

BEST FOR DETOXING MIND AND BODY

PARKHOTEL IGLS INNSBRUCK, AUSTRIA

One of our all-time Mayr faves (winner of the *Tatler* Medical Marvels award last year), Parkhotel Igls has added a new string to its bow: a craniosacral and talk therapy module. At its core, this place – with its sweeping views of the staggering Patscherkofel mountain – is the real Mayr deal (fasting, chewing, salivating, chewing, Epsom salts, chewing), but with one big life-changing difference. After the first few days, one of eight different tailor-made diets (of real, solid and seriously delicious food) is introduced. So with starvation over and your gut in recovery mode, there's time for mindfulness – and this new two-pronged offering is just the ticket. The hour-long cranio sessions involve fractional (barely detectable) movements of bones, body tissues and fluids to release constrictions in your central nervous system. With the touch of an angel, Christine C's hands move from your skull to your spine to your sacrum and back again. This barely perceptible journey encourages self-healing and can unleash the nastiest of emotions: anger, fear and sadness. With these demons on the loose, a psychotherapy session is just what the doctor ordered, but make sure lots of tissues are to hand. A bit of raging and a lot of blubbing is good for the soul. You emerge a gentler, calmer and happier person, to say nothing of fitter and trimmer. What more could you want?

TATLER OFFER HEALING HOLIDAYS (HEALINGHOLIDAYS.CO.UK/TATLERSPA; 020 7529 8551) OFFERS SEVEN NIGHTS, FULL BOARD, AT A 10 PER CENT DISCOUNT, FROM £2,045, INCLUDING FLIGHTS, TRANSFERS, MEDICAL HEALTH CHECK, TREATMENTS AND ACTIVITIES.*



Heads up **Take a deep breath, brave it and go alone. This journey is way too personal to have any travel companion in tow**



Heads up **Ditch the physical baggage too: laundry is unlimited and international calls are free so (dare you!) leave that phone at home**

BEST FOR MAKING YOUR SOUL FEEL LIKE IT'S BEEN WASHED AND AIR-DRIED

SONG SAA KOH RONG ARCHIPELAGO, CAMBODIA

It's over. And it hurts. We're not saying a visit to this tiny island off the coast of Cambodia will mend a broken heart, but it WILL make you feel better. It's impossible for the soul to stay slumped when the sea is that turquoise and that twinkly, the sunsets so peachy-perfect and your driftwood-chic abode so very, very gorgeous. But Song Saa is more than just a pretty face – the Wall of Hope in the middle of the island, with its laminated boards telling tales of medical, educational and agricultural aid in nearby Prek Svay village, is a reminder that it's not only your own wellbeing that's being served by this very aware and evolved resort. You'll receive your own personal schedule, tuned to maximum healing mode – maybe some meditation under the twisting jungle vines, and a blissful rose-scented Ila Ananda facial, or some energy restoration via metta massage and a touch of chakra balancing to the sound of the waves at dusk. Add meandering boat trips through the mangroves, feasts of slipper lobster with green-mango salad and deep, skin-softening baths drawn for you each evening and, before long, things will start to seem a little less sore, a little more hopeful. We promise. ▷ **BOOK IT** Song Saa (songsaa.com) offers five nights, all inclusive, from £2,450, including transfers, treatments and activities. Cathay Pacific (cathaypacific.co.uk) flies 12 times a week from Heathrow to Phnom Penh via Hong Kong from £830.