

Mind control

Sanctuaries that will restore your sanity



VANA

UTTARAKHAND, INDIA

'Wellness architecture' – design that focuses on enhancing wellbeing – is one of 2018's hottest trends, and Vana shows just how powerful it can be. Light floods through sky-high windows, walls curve and sweep serenely and you feel a peace that nurses your neural pathways before you've even had time to confess all to your ayurvedic doctor. Your mental makeover is likely to include soothing abhyanga massage and shirodhara's stream of warm oil over your third eye – but the pampering is underpinned by world-class mindfulness. Join the group chanting with Dr Dhanraj Shetty, ayurveda's answer to Gareth Malone, and feel calmness flood through you with every chorus. Try not to blink as you stare into the candle flame during trataka sessions, until you realise you've been concentrating so hard you've forgotten to hate your boss/worry about your children/overthink your relationship with your mother. The food is first-rate, the service charming, the results run VERY deep and when you get home, you'll be so chilled you'll laugh in traffic jams



Healing Holidays (healingholidays.co.uk/tatlerspaguide; 020 7529 8551) offers seven nights from £2,300, full board, including flights, transfers and all activities and treatments. Valid for departures from 1 June–1 September 2018.

AMANYANGYUN

SHANGHAI, CHINA

'You need a cool head and warm feet for good health.' That is the mantra of David Melladew, the traditional-Chinese-medicine expert who's set up the intensive three-day Immersion programmes at the brand new Amanyangyun. The hotel has rescued and transplanted 50 Ming and Qing Dynasty buildings – and more than 10,000 camphor trees – from Jiangxi Province, 450 miles away, and among them sits a zen-like Aman spa. The Mindfulness Immersion begins with a consultation and a plan for a diet to balance ying and yang, adapted from the menus in the hotel's Italian, Chinese and Japanese restaurants – varied, inventive and delicious. There is also qigong, yoga, acupuncture and massage (don't miss the Chinese tuina). But what makes these programmes unique is the inclusion of Chinese cultural classes: tea meditation, incense making and calligraphy, all within a venerable schoolhouse. You'll leave with a cooler, calmer head and feet as warm as toast. *From £785 per person, per night, full board, including treatments on the Immersion programme.*

