibilities. It's an enriching and eye-opening immersion; a source of light for those fumbling in the dark.



Healing Holidays (healingholidays.com) offers a five-night Embracing Change programme, full board, from £2,999, including British Airways flights and transfers. ▷