

# COUNTRY & TOWN HOUSE

THE BEST OF  
BOTH WORLDS

MAY 2018 £3.90

**GOING  
TO THE  
CHAPEL**

Our guide to  
getting hitched

**LA BELLA  
FIGURA**

*Living the  
Italian way*

**THE ONLY  
WAY IS ESSEX**

Why the county is  
really super cool

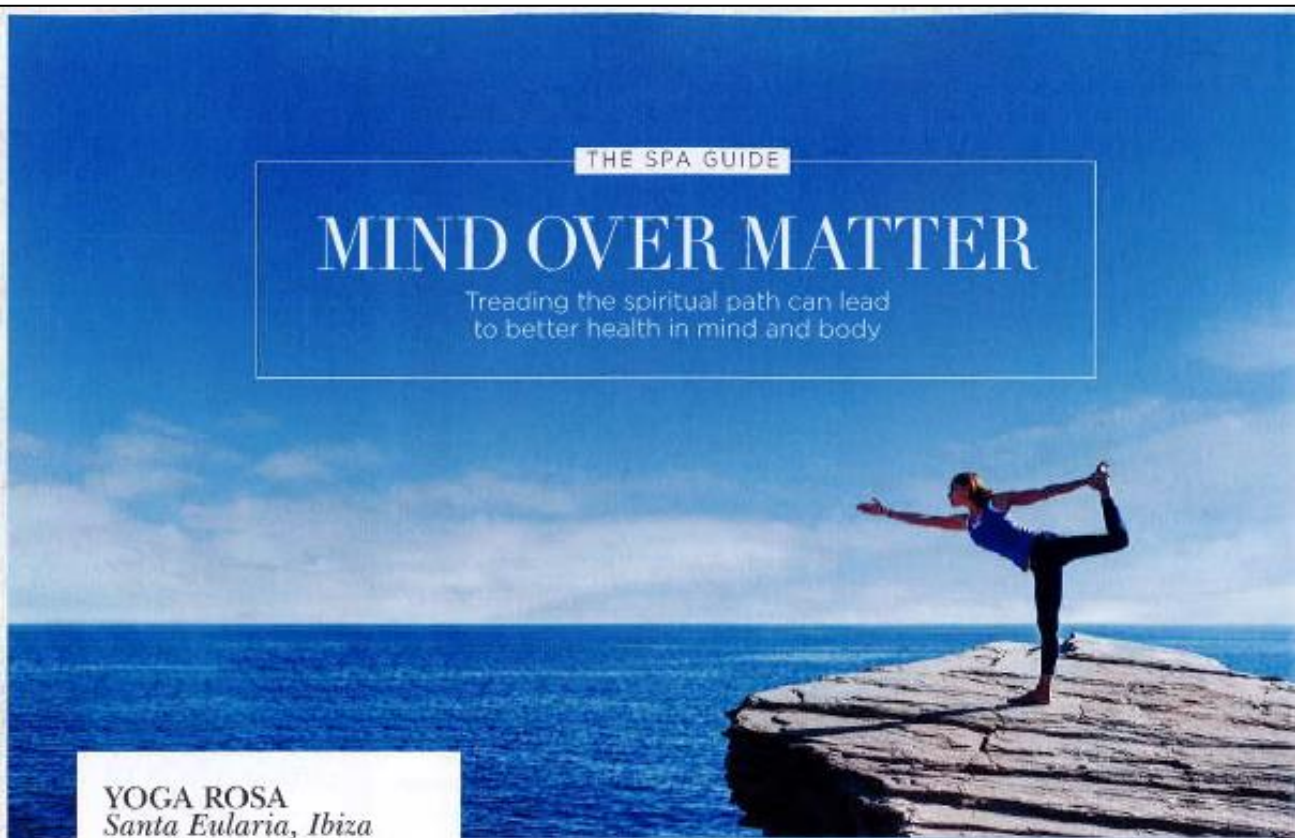
**SPA GUIDE**

*Grab your health with both hands*

THE SPA GUIDE

# MIND OVER MATTER

Treading the spiritual path can lead to better health in mind and body



## YOGA ROSA *Santa Eularia, Ibiza*

A decidedly quieter experience of the party island. Come to Yoga Rosa for daily two-hour morning yoga classes and meditation in the evening. Rosa is your teacher and she is passionate, authentic and works from the heart. Having recovered from a near-death accident, she now shares the tools she acquired with guests, and her feel-better magic can help shift you out of a rut. Her yoga is accessible to all, and while the hour's meditation may be challenging to begin with, the pace and methods used are varied enough that you'll cope better than you might think. This is yoga as a philosophy, not a sport - and Rosa's intention is to balance intellect with instinct. Meals are decadent and nourishing - taken as a group - and consist of a hearty brunch (eggs, porridges, the best tomatoes and avocado), followed by an early evening supper overlooking the setting sun. The chef carefully calibrates everything, and you barely realise you've gone vegan. Some days are allocated for silence and digital detoxing. Relish the quiet time and rediscover your inner world. Meanwhile there are beaches and markets to explore (if you hire a car), or you can hunker down on the estate with its two pools, pigs and chickens. The sunshine is healing in itself. A real find.

**BOOK IT:** Doubles from €250, all-inclusive. [yogarosaretreats.com](http://yogarosaretreats.com)



## AMANYANGYUN *Shanghai, China*

The first spa to open after Aman's new push into wellness is an impressive 2,840 sq/m, has ten treatment rooms and state-of-the-art gym; a yoga and pilates studio; suites for reflexology and hydrotherapy and bathhouses with a Russian banya and a hammam. With immersions in place which free you of stress, unwanted kilos or an imbalance between your ying and yang, this is somewhere where you should linger. Your doctor in traditional oriental medicine will diagnose a course of action which might

include acupuncture, will definitely include meditation and either tai chi or qigong. Body treatments are divided into grounding, purifying and nourishing. Nutrition and diet are also discussed and a menu created for you which can be adhere to whether you are eating in the Chinese, Japanese or Italian restaurant. Transformation is the aim of the game here, with a team dedicated to imparting the sort of knowledge that helps you maintain balance in your lifestyle, mind over matter indeed.

**BOOK IT:** Doubles from approx. £674 B&B, plus taxes. [aman.com](http://aman.com)



### FOUR SEASONS BALI AT SAYAN, *Indonesia*

The journey begins as soon as you arrive at the resort - over the lush valley via an Indiana Jones-style wooden sky-bridge and into a reception area like a sleek modern spaceship landed in the jungle. The spa itself nestles near the sacred Ayung River, lost in the rice paddies and verdant grounds dotted with soaring palms and fragrant frangipani. While it offers all the holistic beauty treatments you'd expect, it is in its bid to pamper the inner - as well as the outer - that it shines. The clue to this is in the bright eyes of the therapists. Conceived as a journey inward,

the spa's menu offers innovative treatments that concentrate on each chakra in turn. For those who like their spirituality more actively delivered, there is yoga, meditation, healing and dharma talks, as well as fabulous anti-gravity yoga. And on hand is the resident former Buddhist nun who oversees perhaps the most extraordinary treatment: the sacred nap. Cocooned in a silk hammock hanging in the middle of rice paddies, you are gently rocked as the sounds of nature and a story gently told lull you to sleep. Relaxation as you have never known it.

**BOOK IT:** Doubles from \$540 room only. [fourseasons.com](http://fourseasons.com)



### CHABLÉ RESORT & SPA *Chocholá, Mexico*

To the Mayans, cenotes (natural swimming holes) were sacred, so it makes sense that the spa at this stunning new 750-acre Yucatán resort is built around one. Dip into the complimentary daily programme of classes and you might find yourself practising early morning zen meditation or full moon yoga. Or book in for a treatment in one of the wooden cabins with a cenote-facing balcony. The Mayan herbal compress massage, where herbs grown onsite are combined with organic oils to ease muscle tension, leaves you floating. Tucked away in the forest is the temazcal

or 'sweat lodge' for anyone wanting a deeper, more soul-searching experience. It's not for the faint hearted (literally - as volcanic rocks are heated to up to 1,000°C) or those who are claustrophobic (you sit in the igloo-shaped lodge in the dark), but it can be incredibly emotionally cleansing as chanting and gentle questioning by a shaman help you recall some of your earliest feelings. The joy of this place is that it is more about balance than deprivation. A magical haven to unplug and reconnect.

**BOOK IT:** Doubles from £835 B&B ([chableresort.com](http://chableresort.com)). Return flights via Mexico City from £547.57 ([aeromexico.com](http://aeromexico.com))

## PACKING ESSENTIALS



**ATHENA PROCOPIOU**  
Sundown Breeze fringed silk kimono, £395. [boutique1.com](http://boutique1.com)



**SEP JORDAN**  
Cashmere shawl, £350. [sepjordan.com](http://sepjordan.com)



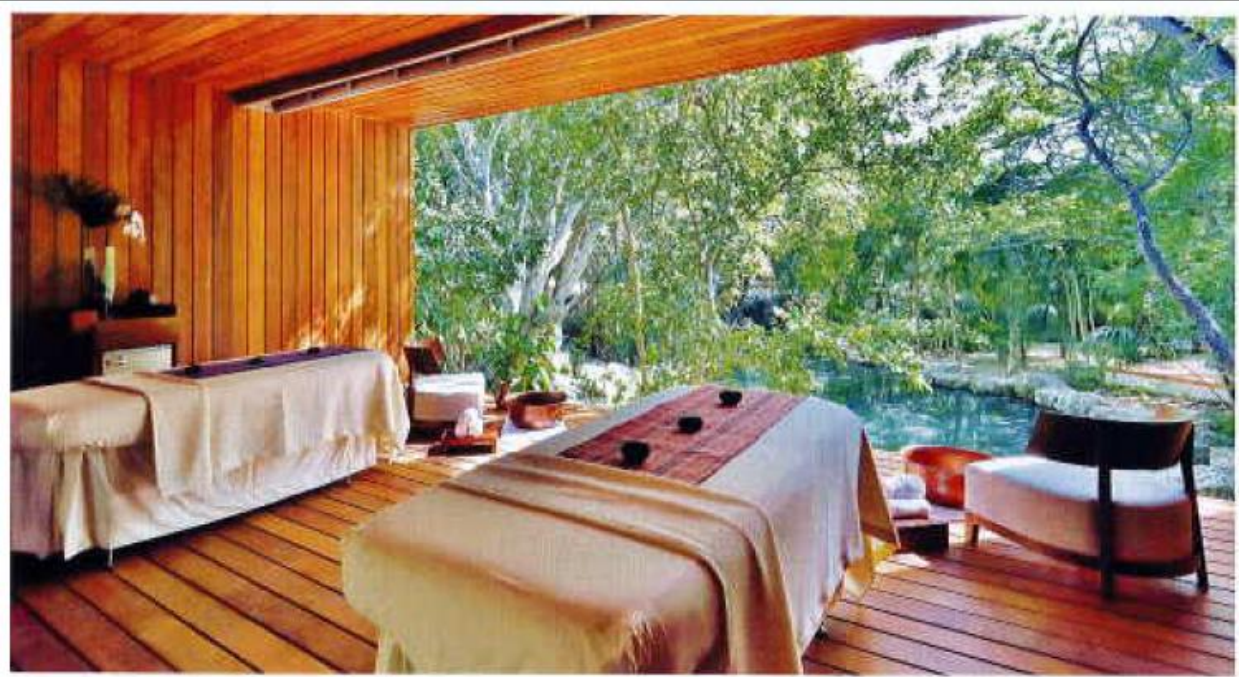
**MAYA & ME**  
Lana trousers, £150. [www.maya.co.uk](http://www.maya.co.uk)



**RAE FEATHER**  
Deborah monogram pom pom basket, £210. [raefeather.com](http://raefeather.com)



**KIN LIINI**  
Sandals, £65. [johnlewis.com](http://johnlewis.com)



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