

# Wow-factor wellness

The wellness trend shows little sign of slowing and there is no shortage of new product in the Indian Ocean. *Andrew Doherty* rounds up the latest and most enticing packages in the region



Gili Lankanfushi will host a range of experts throughout the year

## Soak up expert knowledge

Clients visiting the Gili Lankanfushi resort in the Maldives will have the chance to receive coaching from not just one but four leading health practitioners in 2018.

Kicking off the programme is author and wellness entrepreneur Jasmine Hemsley, who will take up a residency from March 9-16. The co-founder of Selfridges-based Hemsley+Hemsley cafe will bring her knowledge of traditional Indian Ayurvedic remedies to the property with cooking classes and sound bath sessions, where clients will relax to soothing tones. From April 10-18 Rebecca Dennis, co-founder of Breathing Tree, will teach guests the technique of conscious breathing, believed to help release tension, anxiety and insomnia. Inspirational speaker and writer Jody Shield takes over from August 22-29, offering meditation and mindfulness classes while Chloe Brothertidge closes the programme from November 10-17 with a range of hypnotherapy workshops. Most classes will be offered on a

complimentary basis with one-on-one sessions costing extra.

David Stepetic, general manager at Gili Lankanfushi, says: "The global wellness market is one that is continuously growing and, as such, high-end wellness travellers are now looking for more than just a massage or facial when they are on holiday. Our comprehensive programme of international wellness practitioners showcases the therapies of leaders in their fields, giving guests the opportunity to sample a practice that might change their life for the better." **Book it:** Abercrombie & Kent has a seven-night stay from £4,701pp based on two sharing a Villa Suite. Price is based on departures up to December 20, 2018.

■ [abercrombiekent.co.uk](http://abercrombiekent.co.uk)

## Pirouette to peace of mind

Ballet has been captivating and inspiring audiences since its genesis during the Italian Renaissance in the 15th century. Guests staying at Shangri-La's Villingili Resort & Spa can now get to grips with the basics of the art form



Shangri-La's water villa



Ballet dancer Karis Scarlette

and learn of its healing properties. Royal Ballet-trained dancer Karis Scarlette will bring her expertise to the Maldivian property from April 5-15. The ballet retreat incorporates group classes inspired by the Royal Ballet's most famous works with a focus on artistry and strength training. Mini ballet sessions will also be available for children as well as one-to-one sunset guided meditation and stretching sessions for clients seeking improved flexibility.

Phillippe Claverotte, general manager at Shangri-La's Villingili Resort & Spa, says: "The Ballet Retreat is a unique opportunity to experience this beautiful art form in

a relaxed, paradisiacal setting that mirrors the calm, elegant and fluid movements of the practice itself. We hope that guests will leave with a fresh understanding of classical ballet as an accessible form of fitness and are inspired to continue to dance when they return home."

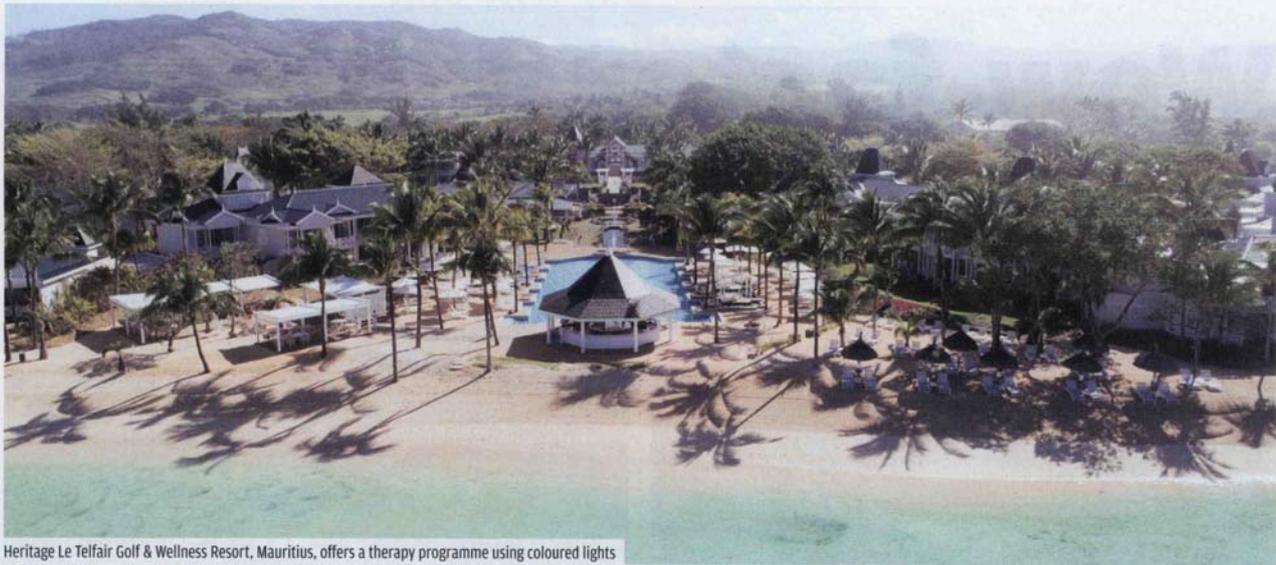
Clients can also unwind at the resort's Chi spa with the Tutu Perfect body treatment, which uses live algae to impart vitamins, minerals and proteins for post-class revitalisation.

**Book it:** The Ballet Retreat with Karis Scarlette package starts from £725pppn and includes four group classes, one private guided meditation session and a Tutu Perfect treatment for two. The Inspiring Travel Company has a seven-night B&B stay from £5,485pp based on two sharing a pool villa and including flights and speedboat transfers. Price based on an April 7, 2018 departure.

■ [inspiringtravelcompany.co.uk](http://inspiringtravelcompany.co.uk)

## Harnessing the power of colour

The newly refurbished [Heritage Le Telfair](http://HeritageLeTelfair.com) Golf & Wellness **Turn to 42**



Heritage Le Telfair Golf & Wellness Resort, Mauritius, offers a therapy programme using coloured lights

Resort in Mauritius has introduced a programme that uses coloured lights to stimulate guests' senses. Seven Colours Wellness Experiences incorporates a combination of sounds, aromas and colours to improve mood and help cleanse chakras – treatments are priced individually. The resort also offers a new Wellness Bliss package from £45 per day that promises guests a bespoke experience tailored to their mental and physical needs. Clients will liaise with a wellness director before indulging in a daily experience. This might include Tai-Chi sessions, osteopathy services and fitness classes with a personal trainer.

Audrey Herval, head of sales at Veranda Leisure and Hospitality, says the resort should stand out because of its quirkier treatments.

"Our packages are tailor made and offer the client the chance to meet with our in-house osteopath who will design a weekly programme, consisting of nature walks in our reserve, art of breathing sessions, yoga and even laughter therapies too."

**Book it:** Gold Medal offers seven-nights' B&B in a Garden View Suite from £1,439pp with Heathrow flights and private transfers included. Package is valid for travel from May 15 to July 4, 2018.

■ [goldmedal.co.uk](http://goldmedal.co.uk)

### Eating for peak fitness

Constance Lemuria Praslin Seychelles has teamed up with renowned nutritionist and author of *Eat Yourself Fit*, Rosanna Davison, to offer guests new healthy dining options. Available in all of the resort's restaurants on selected days, dishes include low-calorie, energy-boosting, sleep-enhancing and antioxidant-rich options.

Dr Chase Webber, corporate spa manager at Constance Hotels & Resorts, says: "Rosanna's menus can be combined with treatments in our U Spa, where guests can choose from classic massages, facials and body treatments using aromatic natural products inspired by plants from the Indian Ocean. The spa at Constance Lemuria also offers expert anti-ageing treatments designed by the Swiss



Foot spa at Constance Lemuria

cellular cosmetic experts Valmont."

In addition, the hotel now offers Brice Nicham medical podiatry inspired by the expert's past treatment of sport stars and celebrities.

**Book it:** Kuoni offers seven-nights' half-board in a Junior Suite from £2,789pp including Heathrow flights and transfers. Travel is based on September 2018 departures.

■ [kuoni.co.uk](http://kuoni.co.uk)

### Bonding with the brood

Families seeking quality time together while being pampered to their heart's content can now do so at Niyama Private Islands Maldives. The resort has launched a family-friendly programme where they can choose options from overwater spa suites to floating garden hideaways as the



Overwater spa suite, Niyama Private Islands

setting for a range of treatments.

Ana Marques, spa director at Niyama Private Islands Maldives, comments: "At Niyama we recognise that families want to relax together as well as play together. Drift Spa offers the perfect opportunity for parents to create their children's first spa experience from one of the many child-friendly treatments that we offer. One of the most popular amongst our young guests is the 'polish for paws' mini manicures and hair braiding too."

Standout treatments include the 90-minute Family Spa-rty package, which encompasses a luxury bath for parents while children experience a 30-minute massage. This is followed by a 60-minute massage for the parents and complimentary nanny services for an hour, during which children will be kept entertained by movies and popcorn. The treatment culminates with the family reunited in a lime grove, where they will be offered cold-pressed juices and ice-cream sundaes.

**Book it:** Carrier has a seven-night half-board stay from £8,810 for a family of four sharing a Beach Studio, including the family spa experience, Heathrow flights and seaplane transfers. Price is based on a May 26, 2018 departure.

■ [carrier.co.uk](http://carrier.co.uk)