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restore
inner balance



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plumps the skin to utter perfection. Definitely sounds like heaven.
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Oberoi Wildflower Hall, Himalayas

Find your legal highs 8,250 feet above sea level at the Oberoi Wildflower Hall in the Himalayas. Indulge in private yoga sessions, Ayurvedic therapies or even a holistic rose-water bath that overlooks the mountains and valleys beyond. Sheer bliss.
oberoihotels.com

Kamalaya, Koh Samui

If you are going through a life change and feel in need of some support

and guidance, then take a trip to the wellness wonderland of Kamalaya, located on Thailand's serene island of Koh Samui. The brainchild of two people whose mission is to serve and inspire others, Kamalaya is always ahead of the curve in its treatments. The 'Embracing Change' package is its first foray into wellness programmes that explore the client's inner life and emotions. Expect a series of consultations, wonderful massages and traditional Chinese medicine all focused on inspiring spiritual and mental growth and self-discovery.
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