



Wellness Escapes

Yoga retreats • meditation courses • creative escapes
• health spas • fitness classes • and more

Indulged



CAVAS WINE LODGE - ARGENTINA.....	164	●●●
HEPBURN BATHHOUSE & SPA - AUSTRALIA.....	165	●●●
INJIDUP - AUSTRALIA.....	165	●●●
PENINSULA HOT SPRINGS - AUSTRALIA.....	166	●●●
BALNEA SPA & THERMAL RESERVE - CANADA.....	167	●●●
BOTA BOTA - CANADA.....	168	●●●
SCANDINAVE SPA - CANADA.....	169	●●●
CHODOVAR - CZECH REPUBLIC.....	170	●●●
LES SOURCES DE CAUDALIE - FRANCE.....	171	●●●
NOLINKSI SPA - FRANCE.....	173	●●●
HOTEL BAREISS - GERMANY.....	174	●●●
AMAZOE - GREECE.....	175	●●●
PETRA SEGRETA - ITALY.....	177	●●●
AMAN TOKYO - JAPAN.....	178	●●●
BETTEI OTOZURE - JAPAN.....	179	●●●
PARK HYATT TOKYO - JAPAN.....	181	●●●
MÖVENPICK RESORT & SPA DEAD SEA - JORDAN.....	182	●●●
THE OBEROI - MAURITIUS.....	183	●●●
CHABLÉ RESORT - MEXICO.....	184	●●●
ROYAL MANSOUR - MOROCCO.....	186	●●●
THERMEN BUSSLOO - NETHERLANDS.....	187	●●●
THIEF SPA - NORWAY.....	188	●●●
SANDUNY BATH HOUSE - RUSSIA.....	189	●●●
SIX SENSES ZIL PASYON- SEYCHELLES.....	190	●●●
GROOTBOS PRIVATE NATURE RESERVE - SOUTH AFRICA.....	192	●●●

MEXICO

CHABLÉ RESORT

● Villa accommodation in a 19th-century hacienda ● Mayan mysticism and an on-site cenote ● Organic Mayan menus listed among the best in the world



Wrested back from the verdant jungle and restored to its original stately grandeur, this

19th-century hacienda and one-time sisal factory is now a world-class destination spa with 750 acres (300 hectares) of steamy Mayan jungle to lose yourself within. Centred around its own cenote – a natural limestone sinkhole celebrated by Mayans as the entrance to the sacred world – the spa has 12 modernist treatment rooms and three sweat lodges devoted to *temazcal* ceremonies conducted by visiting shamans.

Mornings start with conventional complimentary fitness classes: biking, yoga, combat fitness, Pilates and animal motion. Then hardcore spa acolytes progress to bespoke programs utilising chakra therapy, reiki, sound cleansing, Mayan rebirth massages and hypnotic three-hour *temazcal* rituals, where mind and body are stretched to their limits amid copal-infused steam clouds and shamanistic chanting all inside the intense darkness of a sweat lodge. Phew.

Besides the extraordinary treatments on offer, the beauty of Chablé's crumbling walls, snaking tree roots and dense forest hung with lanterns contributes greatly to a general feeling of bliss. It's a feeling that is further enhanced by the exceptional cooking of chefs Jorge Vellejo (of Quintonil in Mexico City, one of the best restaurants in the world) and Luis Ronzón.



Sourcing the best local ingredients, they serve up a modern Mexican menu that is thrilling to the tastebuds – pork cooked underground in spices and bitter orange, carpaccio of grilled mamey fruit, venison tartare with habanero-chilli vinaigrette. It's simply out of this world.

ON YOUR DOORSTEP

Just down the road is the quaint village of Chocholá, where you can pick up local produce such as honey. Otherwise, visit the Yucatán capital, Mérida, with its wonderful museums, art galleries and restaurants.

\$ Mayan herbal compress massage
US\$240

100% Mayan-inspired cuisine using only organic ingredients

☛ Chocholá, Yucatán
+52 554 161 4262
<http://chableresort.com>

