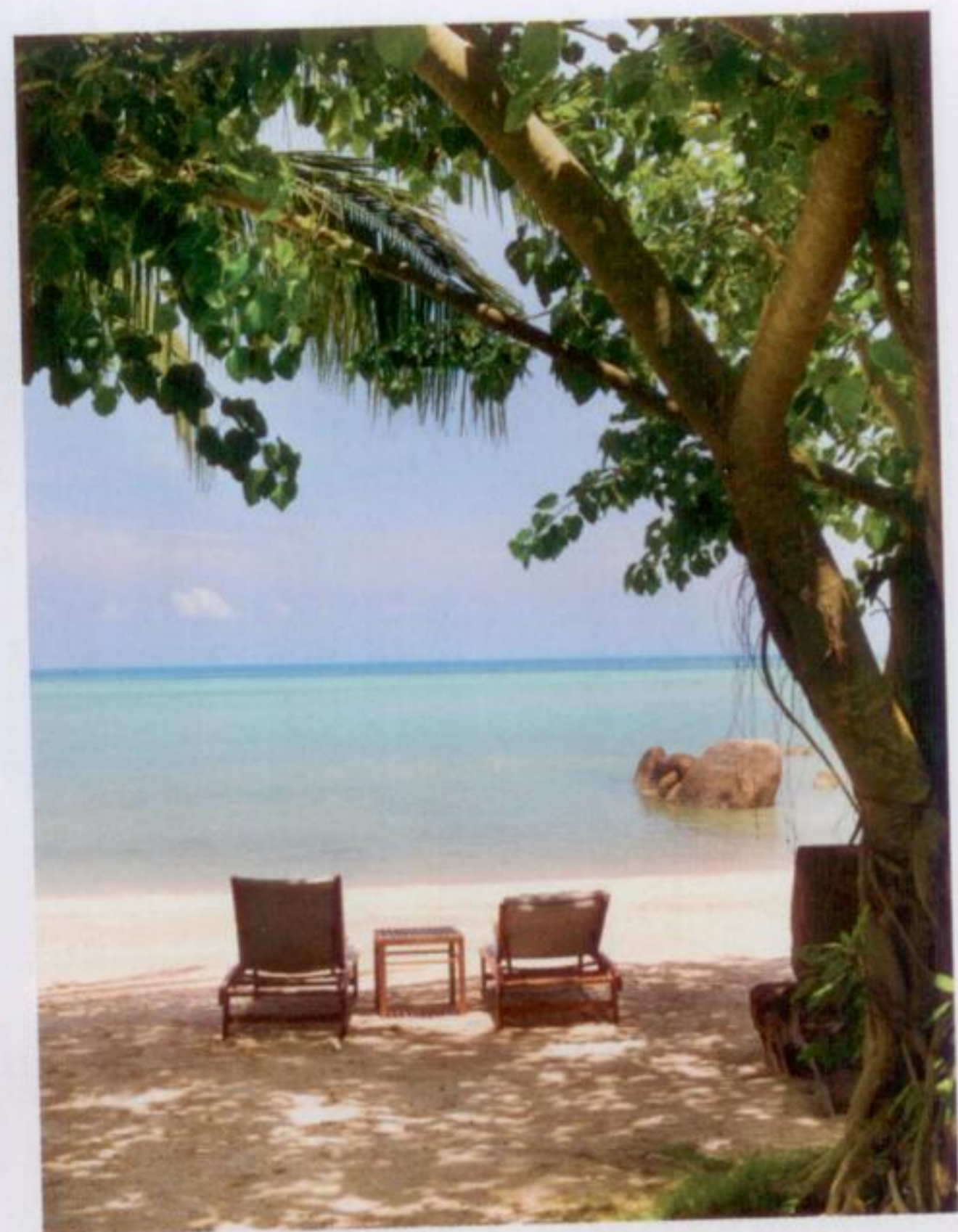



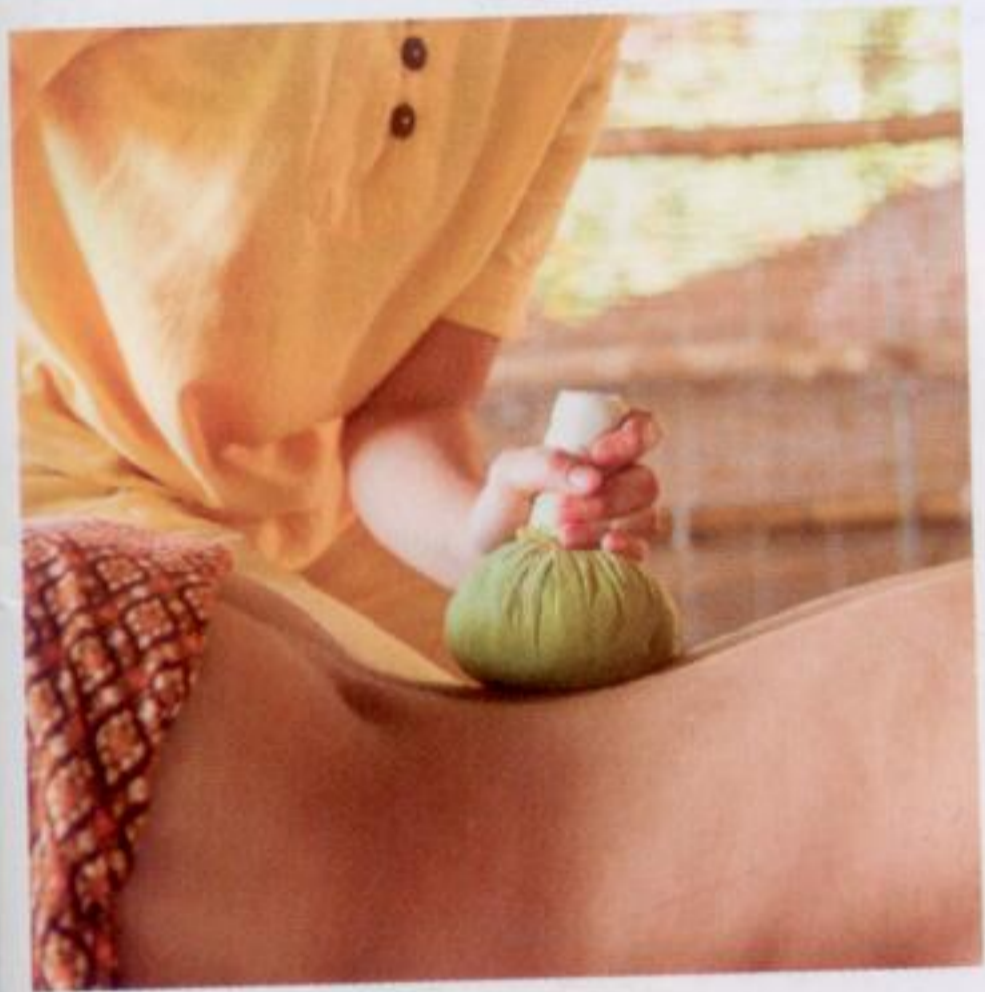
BEST FOR YOUR HEAD



KAMALAYA KOH SAMUI, THAILAND

Has that bong you bought in Marrakesh become more than a decorative object? Nightly glass of wine now a bottle? Need more than Bach Rescue Remedy to fall asleep? Kamalaya, spread across a lush, sacred hillside on Koh Samui's serene southern coast, is the place to give that some thought. Buddhist monks and nuns have been visiting the retreat's consecrated cave for over 300 years. And while they had to go it alone, spending up to three years living in isolation, Kamalaya will kit you out with a crack team of therapists, healers, yogis, gurus and life coaches to guide you towards enlightenment. Throw in nourishing food (antioxidant-rich green power juices, chilled beetroot gazpacho, spicy green mango and prawn salad), rejuvenating yoga and breathing classes and therapies that will stir the soul – from heart-opening hand massages to personal mentoring sessions to sleep-inducing lower-back treatments – and you'll leave on an all-natural high.

 *Healing Holidays* (healingholidays.co.uk/tatlerspaguide; 020 7529 8551) offers seven nights from £3,100, full board, including flights, transfers and all treatments and activities. Exclusive offer: book a seven-night wellness retreat and receive a £150 voucher per person.



NEWS Want a taste of Kamalaya at home? Hotfoot it to Lime Wood for one of two two-day retreats in May (limewoodhotel.co.uk).

FOUR SEASONS RESORT BALI AT JIMBARAN BAY

BALI, INDONESIA

Looking for love in all the wrong places? Then throw yourself into the arms of Mary Muryn at the Four Seasons at Jimbaran Bay. The flame-haired 'love guru' psychic gives 'awareness' readings, dialling into your divine energy and then tuning it to the soulmate channel (at least it will take your mind off previous romantic disasters). Mary offers visualisation meditations to help attract the perfect partner, and there are also evening yoga sessions surrounded by flaming tiki torches, and Al Fresco Flow massages performed in a thatched-roof hut sitting between the crashing Indian Ocean and a tinkling waterfall. Or try the Welas Asih treatment, where you loll in a rose and tuberose floral bath before having warm rose oil poured between your breasts. Throw in a visit to Goa Gong, a nearby cave temple, for an uplifting water-purification ceremony with a Balinese healer. For real. *Scott Dunn* (scottdunn.com; 020 8682 5060) offers seven nights from £3,995, including breakfast, flights and transfers.

