

Press Coverage 2019: Chablé Resort & Spa

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Ultimate Spa Destinations



The best global spa retreats —

Some of the most luxurious and dedicated spas around the world offer so much more than pampering and relaxation - they align Eastern healing techniques with state-of-the-art science and technology to help you tackle a full range of health and wellness concerns, with the aim of transforming the way you approach your day-to-day regimes for excellent and realistic long-term results. Here are some of our current favourites.



The Spa at Four Seasons Hotel New York Downtown

27 Barclay St, New York, NY 10007, USA

Best for: Holistic healing, clarity, enlightenment, a technological detox, positive affirmation, and fine tuning the body and mind.

The approach: According to the hotel and spa manager, a visit here is not just about a one-on-one pampering treatment, but achieving optimum wellness and connectivity. The spa's unique approach aims to redefine wellness, and encourages guests to adopt their practices as a lifestyle. Many guests reportedly arrive feeling sleep-deprived, overworked, jet-lagged, tech-obsessed, and unsure about how to boost their health and wellness. They leave feeling renewed, calm, and focused with a new appreciation for striking a balance in their day-to-day routine.

Why it works: The space has its own in-house *Resident Healers Programme* led by three holistic experts who promise to help you achieve physical, emotional and mental strength. Deganit Nuur is an acupuncturist, herbalist and clairvoyant; Rashia Bell is a crystal healer and meditation master, and Snow Shimazu is a travel wellness expert and guru, as well as an advanced body work educator. And if you like a more traditional approach to fitness and getting in shape, you can work out at the hotel's state-of-the-art fitness centre. Skincare buffs are in for a treat too as there is a restorative, science-led skin treatment menu, devised by Dr. Pauline Burgener of Switzerland.



Sha Wellness Clinic

Carrer del Verderol, 5, 03581 L'Albir, Alacant, Spain

Best for: Workaholics, tech addicts, insomniacs and those experiencing trauma, loss or difficult relationships.

The approach: Sha Wellness Clinic marries traditional medical healing with Eastern philosophy and practices. Its founder Alfredo Bataller cured his own chronic illness through diet and naturopathy, and created the *Discovery Programme*, which is a holistic mind-and-body plan that incorporates the importance of self-awareness and meditation to reduce stress and trauma, and restore inner peace.

Why it works: The retreat is often described as “life-changing”. Guests are encouraged to explore creative pursuits like cooking, painting, singing and writing in a bid to reconnect with their inner self, and achieve an overall sense of wellbeing. Add to this a macrobiotic menu, which promotes weight loss and a clear mind and complexion, mindfulness techniques to help you be present and centred, individual yoga sessions, and daily examinations with a medical doctor to monitor your brain activity and gauge how you cope with stress triggers.



Epic Sana Algarve

Aldeia da Falésia, 8200-593 Albufeira, Portugal

Best for: Weight loss, a motivational push and to kick-start your health and wellness, with a hit of sunshine thrown in.

The approach: The hotel sits on the cliffs above the beautiful Falesia beach, and there are few better settings in which to rejuvenate, kick start your energy levels and soak up all that lovely sunshine and vitamin D. It won't be hard keeping up your new year exercise resolutions when you can embark on an early morning jog along the white sandy beach, or go mountain biking through woodland trails.

Why it works: The retreat blends holistic treatments, like reflexology and body mud-wraps with motivation driven fitness treatments including boot-camp circuits, spinning, cosmic yoga and Pilates. If you're seeking solace, all the facilities are set up to allow guest to dine, work out or hangout solo. And if you're not on a personalised meal plan, you can reward your hard work by tucking into fabulous home cooked pasta dishes at the Italian restaurant Lima, or go all out with the seven-course tasting menu and wine pairings at Al Quimia.



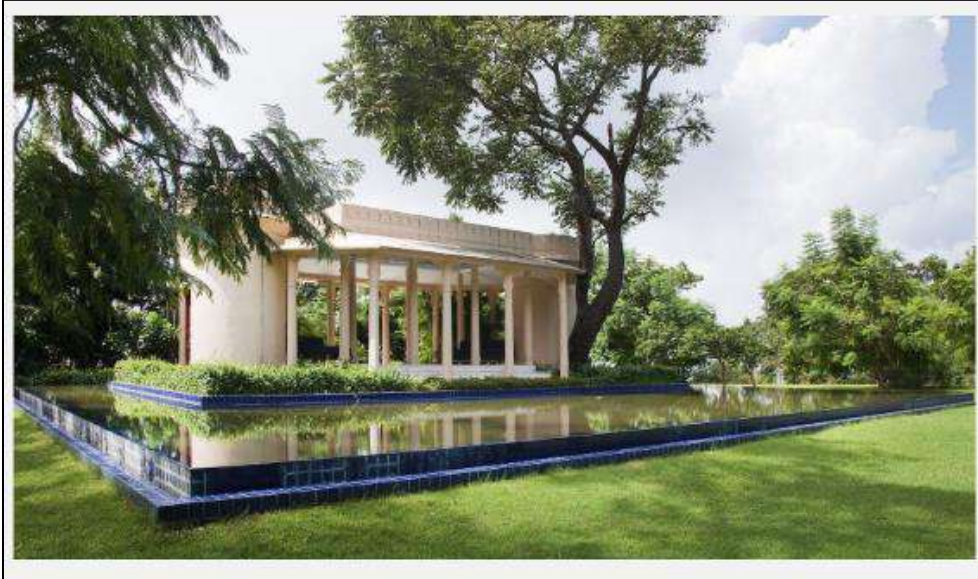
Chablé Resort & Spa

Tablaje 642, San Antonio Chablé, 97816 Chocholá, Yuc., Mexico

Best for: Transformative treatments, existential epiphanies, and hard-core physical and mental rewiring.

The approach: This is a destination spa set on 750 acres in the steamy Mayan jungle. It's a 21st century spa, complete with a fine dining restaurant, library, bar, wine cellar and plenty of corners to chill out in while sipping local spirits - Chablé has the world's largest private tequila collection. But tranquility can be found at the restored 19th century hacienda where Ayurvedic yoga, meditation walks, qigong and t'ai chi are on offer. Framed by lush, rolling lawns, this is the only spa in the world with its own cenote - a natural limestone freshwater sinkhole in which you may swim, celebrated by Mayans as the entrance into the sacred underworld.

Why it works: Whether you require a detox programme or holistic transformation, an expert team of therapists are on hand to offer chakra therapy, reiki, Mayan rebirth massages, sound cleansing, three different types of temazcal - a pre-Hispanic sweat-lodge - and sessions with local spiritual guides. This is also your chance to experience hypnotic three-hour rituals that blend traditional Mayan therapies with Eastern healing methods; work out in the high-tech gym or try a bespoke flotarium. If total relaxation is the aim, lounge by the pool throughout the day and in the evening, savour the gastronomic wonders of consulting chef Jorge Vallejo (who has also achieved fame and recognition at his Mexico City restaurant Quintonil and featured on the World's 50 Best Restaurants list).



Ananda in the Himalayas

The Palace Estate, Narendra Nagar, Uttarakhand 249175, India

Best for: Weight loss, physical and mental fitness, holistic healing and a total escape from reality.

The approach: In 1968, the Beatles put Rishikesh on the map when they came here to learn meditation. Fifty years on, the birthplace of yoga is still attracting the likes of Oprah Winfrey, Uma Thurman and Melinda Gates. The hotel is set within a 100-acre estate, surrounded by emerald green lawns that serve as a parade for the peacocks, set against the backdrop of the Himalayas. Quintessentially members can take advantage of a range of benefits as guests.

Why it works: The retreat is based on Ayurvedic practices and guests should leave well-informed as to its principles. Those that thrive on structure and a personalised treatment programme, will love that the experience starts with an initial consultation to establish your prakruti (constitution) and the imbalances of your doshic energies: vata (wind), pitta (fire) and kapha (water). These form the basis of your rejuvenation plan.



Brenners Park-Hotel and Spa

Schillerstraße 4/6, 76530 Baden-Baden, Germany

Best for: A country escape, advanced medical care, preventative health, and scientific health and wellness treatments.

The approach: This Beaux-Arts era hotel established 140 years ago, is set in a valley in the heart of the Black Forest close to the historic town of Baden-Baden, which is famous for its thermal baths and curative springs. The spa is a marvellous combination of old-world charm and tranquility with state-of-the-art medical care. Today, the hotel and adjoining Villa Stéphanie - a 15-room residential spa that was previously a rehabilitation clinic - have been transformed into a chic sanctuary. The rooms are outfitted with a digital detox switch, and guests can enter the spa and private gymnasium via a residents-only staircase.

Why it works: The hotel's medical care centre offers preventive health care, two-day comprehensive examinations, and even aesthetic dentistry. Sign up for a full-body overhaul that includes ophthalmology, cardiology, physiotherapy, and aesthetic medicine. Or for a more retreat-like approach enjoy a facial or body massage including Sisley's selection of specialist luxury treatments namely clarifying, detoxifying and utterly relaxing. Then relax on one of the many terraces overlooking the river Oos and take advantage of the two-star Michelin restaurant at Brenners Park-Hotel and Spa.

If you are in need of a wellness reboot, our team of specialists can help you find the ideal location tailored to your needs and lifestyle, and carve out a plan to kick-start your new approach to long-term health. Please contact them on: +44 (0)20 7022 6560 or info@quintessentiallytravel.com