



SPA VILLAGE RESORT TEMBOK

SPA VILLAGE RESORT TEMBOK, BALI

Bali. Even uttering its very name seems to bring on a Zen like calm – it is a place so inextricably linked with clear skies, tranquillity and 'finding' yourself. The Spa Village Resort Tembok is located on the northeast coast. Framed by striking volcanic peaks on one side and a gently lapping sea on the other, its beauty inspires restoration. Start your day with an invigorating sunrise yoga session or explore underwater with a spot of snorkelling. Why not plunge to the depths of The Liberty Shipwreck at Tulamben? Then you'll really have earned your 50-minute 'massage under the stars' or Malay soothing herbal wrap. Bliss. Healing Holidays can arrange a 7 night stay in a Kamar room at Spa Village Resort Tembok from £1,245.00 per person sharing. This includes flights, transfers, full board, a daily spa treatment, access to a weekly activity programme, 1 night complimentary and an earlybird room discount.

TATLER OFFER Healing Holidays is offering *Tatler* readers a complimentary 80-minute spa treatment when you book to stay at Tembok between 15 March 2015 and 14 March 2016. See healingholidays.co.uk/tatlerspa for full terms and conditions.

THE GREAT ESCAPE

Pining for sunshine? Craving some fresh mountain air? Healing Holidays present the finest Spa resorts in any climate

As the authority on wellness retreats and Spas, Healing Holidays goes to great lengths to track down the right destination for the right break. Whether you're seeking a gruelling workout, a nutrition overhaul or simply a bit of good old-fashioned rest and relaxation, there is a holiday that fits. Frances Geoghegan heads up Healing Holidays with great enthusiasm, experiencing every destination in their portfolio. Here are three of her top picks.



AYURVEDA RESORT SONNHOF

PARKHOTEL IGLS, AUSTRIA

Nothing revitalises quite like crisp mountain air. Tucked away in stunning Sound of Music-esque surroundings in Innsbruck, Parkhotel Igls radiates rosy-cheeked freshness. Prioritising health and well-being, this is a medically efficient destination with a range of treatments to match. A team of doctors tackles everything from cardiovascular and metabolic problems to skin conditions like cellulite and acne. Focusing on Mayr medicine (named after the Austrian doctor F. X. Mayr who believed many health problems could be traced back to the digestive system) Parkhotel Igls gives you a reboot from the inside out. Now that's the high life.



PARKHOTEL IGLS

AYURVEDA RESORT SONNHOF, AUSTRIA

Deep within the magnificent Tyrolean mountains, lies the Ayurveda Resort Sonnhof – another Austrian marvel. The principles of Ayurveda (a form of traditional Hindu medicine) centre on diagnosis, nutrition and yoga to restore balance and replenish flagging spirits. With this in mind, the resort at Sonnhof offers healing treatments for the mind and body. Choose from a menu that includes acupuncture, detoxes and a nine day intensive regeneration programme. Couple this with a nutritional plan designed to promote health and you're bound to skip home.

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