

BEST FOR SHAPING UP IN THE ULTIMATE JUNGLE GYM

COMO SHAMBHALA ESTATE

BALI, INDONESIA

You'll work your arse off in this luscious retreat, fringed by tropical forest so green it looks like it's been coloured in with felt tips. But it's a million miles from your usual bossy-bootcamp. This is all about getting out into the jungle, so you'll be rock climbing up a mossy wall next to a waterfall by Bali's sacred Ayung river, waving (if you dare) at the whitewater rafters squealing past far below. You can bike-ride with gusto through villages and paddy fields, negotiating twisty-turny, thrillingly uneven dry mud paths (aka roads). Even the estate walk with the nimble Mudra is a cardio-pumping romp through the beautiful hilly grounds. On the Be Active programme, alpha types can trek up one of Bali's highest peaks at the crack of dawn. But it's not all go. Your consultation with one of the 'activity managers' will help to devise the perfect balance of action, relaxation and degustation (nailed by dietician Eve Persak). Lots of spoiling massages range from soothing muscle-melters (included in your package) to Taksu – a firm, smoothing, blood-pumping affair. And Japanese meridian therapy, a subtle form of acupuncture, will have you fizzing with renewed zing. They recently introduced an Oriental Medicine Programme – a three- to eight-night stay centred around acupuncture, massage, herbal medicine, nutritional advice, qigong and meditation. Dr Deepak G Deginal is a serious multitasker here: he uses the ayurvedic healing system, plus he's a yoga therapist AND an osteopath, so he can spot the slightest spine misalignment a mile off. **BOOK IT** Healing Holidays (healingholidays.co.uk/tatlerspa; 020 7529 8551) offers seven nights, full board, from £2,900, including flights, transfers, consultations, treatments and activities.



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Take
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