

BEST FOR A **REBOOT**

Total reset

Heal your mind and your body will follow

TATLER
SPA GUIDE 2018


AWARD-WINNER
HOLISTIC
HERO



SHA WELLNESS CLINIC

ALICANTE, SPAIN

Sun (almost year round), sand (at a longish but walkable distance) and... psychology. Who, in this stressed-out, overloaded world could want anything more from a spa getaway? Oh, except the fact that it's not even far away – just a quick flight to the south-east coast of Spain. That's what the brains at Sha Wellness thought too, when they introduced the Mind and Body unit to help the super-stressed learn how to relax and get back in touch with themselves. The aim? To discover how what's happening inside our heads affects our bodies and wellbeing; all must be in harmony to be truly well. A programme overseen by Conceição Espada, who has 25 years of mediation, qigong and energy-healing experience under her belt, isn't as om-heavy as it might sound – although the one-to-one yoga classes will certainly help to bring more flexibility to your life. Other techniques to help quieten the daily mania in our minds include acupuncture, relaxing aqua treatments (think watsu), cognitive rehabilitation therapy sessions, discovering the best meditation practice for you and understanding the importance of a balance between work and creative activities. All this, plus a calorie-controlled macrobiotic diet, is transformative, leaving you feeling lighter, brighter and ready to take on the world.

 *Healing Holidays* (healingholidays.co.uk/tatler-spaguide; 020 7529 8551) offers seven nights from £3,800, full board, including flights, transfers, treatments and activities on the Essence programme. Exclusive offer: receive a welcome massage and room upgrade on arrival. Book at least 45 days in advance for a 10 per cent discount.