

BEST FOR... *UNLEASHING JOY*

Preidlhof, South Tyrol, Italy

‘It’s about opening our hearts,’ says Patrizia Bortolin, Preidlhof’s new transformational coach and spa director. ‘This is the key to living a happy, present, more joyful life.’ And alongside Italian spiritual shaman Stefano Battaglia, Bortolin is on a mission to unleash the joy in us all. Sitting snug on the hillside, the holistic hideout enjoys spectacular views of the lush Vinschgau Valley, with orchards, vines, olive trees and scores of medicinal plants, which are transformed into delicious, soul-nourishing feasts. Performed by an elite team of unfailingly intuitive therapists, Preidlhof’s expansive menu of healing programmes has been precisely curated to retune that vital connection with the heart, revealing life as it should be.



Healing Holidays (healingholidays.com) offers a four-day Transformational Journey programme, full board, from £1,499, including British Airway flights and transfers. □