

[Travel] 5 retreats to revitalise mind and body

Photo credit: DBS

Singapore



Get pampered, de-stress while giving your health & fitness a boost at these high-end spas & resorts

Keep calm and go hiking

Practise mindfulness at the serene, eco-friendly Aro Hā retreat near Queenstown, New Zealand. Perched high in the Southern Alps overlooking the sparkling glacial waters of Lake Wakatipu, the Zen-inspired centre specialises in innovative wellness adventure programmes. Expect a mix of yoga, meditation and therapeutic massage combined with rigorous exercise such as sub-alpine hiking.

Ring in the changes

Restore some balance to your life at The Dawn in Chiang Mai, Thailand. This five-star resort-like facility can help you make positive lifestyle changes with a personalised treatment programme. A five-day retreat designed for executives features daily therapy sessions with a qualified psychotherapist, plus meditation, massage, yoga and fitness activities such as Thai boxing.

Escape to the wild

Indulge in a tropical blend of adventure and pampering on Indonesia's remote Sumba Island. The Nihi Oka Spa Safari kicks off at daybreak with a 90-minute trek via jungle, rice fields and traditional villages that brings you to your private cliff-top retreat. Throughout the day of unlimited spa therapies you'll be served healthy banquets in a treehouse.

Exercise in paradise

Test your strength and cardiovascular fitness at a Maakurandhoo Fitness Bootcamp set on a private island in the Maldives. Following a short speedboat ride from the super chic Cheval Blanc Randheli resort, you'll join your personal trainer on the island's powder-white sands. Be prepared for a series of high-intensity yet fun-filled outdoor workout sessions.

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Reach new heights

Tone up your mind and body with state-of-the-art indoor fitness workouts, Ayurvedic spa therapies and outdoor activities such as trekking and white-water rafting at Ananda in the foothills of the Himalayas. With magnificent landscaped grounds and clean mountain air, this sumptuous Indian destination spa has all the ingredients to help you achieve inner peace.

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