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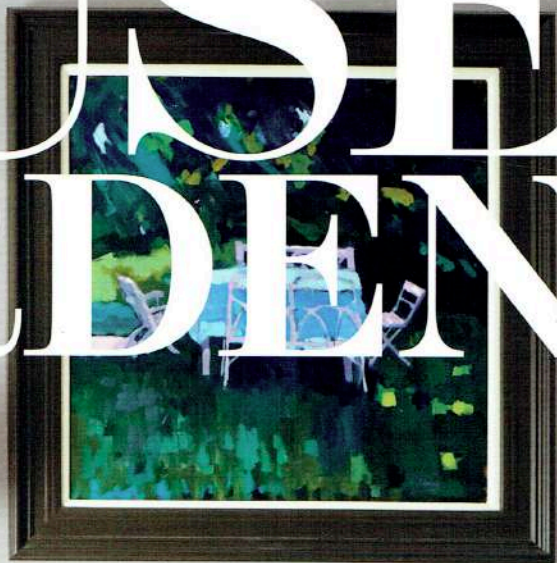
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## CONSIDERED DESIGN

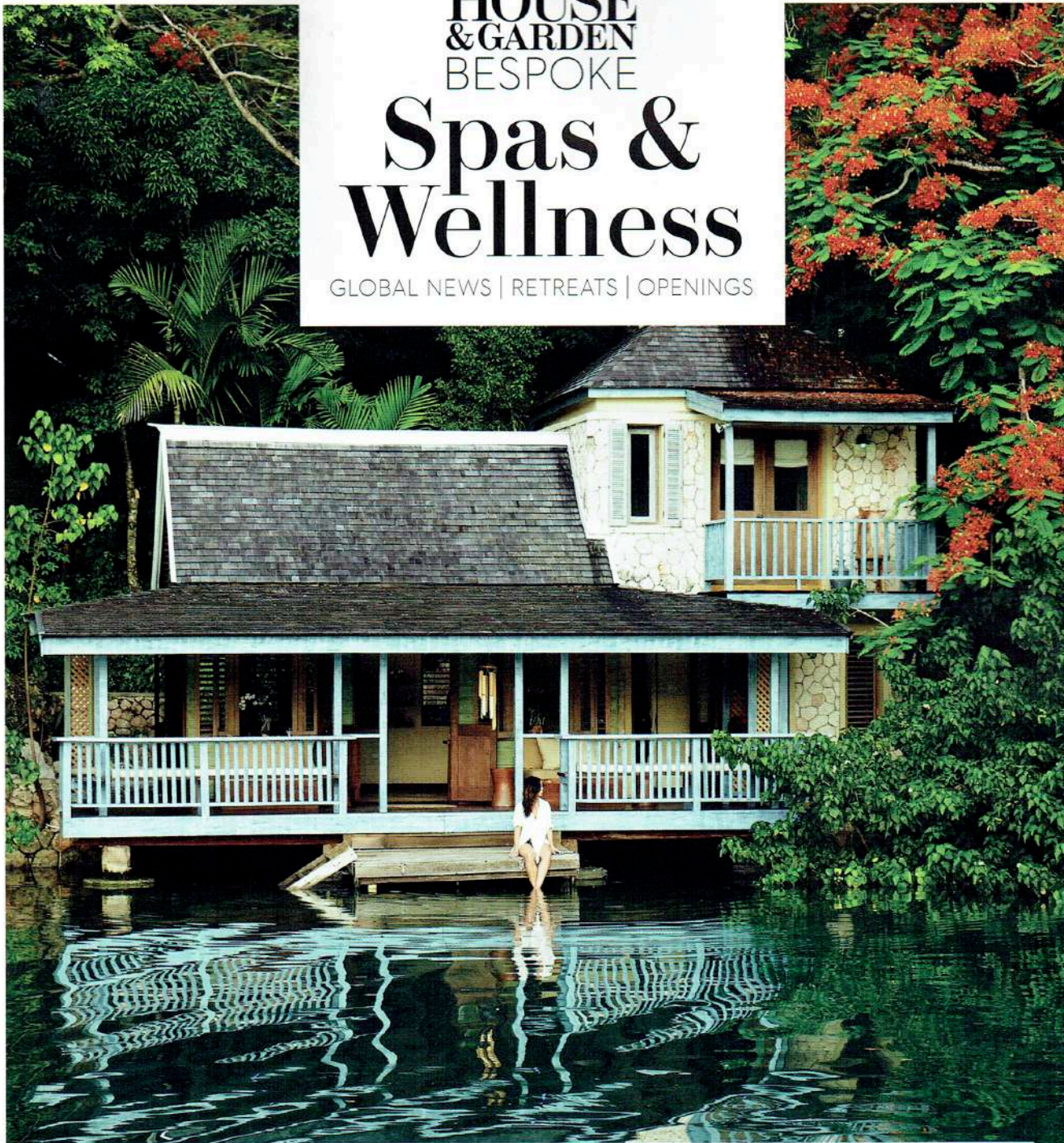
FROM AN **ENERGY-EFFICIENT NEWBUILD IN SOMERSET** TO THE  
**IMAGINATIVE TRANSFORMATION OF A CHELSEA TOWN HOUSE**



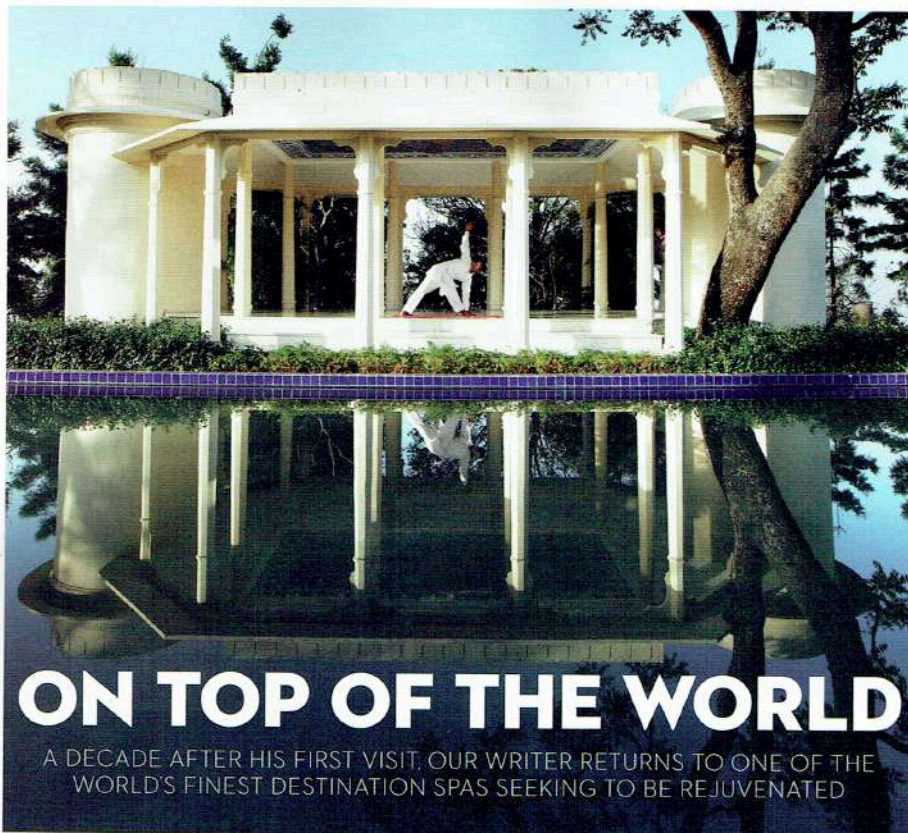
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# Spas & Wellness

GLOBAL NEWS | RETREATS | OPENINGS



In a world of virtual connections, real experiences - of people and places - are essential for our well-being. The days of the quick spa pick-me-up are over; instead we seek more transformative travel, moments that connect us to nature and each other (sunset yoga and singing bowl meditation at GoldenEye in Jamaica, pictured, for example), and experiences that change us forever (the new, results-driven sleep programme from Six Senses). Ancient wisdom continues to provide a blueprint for good health in the modern age: Ayurvedic retreats such as COMO Shambhala, which celebrates 20 years in 2017, and Ananda in the Himalayas, go from strength to strength. We seek to disconnect - to flip the digital kill switch and go off grid (literally at Villa Stéphanie at Brenner's Park Hotel & Spa in Baden-Baden) - while embracing technology to tackle the modern malaise (consider the profusion of mindfulness apps, or the brain-sensing Muse meditation headband at Hotel Zetta, San Francisco). Here, we explore the world of wellness travel with restorative boosts for body and mind □



## ON TOP OF THE WORLD

A DECADE AFTER HIS FIRST VISIT, OUR WRITER RETURNS TO ONE OF THE WORLD'S FINEST DESTINATION SPAS SEEKING TO BE REJUVENATED

**W**e love our people!' declares Sandeep Biswas, Ananda's head chef, and he's right. Ananda has created a hushed, almost celestial, Himalayan hilltop sanctuary run by gentle caring staff, where every delicious, healthy offering from the kitchen - carefully designed to re-balance your *dosha* (Ayurvedic mind-body type) and lose pounds - is a treat to savour. On our first visit 10 years ago, just a week of Ananda's relaxed regime of Ayurvedic Rejuvenation treatments and diet cured my wife of asthma and left us both considerably thinner, fitter and happier. After a decade of life getting in the way of good intentions, it was time for another Ananda MOT.

Getting there was easier this time, with a 25 minute flight replacing the long road and rail journey from Delhi. Everything from the standard rooms to the super luxurious Viceregal Suite has had a facelift. The outdoor pool is now heated and there are new villas with private pools. After a consultation with the resident Ayurvedic doctor, Naresh, to establish our *dosha* type (wind, fire, water or a combination), we relax into daily

routines of prescribed treatments and detox diets.

In Ayurveda, when you eat is as important as what you eat. Days begin with 'bed tea' of hot lemon, ginger and honey before yoga. Meals remain generous enough to satisfy as you pass through the nourishing, detoxing and rejuvenating stages of the programme. Dinner is light and early - a winning formula for losing weight and waking each morning energised. Ayurvedic massage is not all about pampering. *Abhyanga* is penetrating and very oily, delivered by two therapists with synchronised skill; in *shirodhara*, a stream of warm herbal oil is poured onto your forehead, while in *nidra* one floats between consciousness and sleep. Ananda is not just a place to lose weight, it's an introduction to a balanced way of living, where guests waft around in their signature white *kurta* pyjamas, high on the sheer loveliness of it all.



TOP Yoga in the music pavilion.  
ABOVE The pool at Villa Ganga

Seven nights at Ananda costs from £3,780pp with Greaves Travel (020-7487 9111; greavesindia.co.uk), full board, including all flights, Ayurvedic and wellness consultations, all spa treatments and personal yoga/meditation/fitness sessions as per the specific wellness programme, cooking demonstrations, workshops and excursions.

## Spa news

**Calcot Spa** in the Cotswolds now offers all of its treatments to clients who are undergoing treatment for cancer, have had recent surgery or those who are in recovery. The spa's therapists have been trained to adapt the treatments by experts from Wellness for Cancer, which has also trained therapists in many ESPA spas, including ESPA Life at Corinthia London, and Agua Bathhouse & Spa at Mondrian London. [calcot.co/calcot-spa](http://calcot.co/calcot-spa)

The new **Lanesborough Club & Spa** in London has reimagined the hotel spa experience as a 'luxury club for life'. The decoration alone - all wood panelling, artworks, silk wallpapers and exquisite marbles - has created quite a stir, and that's before anyone mentions the spa butlers, the Bodyism experts and the cult-facialist-in-residence, Anastasia Achilleos. [lanesboroughclubandspa.com](http://lanesboroughclubandspa.com)

Improve your confidence and technique in open-water swimming at the swim clinic run by an ex-champion triathlete at the **Almyra** hotel in Cyprus, which has the perfect winter climate and where the sea is never cooler than 17 degrees. [almyra.com](http://almyra.com)

Pioneers in making spa services accessible to people with disabilities and those with or recovering from cancer, **Spabreaks.com** is holding a mass fundraising event at 11am on Tuesday September 19, offering 500 free treatments across a number of spas in the UK and overseas. Each spa will be asking for a donation of £20 and money raised will go to Willow Foundation, which organises days out for young adults with serious illnesses. To register for a massage, email [womenswellness@spabreaks.com](mailto:womenswellness@spabreaks.com).

Country retreat Beaverbrook in Surrey will open the **Coach House Spa** - complete with deli - in October in its restored Grade II-listed coach house and a garden cottage. [beaverbrook.co.uk](http://beaverbrook.co.uk) □