

# COUNTRY & TOWN HOUSE

THE BEST OF BOTH WORLDS

MAY/JUNE 2020 £3.90

## TOUCH WOOD

*Why we need  
to hug a tree*

## PLANET ORGANIC

*Carole Bamford  
is the queen  
of green*

## DIG DEEP

*Meet the women  
helping to save  
our soil*

## STELLAR SPAS

*Book now for  
later: we'll all  
be needing  
a reboot*

# A MODEL MANIFESTO

*Arizona Muse on how to live a better life*

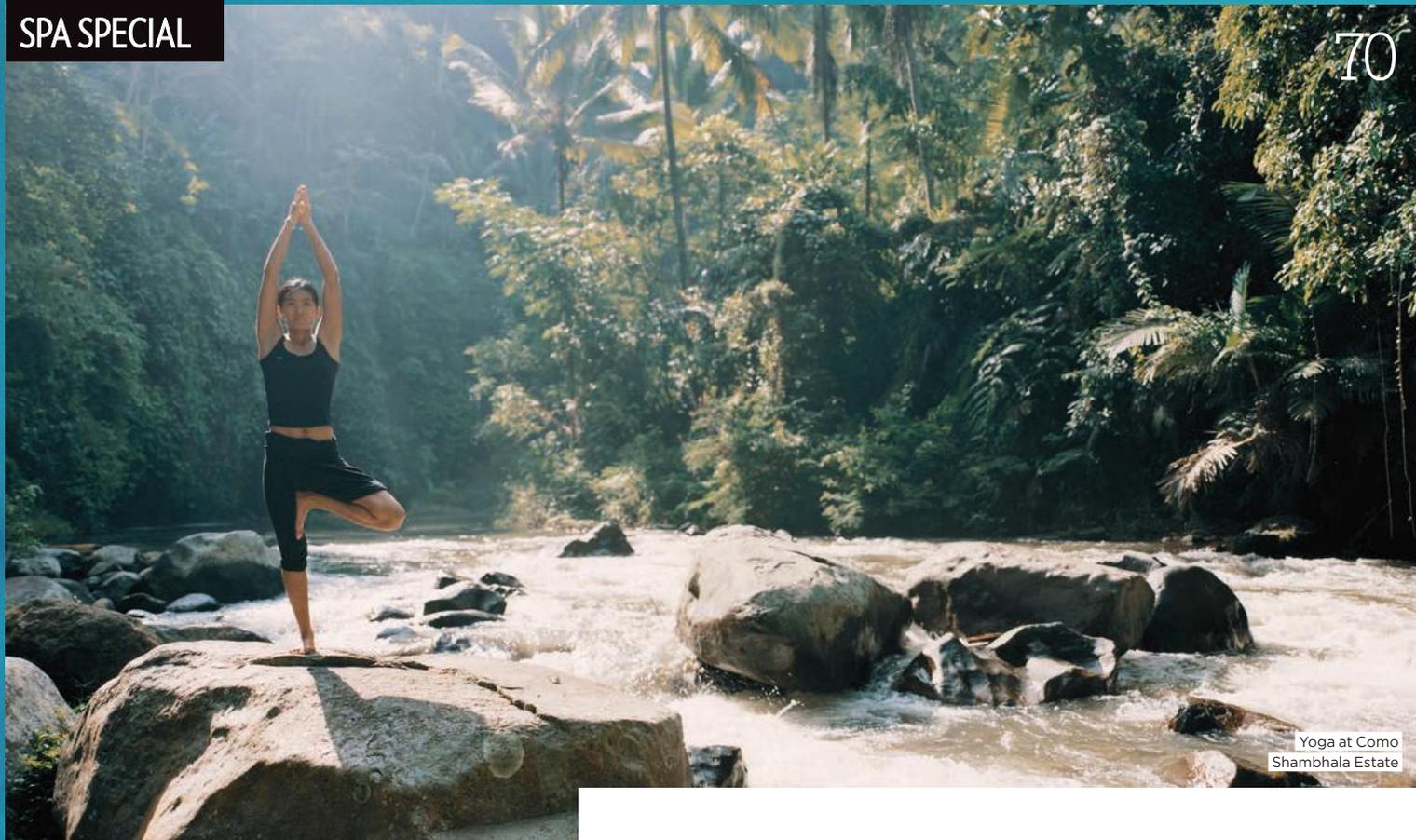
Floating away at Lefay  
Resort & Spa in the  
Dolomites

# SPA GUIDE

*Edited by Daisy Finer*



THE PERFECT PLACES TO HIT RESET



Yoga at Como Shambhala Estate



78



90



**ON THE COVER:** Lefay Resort & Spa. [dolomiti.lefayresorts.com](http://dolomiti.lefayresorts.com)

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# EDITOR'S LETTER



**T**he need to focus on staying happy and healthy has never been felt so acutely. What seemed to be a year so full of fresh promise has been ripped away from us. Our world is changing as I write. It's scary and we all feel anxious. What can we do? Take each

day, each breath, as it comes. Know and trust that out of the agony, a new world will be born. There are so many lessons to be absorbed. Technology, travel,

fast food, instant gratification – all are supposedly in place to make our lives easier and yet, amid all the progress and forward motion, we already knew something was afoot. Stress, anxiety, tension, hurry, the desire to be and have more, do not for a happy life make. As the world pulled us faster and further away from our inner essence, the desire to slow down, get close to ourselves and pause had never been more urgent. And now we are being forced to do just that: slow right down and reset.

The *Country & Town House Spa Guide* offers insight into those places that will be waiting for us once we are out the other side. Those places that offer a space to find peace, healing and inner nourishment. The need for individual time to reflect and process will be paramount. Continuing to trust in the universe, in travel and inspiration, in real time connection with our fellow beings, as well as creating our own full stops, is part of our historical and personal responsibility. The children of today will learn from us how to cope with a future that we cannot predict.

Within these pages you'll find healing stop-outs from India to Italy (we will go back), offering everything from meditation and massages to digestive cleanses and fitness overhauls. Why wouldn't you want to gift yourself that? Take time to tend and befriend, rest and digest. Mostly, take time to dream, and to hope. When all is said and done, the greatest victory will be to rediscover that behind the fear, our fundamental joy in the beauty of the world remains. Be brave.

# TOTAL TRANSFORMERS

THESE HARDWORKING HAVENS WILL DO THEIR BEST TO RECALIBRATE, RE-EDUCATE AND REVITALISE YOU

## EUPHORIA RETREAT

THE PELOPONNESE, GREECE

Tucked among fragrant lemon trees in the shadow of the sacred Mount Taygetos is Europe's most exciting new spa. Euphoria Retreat is the very particular vision of founder Marina Efraimoglou, whose brush with cancer changed the course of her life: she left banking to retrain in traditional Chinese medicine. Properly holistic and imbued with a real sense of joy, Euphoria's 45 warm rooms come clad in Byzantine colours of muted gold and deep reds. And the spa is at its very heart. Four storeys high, its core is an inner well where stairs twist from the cold darkness of a Kneipp bath to the blue skies above. Off this are a Himalayan salt room, an infrared sauna, Watsu pool, hammam and domed indoor pool. Science is also here in the form of Greek guru George Leon, who fixes broken metabolisms with a patented 3GL test that reveals your glutathione level (an indicator of metabolic health) and ensures your diet is tailored accordingly. And then there are the transformational journeys guided by Marina in which, through exploring the Chinese five elements, we learn who we really are.

**BOOK IT:** Healing Holidays offers a seven-night Emotional & Physical Transformation retreat from £4,375pp, with BA flights and transfers. [healingholidays.com](http://healingholidays.com)



## KAMALAYA

KOH SAMUI, THAILAND

Where the wisdom of an Indian ashram meets a tropical haven. Founded by John and Karina Stewart, the former a yogi monk for 16 years, the latter a master of Chinese traditional medicine, Kamalaya has all the beautiful holistic spa treatments you could wish for, plus a state-of-the-art fitness centre. At its heart is meditation, yoga and the need to balance body and mind, with four former monks on hand to offer guidance. Built around a mystical Buddhist cave and shrine, the resort flows steeply downhill to a charming beach, perfect for relaxing between treatments. Rooms and villas, plus two

restaurants, two swimming pools and a yoga pavilion, are hardly visible among the frangipani and casuarinas. Choose from one of 15 programmes covering health, diet, fitness and emotional wellbeing, or pick treatments and (free) classes à la carte. Treatments include both eastern and western techniques and visiting therapists are world-class. Never have diet and detox dishes tasted so varied and delicious. But perhaps best is the friendly, collective vibe: famous faces melt into the background and the communal table at dinner is always animated.

**BOOK IT:** Five-night Embracing Change programme from approx. £2,700 all-inclusive. [kamalaya.com](http://kamalaya.com)

## COMO SHAMBHALA

UBUD, BALI

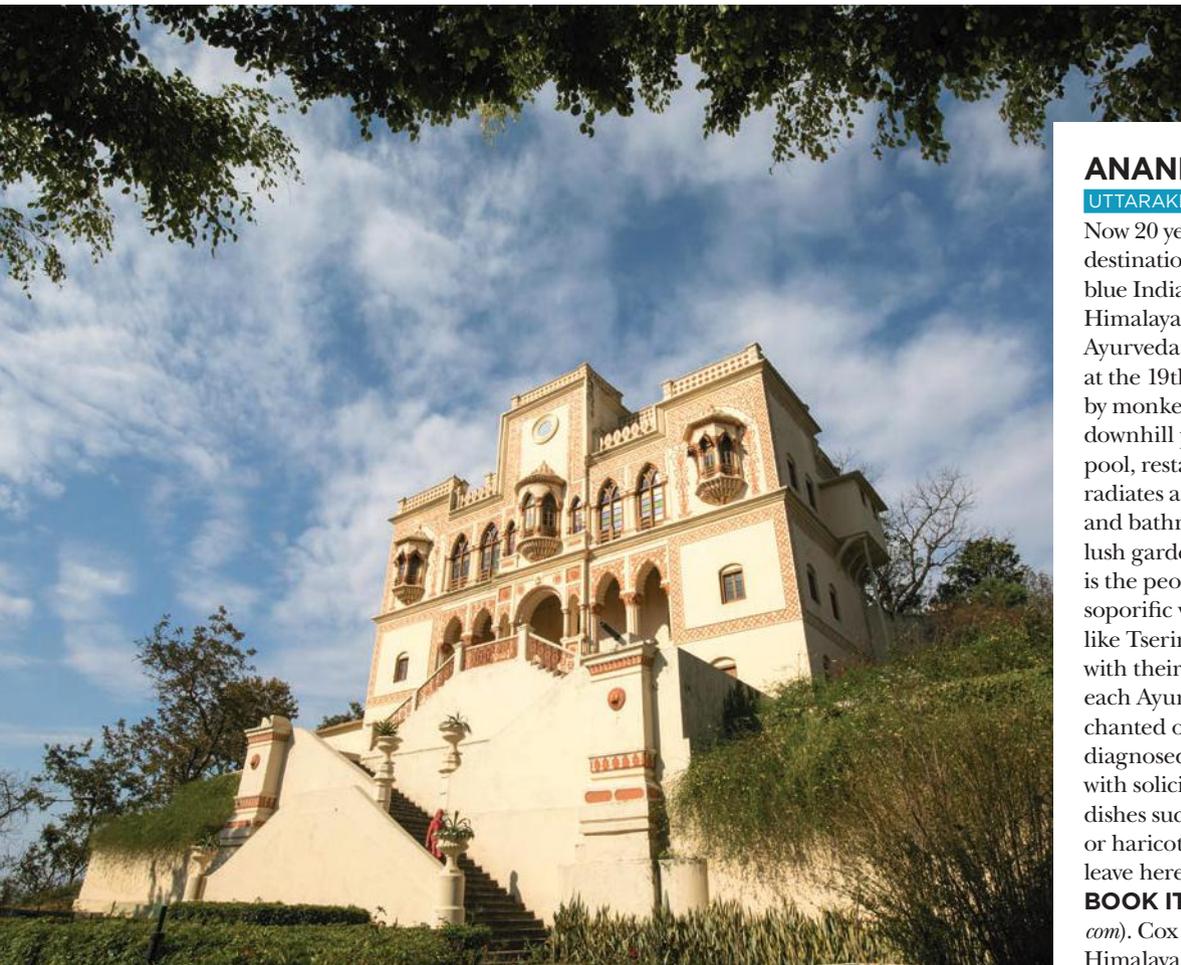
In a fairyland of ferns and frangipani, the jungle alive with birdsong, a priest chants rhythmically as a couple dip their heads under a stream of water gushing from a stone wall, clad in sarongs. They join the priest, who performs a Balinese blessing ceremony by the holy spring set into the rocks.

But this is not an initiation into a new religion, it's just one part of the 'day of tranquillity' experience at Como Shambhala, and the pair are guests having a spa treatment that lasts eight hours and soothes the soul, quiets the mind, stretches the muscles and pampers the body.

For this is so much more than a spa. Styled as a residential health retreat, the intention here is to help guests make life changes that will last, with different wellness programmes to that end. Yoga, meditation, tai chi, qigong, pilates and fitness experts teach clients to nurture spirit and mind as well as body.

Fitness junkies have the whole estate to jog around and there are steep steps into the river valley to increase lung capacity. Whether you come to change your life or simply to immerse yourself in the incredible natural surroundings, a stay here is unrivalled.

**BOOK IT:** Garden Room, from £571 B&B.  
[comohotels.com/comoshambhalaestate](http://comohotels.com/comoshambhalaestate)



## ANANDA IN THE HIMALAYAS

UTTARAKHAND, INDIA

Now 20 years old, Ananda is a truly holistic destination that, high up above the Ganges under blue Indian skies stretching over snow-capped Himalayan peaks, immerses you in a world of Ayurveda, yoga and Vedanta philosophy. Arrive at the 19th-century Viceregal Palace to be met by monkeys and marigolds before swooping downhill past three villas to the spa, swimming pool, restaurant and 70 rooms. The atmosphere radiates a sense of peace; bedrooms are cosy and bathrooms have huge windows overlooking lush gardens where peacocks strut. But really it is the people here that make it. Sandeep with his soporific voice during yoga nidra, and therapists like Tsering from Tibet and Aretha from Kerala with their shy smiles and caring hands. Before each Ayurvedic treatment a Sanskrit prayer is chanted over you. Food is tailored to your dosha, diagnosed by the doctor on arrival and served with solicitude by the friendly waiters. Expect dishes such as curry leaf-marinated, griddled fish or haricot beans and palm heart salad. Expect to leave here lighter in body and enriched in mind.

**BOOK IT:** Doubles from £568.50 ([anandaspa.com](http://anandaspa.com)). Cox & Kings offers tailor-made trips to the Himalayas ([coxandkings.co.uk](http://coxandkings.co.uk)).