

Condé Nast Traveller

SEPTEMBER 2017 £4.40

ALL SUMMER LONG

NEW OPENINGS IN FORMENTERA, MONTAUK, PROVENCE, HARBOUR ISLAND & BRAZIL

THE BEST SECRET SPOTS IN
SPAIN, THE PHILIPPINES, RURAL
JAPAN & THE ITALIAN ISLANDS

WILD SUPPER CLUBS
+ THE WORLD'S MOST
BEAUTIFUL PATISseries



THE RAKUS EFFECT

When it comes to top-to-toe wellness, look no further than Dr Rita Rakus and her plethora of body-rejuvenating treatments

Body tweaks are Dr Rita Rakus's speciality. The celebrity-favoured doctor, who has more than 20 years' experience, and her team of award-winning experts are on hand to help you shape up your body and soul. Whether you are about to go on a beach holiday or want to target a body area you've struggled to keep in shape, Dr Rakus's clinic in Knightsbridge offers an assortment of transformative, non-invasive treatments that will make you body confident, whatever your concern. With the newest equipment and techniques on offer, you can choose from the latest treatments and technical developments available. From fat-blasting with Coolsculpting and Sculpture to VelaShape III's cellulite-blasting, you can choose and adjust your body programme to target your problem areas. There's also Soprano, the latest in painless laser hair removal that leaves you with smooth results and low-maintenance hair management. And if it's a body lift you're after, look no further than the clinic's 'Knightsbridge Lift'. Carried out by Mr Kambiz Golchin, the lift uses Hyaluronic acid-based injectables and ULTRAcel, a tightening technique, to manage stubborn fatty tissue in areas such as the bottom with impressively speedy results. ULTRAcel also works well when combined with X-Wave, which uses high-energy radial shockwaves to stimulate collagen. ULTRAcel and X-Wave work to firm, tighten and encourage elasticity to smooth and banish cellulite quickly. Then there's The Wriggler, a treatment that can tackle anything from lifting your bottom to toning your stomach, using cutting-edge technology to contour. It uses magnetic field induction to break down fatty tissue and contract muscles using a high frequency, which will deliver a tighter tummy and firmer butt. Also known as the 'The London Lip Queen', Dr Rakus is highly regarded when it comes to natural-looking lip enhancements. After an in-depth consultation, Dr Rakus will treat your lips to create your preferred effect, often using a combination of treatments to achieve lip rejuvenation and fullness but with subtle results. You could say the clinic is a one-stop body-contouring shop.

CONTACT US The clinic is located in Knightsbridge, opposite Harrods, at 34 Hans Road, London SW3. For more information, visit dritarakus.com or call 020 7460 7324.

Yoga Face

It's not just your body that can benefit from Dr Rakus's clinic and her renowned treatments. Martina Rakus's Facial Yoga is the latest non-invasive radiance booster. Fast becoming the go-to facial treatment, it works to re-energise from within. Developed by New Yorker Annelise Hagen, the technique works your facial muscles, much like when you exercise your body muscles. The theory? Your facial muscles will become stronger, tighter and toned, banishing slackened skin and restoring a natural glow. We'll namaste to that.





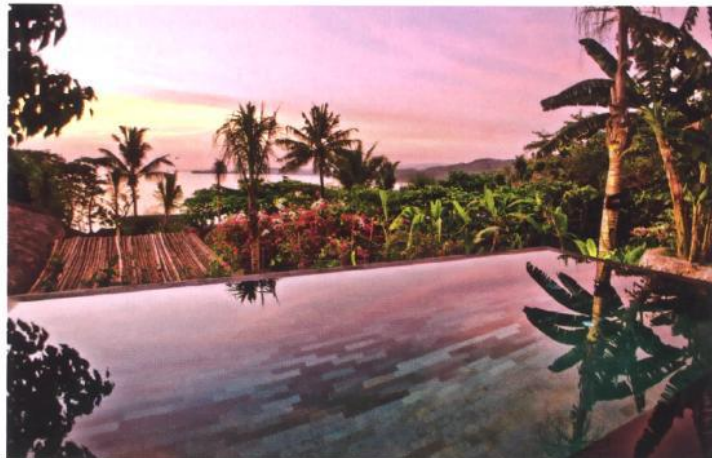
Sound

Yeotown, Devon

Peace and quiet might be in short supply in the city, but this dreamy design den on the dramatic North Devon coast offers silence and solitude in a thrillingly physical week of yoga, coastal hiking and Pilates sessions. Yeotown is the dual vision of ex-TriYoga Vinyasa Flow teacher Mercedes Ngho Sieff and her surf-loving interior designer husband Simon. Beautifully converted farmhouse bedrooms and luxurious new eco-lodges make this a thoroughly instagrammable experience. It's something of an insider's secret with a loyal west London following, and you'll meet a mix of fashion editors, exhausted entrepreneurs, designers and actors. Many return time and time again for the same reason: Yeotown is a super-effective detox that feels like a holiday. If your body is saying it needs a bootcamp, but your soul can't handle the thought of shouty ex-squaddies and noisy school-trip surroundings, this is the retreat for you.

A five-day Yeotown detox starts at £1,870; yeotown.com

Clockwise from top: Yeotown; therapy room at Brace Space Retreat; Lulu Amahu villa private pool, Nihiwatu



Nihiwatu, Sumba, Indonesia

Nestled on one of Indonesia's most unspoiled islands, Nihiwatu is a luxury resort with serious soul. Pristine Sumba is a spectacular setting for one of the most secluded and serene eco lodges on the planet; there's nowhere better to drink in the sound of silence. Perched right on the cliff edge, Marangga villas offer thrilling ocean views and outdoor bedding so you can sleep under the stars, lulled to sleep by the sound of the waves crashing below. But peace and quiet isn't the only luxury on offer here; there's a private beach with exemplary watersports facilities, horse riding,

and even an outdoor cinema on the beach. Villas from £790; book with scottdunn.com

Breathing Space Retreat, Lanzarote

Mention that you're spending your holiday learning how to 'breathe' and you'll inevitably be greeted by raised eyebrows. But breathwork is one of the strongest well-being trends of 2017, and Alan Dolan has a cult following among celebrities, sportspeople and burnt-out city workers thanks to his practical and refreshingly no-nonsense approach to a tried-and-tested technique. This is not a silent retreat, but focusing on nothing but the sound of your



breath, and the peaceful setting, breeds a special sort of serenity. Devotees – who include Kate Hudson and Naomie Harris – swear that breathwork eradicates stress, improves digestion, boosts energy levels and helps process trauma and emotional upheaval. Between the twice-daily conscious breathing sessions there are world-class massages and bodywork sessions on offer from Martin Cairoli (martincairoli.com).

Four-day workshops in Lanzarote or the UK start at £1,040 per person, on an all-inclusive basis; breathguru.com



Touch

Ghost Ranch, New Mexico

Everyone knows that pottery is the hot new hipster hobby, as therapeutic as it is fun. And we can't think of a better place to get your hands dirty than Ghost Ranch, the impossibly atmospheric former home and studio of American artist Georgia O'Keeffe, who took inspiration from the stunning red-rock terrain of New Mexico throughout the 1940s and 1950s. Today Ghost Ranch retreat runs more than 300 courses in everything from spirituality and photography, to archeology and writing. But it's the clay-based workshops that are the big draw. The week-long Playing With Fire course takes you through the clay process from beginning to end; from harvesting the clay to kiln-firing ceramic pots and cups.

A seven-night Playing With Fire clay retreat at Ghost Ranch starts at £600 per person, excluding flights: ghostranch.org

Wildfitness, Alladale, Scotland

Wildfitness was an early pioneer of outdoor fitness and mindful workouts, and today it has bases as far afield as Zanzibar, Crete and Berlin. But to really get back to nature – and to really get mud underneath your fingernails – urban escapees head for the Highlands of Scotland and the awe-inspiring 23,000-acre Alladale, a Victorian sporting estate just north of Inverness. Wildfitness director Eric Walters describes Alladale as a 'natural playground', where the rivers, hills, lochs and pine forests are all put to good use in this seven-day outdoorsy escape, which includes fly-fishing in the loch, barefoot running on the beach, rugged mountain hikes and outdoor circuits in the forest. Part fitness overhaul, part digital detox and mind reset, you'll leave the fluorescent lighting and pounding house music of stuffy city gyms far behind, get back in touch with your senses and discover that you're much more of a wilderness-embracing badass than you ever imagined.



A seven-day Wildfitness Scotland retreat costs £2,400; wildfitness.com

Golden Door, California

This legendary So-Cal spa has been Hollywood's worst-kept secret since the 1950s, with a steady stream of A-listers including Natalie Wood, Elizabeth Taylor, Nicole

Kidman, Olivia Wilde and Barbra Streisand checking in for the signature seven-day retreat that promises to restore your senses and make you feel comfortable in your own skin again, from one Sunday to the next. Recently reopened after a lavish refurb, Golden Door has reinvented itself for a fresh generation of stressed-out high-flyers, privacy-seeking celebrities and digitally detoxing creatives who crave some R&R but don't do deprivation. Guests wake up to a dawn mountain hike and wind down with a daily deep-tissue massage. In between, there's a swanky gym, two swimming pools and more than 40 scheduled exercise sessions, including yoga, Tai Chi, barre, dance and free weights to keep guests busy. Expect to depart a few pounds lighter, significantly stronger and

with a whole new attitude towards your body. **The Golden Door signature seven-day retreat costs £5,000, all inclusive; goldendoor.com**

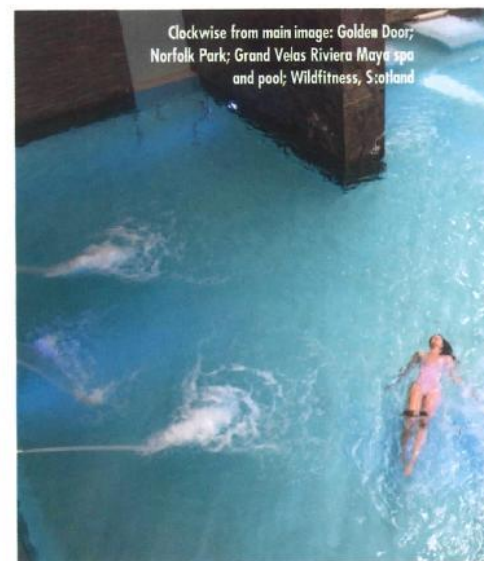
Grand Velas Riviera Maya, Mexico

The sort of spa hotel that proves truly transformative sits in a spectacular setting, so that when you've restored your body, you can treat your soul to all the delights of the world outside. The blissful Grand Velas Spa is a luxuriously tactile experience, with a hydrotherapy circuit that includes a clay room, ice room and experience pool, along with life-changing massages and locally inspired treatments. And then, when you're ready to explore, you have Mexico's Riviera Maya on your doorstep. This is one of the hottest destinations on the planet right now, spanning both glam Cancun and the boho-luxe epicentre of Tulum. Of course, it helps that the region is blessed with picture-perfect scenery, palm-fringed beaches and awe-inspiring ancient Mayan ruins. **From £550, all inclusive; rivieramaya.grandvelas.com**



Norfolk Park by Dream Lodge Holidays, Norfolk

If you're seeking serious R&R but don't have the time or the energy for a long-haul flight, opt for a super-indulgent staycation along the North Norfolk coast. This family-run and long-standing luxury lodge portfolio has sumptuous rental properties at eight carefully chosen natural locations around the UK, including East Anglia and the South West, but the superb facilities at Norfolk Park are a standout. With a heated outdoor pool, divine sunbathing terrace, futuristic gym and indulgent spa, this is just the place to get comfortable in your own skin again, with innovative treatments such as lava shell warming back massages and bespoke facials. **Lodges from £162 per night; dreamlodgeholidays.co.uk**



Clockwise from main image: Golden Door; Norfolk Park; Grand Velas Riviera Maya spa and pool; Wildfitness, Scotland

TRANSFORMED IN A DAY

Not got time to book a week away? These London spas and clinics can sort you out on your lunch hour

Gazelli House, Belgravia

With homely, stylish interiors, this innovative west London retreat feels more like a private members' club than a typical hotel day spa, but don't doubt the efficacy of the treatments on offer. A crack team of facial experts prescribe next-generation skincare treatments based on co-founder Dr Hamzayeva's potent formulations, and the team of visiting practitioners to The Sky Parlour work with issues such as body image, sleep problems and anxiety. gazellihouse.com

Dr Rita Rakus Clinic, Knightsbridge

A true veteran and trusted name within London's competitive cosmetic clinic realm, Dr Rakus's award-winning clinic is the place to come for everything from non-surgical facelifts to lip augmentation, Ultherapy and Thermage treatments. Everyone steps out of her Knightsbridge clinic feeling better. dritarakus.com

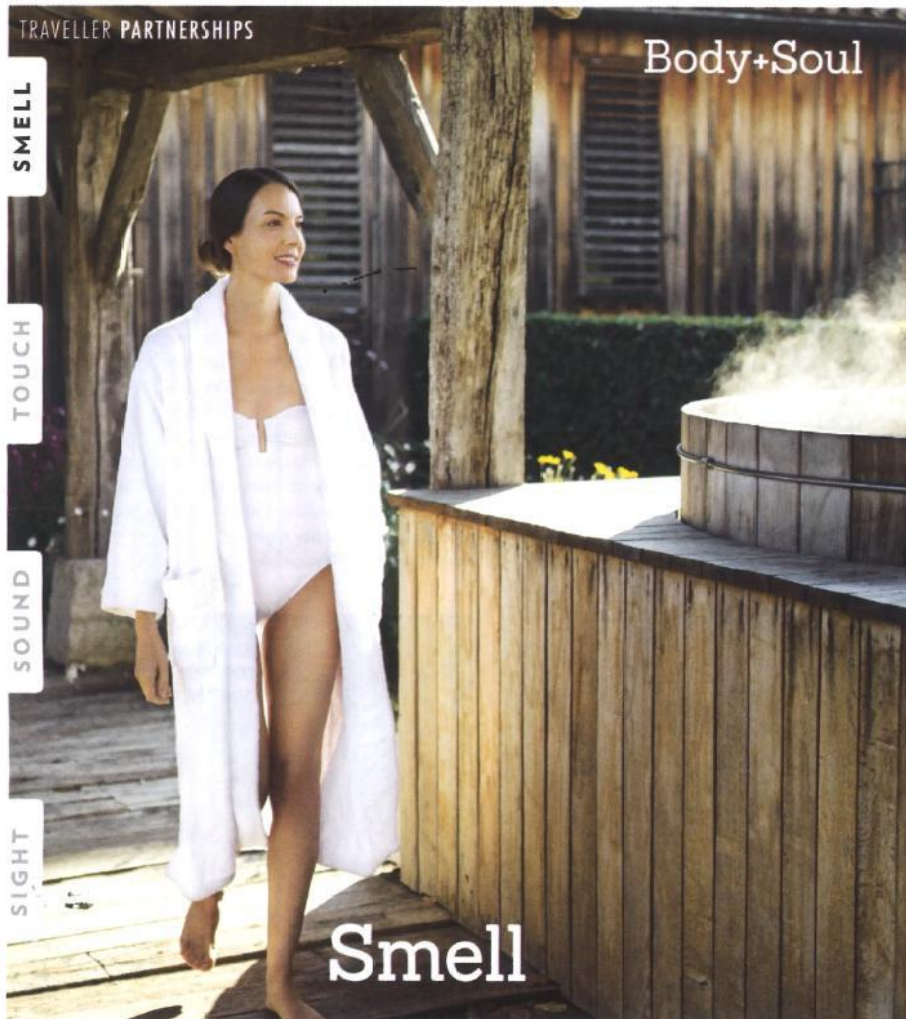
The Spa at The Ned, Bank

With a treatment menu spanning everything from much-loved Cowshed facials and gel pedicures to more cutting-edge anti-ageing LED light facials, this delicious den devoted to making you look and feel better is the most exciting new spa to open in the City for years. thened.com

Turn any trip into a spa break

Black Label, the elite division of personal grooming consultancy Perfect 10, has now launched a global wellness service, allowing clients to take their chosen therapist overseas and turn their private villa or chalet into a spa. Whether you want sunset yoga, one-on-one Pilates or personalised massages, facials, manicures and blowdries, these expert therapists deserve a space in your suitcase. perfect10mobilebeauty.co.uk





SMELL
TOUCH
SOUND
SIGHT

TASTE

TRAVELLER PARTNERSHIPS

Body+Soul

Smell

Les Sources de Caudalie, Bordeaux

Every chic Parisian knows the name Les Sources de Caudalie, the luxury hotel and spa set among the vineyards in Bordeaux owned by Olympic skiers-turned-vintners Daniel and Florence Cathiard, which is run by their daughter Alice and her husband, Jérôme. And they can name their must-have products in the cult Caudalie beauty line, developed by the Cathiards' other daughter, Mathilde. Parisians are also on intimate terms with the best vintages from the Cathiard's celebrated grand cru estate, Château Smith Haut Lafitte, whose vineyards surround this sumptuous vine-inspired spa and country hotel. The vineyards and tasting rooms alone would be enough of a draw without a stylish country hotel and elegant vinotherapy spa. But the combination makes this a bucket-list getaway for any wine-loving spa-goer.

Doubles from £165; sources-caudalie.com

Prince Maurice, Mauritius

And breathe... You're inhaling the Indian Ocean's balmy sea breeze from the shade of a palm tree. Each thatched villa at this much-loved Mauritian resort positively pushes you to embrace outdoor living. You'll soon find yourself swaying to the gentle rhythm of island life here, dining on spicy local cuisine at the floating restaurant, gazing at the horizon as

you paddle-board through the waters, then washing off the salt in your open-air shower. And if you get a bit bored of the gentle scent of lush vegetation and salty air, the luxurious spa offers a string of indulgent aromatherapy treatments using local ingredients.

Villas from £210; constancehotels.com

Gwinganna Lifestyle Retreat, Queensland

Australia's iconic lifestyle retreat in Queensland's Tallebudgera Valley is a world leader in reconnecting world-weary urbanites with their senses, and detoxing both mind and body with

Top: the spa at Les Sources de Caudalie. Right: a sunset walk at Gwinganna

WHAT TO PACK

Coco Bay is a one-stop shop for all your beachwear essentials



Clockwise from top left: hat, £29, playsuit, £58, and kaftan, £37, all Seafolly; basket, £75, Amenapih; flip-flops, £35, Havaianas; bikini, £69, Banana Moon. All from Cocobay.co.uk

therapies, meditative walks, fresh mountain air and a locally sourced organic menu. This serene, digital detox retreat – part-owned by Hugh Jackman, a Gwinganna devotee – is the perfect place to inhale nature and exhale the stresses and strains of city life, and its impressive roster of seminars, workshops and individual sessions will leave you inspired.

An all-inclusive three-night package at Gwinganna Lifestyle Retreat starts at £820, excluding flights; gwinganna.com

