



COMO SHAMBHALA ESTATE

BALI, INDONESIA

WEIGHT
LOSS

AN INTUITIVE ANTIDOTE TO 24/7 SWITCHED-ON LIFESTYLES

If ever wellness was in the DNA of a destination, it is in beautiful Bali where Tri Hita Karana, the island's centuries-old philosophy of maintaining harmony between the spirit, human and natural worlds, still permeates every aspect of life, creating a very special atmosphere. Rarely is that belief system more elegantly expressed than at this magical spa in a rainforest valley in the island's cultural heartland, just outside Ubud. The setting gives it a headstart in the healing stakes: it is enveloped in thick jungle, an endless palette of glossy greens, the colour of wellbeing. The air fizzes with bird-song, bright flowers quiver under the thrum of nosy bees, every breeze is scented with jasmine, and you can feel the electricity from the mighty Ayung river as it charges through the grounds. The estate's moss-dusted stone temples and villas are counterbalanced by the white-on-white spa, an ode to tropical modernism, and Ayurvedic rituals are shrewdly spliced with state-of-the-art scientific advice. Best of all, treatments are delivered by a team who are nurturing without ever being intrusive. And while it may be one of Asia's best spas, it certainly isn't resting on its laurels. In April last year, it introduced a minimum three-night stay to deter those checking in simply because the estate is one of Bali's most elegant hideaways, rather than to focus on their health. A good decision: it was never a comfortable mix. The spa also streamlined its approach to just four programmes, though in practice these are mainly for reference. With only 30 rooms, it can genuinely personalise every stay, so one of its specialists – Ayurvedic genius Dr Prasanth or bubbly American Nancy Kim, the Oriental medicine expert – builds a schedule around your particular needs. Increasingly, they are finding

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their high-flying guests need emotional support for private lives that have fallen victim to time-vampire careers. Fortunately, the soothing pace and scenery is a guaranteed golden ticket to rediscovering your mojo. Yoga almost certainly forms the bedrock of any reset: deceptively effective hatha and pranayama that subtly bring about a mental gear change while you're busy trying to get your heels to the floor in downward dog. Take a class down by the river, soaking up the positive energy from the white water frothing by and being cooled by nature's air-conditioning – butterflies the

span of a man's hand lazily flapping by your face as you om. The therapists are instinctively aware exactly when and how to apply pressure to get results, from the gentle strokes of the signature massage to the more

vigorous Taksu to calm the digitally overloaded. The acupuncture is first rate, the hikes through pea-green paddy fields inspirational. Healthy food has always been a given but has also undergone a rethink. The emphasis has shifted from raw and vegan dishes; now bone broths and red meat are on the menu, albeit grass-fed beef and ethically reared lamb. One thing hasn't changed: you can eat three courses for breakfast, lunch and dinner every day and somehow still lose weight. The estate's version of Tri Hita Karana – exercise, treatment and nutrition – is more thrillingly effective than ever.

INSIDER TIP Stock up on gorgeous yoga kit at Anjaly Bali in Ubud, made with organic cotton and bamboo fabrics, and a steal with prices from about £25. **BOOK IT** Healing Holidays (+44 20 7843 3592; healingholidays.co.uk/condenast) offers seven nights from £4,250 per person, full board, including flights and transfers.