



PHOTOGRAPHS: JOHN ATHIMARTIS

# FOR A FRESH BOOST

SWITCHED-ON STAR PLAYERS THAT DELIVER A REVITALISING KICK



## NEW SIX SENSES KAPLANKAYA

WEIGHT LOSS

BODRUM, TURKEY

A RESTORATIVE AEGEAN RETREAT FROM A REVERED SPA GROUP

You can barely move across continents without tripping over a new Six Senses opening. Last year saw two arrivals in Singapore and one in Fiji, and any minute now, Bhutan, Israel and Krabey Island in Cambodia will open their doors to a stream of loyal wellness warriors wanting to tap into the health credentials of this famously holistic, location-relevant spa brand. The most serious outpost of them all, though, is in Bodrum, in the footprint of the never-quite-made-it Canyon Ranch, which launched in 2016 and closed a year later, perhaps too edgy a destination at that time for its American clientele. Its legacy was a full-scale medi-clinic in the belly of the hotel building, and consequently it's now the most advanced and sophisticated in all the Six Senses fold. Dr Claudia Aguirre, the softly spoken red-lipsticked neuroscientist from Venice Beach, LA, is the spa's secret weapon. An expert in how food affects mental health, as well as Alzheimer's and dementia, she has worked with meditation virtuoso Headspace and consults for ethical hair and skincare brand Davines. She created the spa's Holistic Anti-Ageing programme, a cleanse for the mind, body and gut. It's a multi-pronged approach, focusing on physical and psychological wellbeing. That could mean beauty and Ayurvedic treatments, sessions in the watsu pool and with the skin-diagnostics team, Biologique Recherche facials and Ila massages. After a wellness immersion diagnosis with Dr Ranjan Kapoor, your

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bloodwork will be done. He tailors each itinerary down to what you eat, and can give you an off-the-cuff Ayurvedic assessment. Nutrition plays a huge part, and menus are designed to complement the therapies. The process (over three, five or seven days) is to detox, restore, nourish. You can do the intermittent fasting (no eating for 12 to 16 hours) very easily on holiday – an early supper and a late breakfast. Dr Aguirre works with the kitchen to make sure the food is seasonal and regenerative; it is also raw, vegan, high in antioxidants (hibiscus sorbet) and resistant starches (in the artichoke served on top of steamed sea bass). Everything is made from scratch, and the broths occasionally have added collagen from Nepali yaks. Dr Aguirre also looks to probiotic kefir, kombucha and apple-cider vinegar – ingredients you'll find at the heart of any cure worth its Epsom salts. But it's not all deprivation. There's freshly caught fish, aromatic Kaplankaya olive oil, leaves from the organic kitchen garden – and for anyone not following the prescribed menu, wood-fired pizzas and lamb kebabs. Is a swim in the razzle-dazzle blue of the Aegean and an icy glass of rosé with lunch enough anyway to boost serotonin levels and unfurrow the brow? Yes. But to really hammer home some proper targeted self-improvement, here's a programme that can be weaved into your summer holiday with minimal stress.

**INSIDER TIP** The gym is knockout – bring your trainers and workout kit to take advantage of the spinning classes, Pilates, yoga, weights and resistance machines. And book a Bod Pod body-density calculation (with technology used by NASA) for a fascinating insight into your physical make-up.

**BOOK IT** Healing Holidays (+44 20 7843 3592; [healingholidays.co.uk/condenast](http://healingholidays.co.uk/condenast)) offers a five-night Holistic Anti-Ageing programme from £4,560 per person, full board, including flights and transfers.