



**COMO SHAMBHALA ESTATE**  
*Bali, Indonesia*


## off-grid

*Glorious isolation, from the red desert of New Mexico to the Himalayan heights*



Como makes quite an impression on the lone traveller. Its vastness (more than 22 acres of secret-garden-like greenery) encourages you to stray from the well-trodden path: into the thick of the jungle, where you'll find gloriously isolated open-air pavilions in which limb-loosening massages are performed to the thundering of nearby waterfalls. Or down to the sacred springs where you can snooze by a silent pool, the only sound the chirruping wildlife. The spa – so quiet you could hear the tiniest pin drop – is the cornerstone to the wellbeing programmes that Como has become renowned for, and new this year are the bespoke retreats, which are a smart solution to tackling things head-on, be it weight gain, sleep deficiency or poor posture. The food is sublime – rainbow-coloured salads, fish in spicy broth, yellow-fleshed coconuts – whether eaten on your teak-wood veranda or in the restaurants (dining solo is all the better for watching monkeys leap between swaying palms). Yoga, performed al fresco in a pavilion high above the rustling treetops, stretches both mind and body. But what really hits home is the sense of peace, from the watery calmness of nearby rice fields to the steep ravines dotted with ancient shrines. Surprisingly, there's Wi-Fi, though you'll be loath to use it.



 *Healing Holidays (healing-holidays.com/tatlerspaguide; 020 7529 8551) offers a seven-night wellness programme from £4,250, full board, including flights and transfers.*