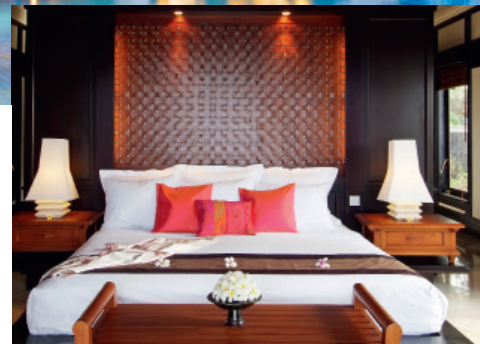


# GREED ANGER PRIDE LUST

Is the whole world having a better day than you? EVERY day? It's time to escape



## BEST FOR HELPING YOU GET OVER A MAJOR DRAMA

### TEMBOK SPA VILLAGE RESORT BALI, INDONESIA

Things get off to a very good start at this dreamy beachside hideaway. As you fill in your registration form, you'll look down to find your feet immersed in a herbal soak, as your neck, head and shoulders are massaged. Terribly distracting, but then this is Bali (the 'love' bit in *Eat, Pray, Love*) and the spa's therapists can't WAIT to get their hands on you. In their School of Life programme, days float by with fabulous yoga with Manis (she has Balinese ways of making you bendy), local arts and crafts (making your own body scrub proves weirdly cathartic) and whizzing up DIY almond milk with chef Martin Büchele. But the daily highlight is your spa treatment. Feel goddess-like as you're pummelled, scrubbed (with your here's-one-I-made-earlier) and served watermelon ices. Then there are the mystical treats, put together by general manager Sharron Hopley, the hotel's guru, who's brought her own angel-like touch to the surroundings (and more lifelike Buddha and goddess statues than you can shake a chakra at). There's guided meditation with the radiantly handsome Eka (from Ubud's hipster holistic hangout, the Yoga Barn) and blissful Angelic Reiki with Sharron herself. It's an ancient form of Japanese healing, where she hovers her hands over your (fully clothed) body, like she's warming her mitts in front of a fire. Even the cynical will be floored. This is the place to fly solo when you need more than TLC (break-up? Career meltdown? Existential crisis? They've seen it all). You'll bond with interesting, smart women who've forgotten that they are each on their own R&R me-journey. That said, it also works for couples, and it's not in the least bit unusual for the odd enlightened husband to be seen wandering round in a robe with a fixed grin, head wrapped in a banana leaf after a conditioning scalp-and-hair treatment. Sums this place up beautifully.



HEALING HOLIDAYS (HEALINGHOLIDAYS.CO.UK/TATLERSPA; 020 7529 8551) OFFERS SEVEN NIGHTS FROM £1,300, INCLUDING FLIGHTS, TRANSFERS, TREATMENTS AND A DAILY FITNESS PROGRAMME.\*

Heads up  
Don't miss  
the heavenly  
starlight  
gazing – each  
evening, post-  
dinner, you  
can float on a  
lilo for two in  
the pool, fully  
dressed (no  
one's fallen  
in yet) as  
you stare  
up at the  
night sky