

FEATURE

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DESTINATION DETOX

Lose the kilos, cleanse your system or just rest and reflect at these top holistic hideaways around the world.

KALIYOGA VITALITY DETOX CENTRE

Alpujarra Mountains, Andalucia, Spain

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If the stunning view of the Alpujarra mountains in Andalucia, Spain, doesn't take your breath away, the unique facility for detox enthusiasts will. This family-run centre is the perfect spot for individuals seeking respite from everyday life, to cleanse the body, shake off bad eating habits and reconnect with their spiritual side.

What's unique is that it marries holistic therapies with medical science. Try hair sampling to test for food intolerances. A panel of experts – homeopath, intuitive healer, acupuncturist, foot healer, massage therapist, general practitioner and yoga master – are all on-site for consultation. Guests are kept to a maximum group of seven in order to make the experience as comfortable as a home-stay. Many guests have described their stays here as “life changing”.

Although there is a strong emphasis on juice fasting (no solid foods), fitness such as swimming and simple yoga moves, like pranayama and asana poses, are encouraged to get the circulation going. Depending on what natural health practitioner Veronika Poola recommends, colon cleansing can be done either once or twice daily using the Ledins Clysomatic system, a self-administered unit that allows you full autonomy of the cleansing process.

Various forms of Asian remedy are a big part of the healing process, including Thai yoga massage, reflexology and acupuncture. A one-week detox programme at Kaliyoga includes daily wheatgrass shots, copious juices, colon cleansing, yoga, meditation, use of a hydrotherapy hot spa, two massage sessions, and pre- and post- therapy consultations with a homeopathic physician. Post-detox support of follow-up emails, CDs and brochures are also part of Kaliyoga's value-added services.

Detox Programme, £1,200 (\$2,443) for seven days.

ABSOLUTE SANCTUARY

88 Moo 5 Bophut, Koh Samui, Suratthani 84320, Thailand

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Absolute Sanctuary prides itself in being a serious health and wellness resort specialising in detox and yoga programmes. Located on a hillside overlooking the Gulf of Thailand, Absolute Sanctuary sits northeast of Koh Samui in Cheong Man, just a five-minute drive from the airport and Chaweng beach. We love the stunning Moroccan architecture all through the building's facade and spacious suites. Although there are recreational amenities the adventure-seeker can enjoy, this is not a place for those desiring an all-encompassing holiday.

Blending luxurious accommodation with a wide range of detoxification programmes, natural cuisine, yoga classes and other dynamic therapies, Absolute Sanctuary caters to those seeking a journey back to balance, rejuvenation and wellness. We recommend coming here at least once a year to jumpstart your immune system and help prevent illnesses like cancer, diabetes and chronic fatigue.

The resort offers three kinds of detox treatments ranging in duration from three to seven days. Each programme is suitable for first-timers and consists of gentle colonic cleansing, a modified diet (if not fasting) and natural detoxification supplements. Those ready to do what it takes to shed up to five kilos in a week should sign up for the Seven-Day Candida Elimination Package. It consists of a very strict daily schedule of colonic hydrotherapy, lymphatic drainage massage, yoga, meditation and a detox concoction consumed four times a day at the pool's chic juice bar, together with a set of nutritional supplements to restock essential minerals. There is a detailed consultation with a wellness specialist prior to treatment and another on your last day there. Seven-Day Candida Elimination Package, from \$2,662.

DEVARANA SPA, IL SALVIATINO

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Tucked within sloping gardens of Il Salviatino hotel, the award-winning Devarana Spa (the first branch outside Asia) offers guests a holistic taste of the East. Meaning 'garden of heaven' in Thai sanskrit, the spa's menu focuses on ancient eastern remedies like Ayurveda performed by skilled Thai therapists.

Treatments take place in deluxe rooms where one can also sample interesting Tuscan-inspired therapies like the 'After Wine Tasting Retreat' that incorporates a thermo caramel mud wrap and aromatherapy massage to detoxify the body from excessive alcohol consumption.

Designed for intense purification, the two-day Body Detox programme is excellent for people with poor digestion, constipation or perspiration problems. On both days, you get to sample six different types of treatments from a milk and rose bath to ginger steam, caffeine slimming wrap, abdominal massage and foot reflexology. Each session involves up to three hours of pure unadulterated spa indulgence and spiritual recharge.

Il Salviatino boutique hotel opens this May following a multi-million dollar restoration. Located in the hillside town of Fiesole, on the outskirts of Florence, this former 15th century palazzo is a magnificent luxury villa retreat with views of the famous Florence skyline. Just moments from the city, yet quietly secluded within the beautiful Tuscan hills, the former palace has 62 massive suites dressed in fine linens, warm wood furnishings and Renaissance art.

Body Detox, £460 (\$936) for two days.

THE SPA RETREAT, CONRAD MALDIVES

Rangali Island, Rangali Island, 2034, Maldives

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The Conrad Maldives Rangali is the natural choice for affluent spa lovers with not one but two spas with a total of 21 treatment villas, a two-storey fitness centre, a yoga platform and restaurant dedicated to serving fresh spa cuisine.

The more romantic of the two spas is the Over-Water Spa, which caters to honeymooners with rituals that are conducted in glass-floored treatment rooms positioned over the coral reef. The Spa Retreat is the central spa comprising nine treatment rooms and four private pavilions that house both a sauna and steam room, and either a Jacuzzi, tub or Vichy shower.

Inspired by earth's five elements, the Spa Retreat is where one should go to enjoy a range of massages and facials using organic products, and holistic treats like Reiki, ear candling and iridology, as well as take advantage of the services of a resident personal trainer, naturopath and nutritionist. This is in addition to the hotel's numerous fitness classes and outdoor activities, like 30-minute runs, power-walks and beach volleyball.

The retreat's popular three-day Detox Programme includes a consultation with the in-house naturopathic physician and fitness assessment, followed by daily heat therapy sessions and massages or an organic facial of your choice, completed with personal training sessions and group exercise class.

The award-winning Conrad Maldives Rangali island resort is set on two private islands amid a vibrant coral reef and lagoon. The only way in is via a private seaplane that picks you up from the airport and berths at the hotel's jetty. There are 79 beach villas and 50 luxurious suites set on stilts over the ocean offering sweeping views of turquoise surrounds complemented by kaleidoscopic sunsets. Honeymooners should ask for the Sunset Water Villa that comes with the services of a private butler, glass-floored living room, rotating bed, pool in the ocean and personal jet boat. Detox Program, USD1,000 (\$1,500) for three days.

THE FARM

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Who knew that somewhere in the heart of Manila lies an award-winning 'farm' with medical and wellness to get your health back on track? A two-hour drive south of Manila, the Farm sits on a hill over 1,000 feet above sea level on a former coconut and coffee plantation in the foothills of Mount Malarayat. Accommodation standards are supreme with suites and villas designed with an Asian touch, while dining options are a vegan's delight.

The farm prides itself in its Prevention, Recovery and Wellness programmes that each blends modern medicinal approaches like live blood analysis with spiritual healing, fitness and meditation. Also incorporated are detox treats like wheatgrass infusions, spa therapies and colon cleansing.

Although packages are available for those planning a week-long stay, day trips are possible with full access to the gym, pool, restaurants and spa called Salus Per Aqua (health through water). The dominating feature of the spa is an infinity pool with a majestic view of Mount Malarayat. The best rooms here are the two Thai massage pavilions overlooking the swimming pool.

A Seven-Day Recovery Retreat includes a medical consultation with live blood analysis, four colon hydrotherapy sessions, two colonic massages, seven spa treatments and two body salt baths, plus nourishment and raw food culinary lessons, and unlimited access to The Farm's facilities and group workout sessions. Seven-Day Recovery Retreat, USD2,962 (\$4,444).

SIX SENSES HIDEAWAY ZIGHY BAY

Zighy Bay, Musandam Peninsula Sultanate of Oman

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A place for adrenalin-junkies and beach hedonists, Zighy Bay's biggest draw is the award-winning Six Senses spa – an Oman-styled oasis that has nine treatment rooms, a juice bar and two Arabian hammams (steam bath). The spa's wide-ranging menu of regional and Six Senses signature treatments focus on East and West therapies using natural products.

A must-try is the Wonders of Oman treatment, which helps eliminate toxins and improve blood circulation via an essential oil detoxifying bath, body scrub with local spices, an Arabian Body Rasul mud cleansing and deep-tissue massage.

Most of its spa treatments are a la carte, but there are timed packages like five-day personal trainer programmes to get you back into shape; or the Executive Detox, which is a two-day programme that includes two signature massage treatments (either Oriental, Holistic or Swedish), a 90-minute purifying abdominal and head massage by holistic therapist Alison Potter, coupled with spa cuisine at three of Zighy Bay's restaurants, best consumed overlooking the majestic Arabian peninsula.

Zighy Bay is a sleepy fishing village where goats roam rudimentary roads in a secluded enclave located on a headland on the northern Musandam peninsula in the Gulf of Oman. A 90-minute drive from Dubai International Airport, this area is

a hot spot of geologists for its fossil-laced mountains, made up of old coral and sediments when it was a seabed thousands of years ago. The 79 villas are built with local stone, each with its own private infinity pool and charming touches like his-and-hers bicycles and outdoor showers.

Executive Detox, USD2,185 (\$3,287) for two days.