

Condé Nast Traveller

SEPTEMBER 2016 £4.30

Lazy days of summer

BRIGHT YOUNG THING
HOW TO RENT NANCY MITFORD'S HOUSE

QUIET GREECE
EMPTY BEACHES & HOT WHITE LIGHT

**THE MOST CURIOUS
NEW HOTEL IN
THE MALDIVES**

**NEW YORK
ESCAPE**
THE CLEVER ALTERNATIVE
TO THE HAMPTONS

EATING, SHOPPING, EXPLORING
COPENHAGEN,
PALM SPRINGS, PERU
& SOUTH AFRICA

**THE SMART SIDE OF
THE FRENCH RIVIERA**



+body souL

PRODUCED BY
Condé Nast
Traveller
PROMOTIONS



Song Saa,
Cambodia

Words
Sadie Macleod

TRAVELLER PROMOTION

+ body
soul

Song Saa, Cambodia

Ever imagined escaping to an island entirely dedicated to your health and wellbeing? Song Saa, just off the mainland of Cambodia, is a luxury private-island resort that offers a complete sanctuary away from normal life. This autumn sees the launch of its healing retreats aimed at nurturing body and soul. The type of retreat you go on (there are three to choose from) depends upon your health goal. To that end, you'll begin with a private consultation that will determine your program of healthy cuisine and fitness activities. But cultural excursions are included too,

such as local gardening workshops and art classes, and no matter what program you've been set – you won't want to miss the guided meditation at sunrise. **Retreats are £5,111 per person. To book visit songsaa.com**

Six Senses Douro Valley, Portugal

One of our all-time favourite holistic resort and spa brands, Six Senses added a new string to its bow last summer in the form of the Six Senses Douro Valley, which won this year's Condé Nast Traveller spa award for Most Indulgent Escape. Now it has gone a step further with the launch of its new Integrated Wellness concept, which promises to put right some of the most common issues we all face in our busy, stressful daily lives. Expect a fully personalised

wellness programme built off the back of your Wellness Screening results (this includes a finger oximeter and full body composition analysis). Nutritional advice, sleep-health guidance, spa treatments, meditation and yoga are all part of the package. **A Wellbeing Booster escape starts at £656 per person for three nights. Book via wellbeingescapes.com**

The BodyHoliday, St Lucia

A trip to The BodyHoliday requires serious commitment but it's best not to fight it as the team promises: 'give us your body and we'll give you back your mind'. For a serious health and fitness overhaul the BodyScience Concept is a must. The East-meets-West programs use both state-of-the-art technology and Ayurvedic



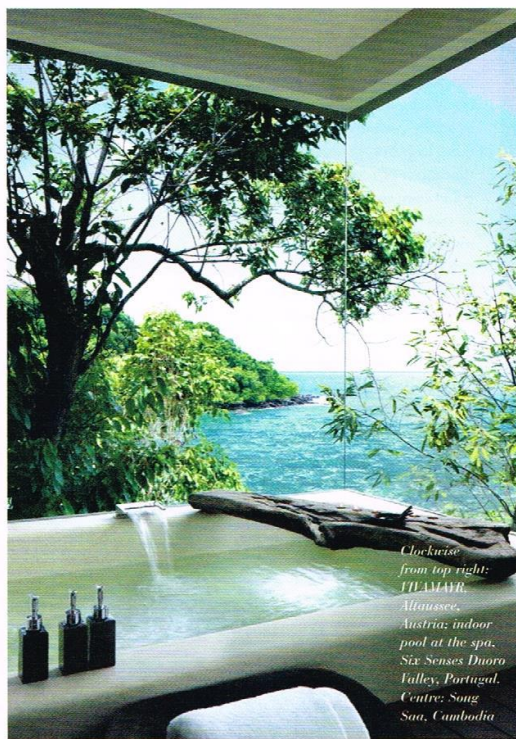
principles, giving you the best of both worlds. After a series of non-invasive diagnostics, the doctors assess your results in order to draw up a plan that will get you back on the path to optimal health. Programs may include: specialised diets and exercise routines, nutritional supplements, detox therapies and anything else that will ensure you return feeling 100 times better. **Book seven nights all-inclusive, including flights for £2,949 per person, trailfinders.com**

COMPLETE BODY OVERHAUL

From top to toe these centres of excellence will break you down, shape you up and send you back to the world balanced and bright



1. ACTIVE RACER SINGLET IN KINABALU PRINT. WE ARE HANDSOME. £110. AVAILABLE AT FENWICK BOND ST
2. WOMEN'S BUBBLE TURTLES BIKINI TOP. £95. EMBROIDERED BUBBLE TURTLES SWIMMING SHORTS. £250. BOTH VILEBREQUIN. VILEBREQUIN.COM
3. CROPPED RASH GUARD. PERFECT MOMENT. £125. NET A PORTER.COM
4. GIRLS' ONE-PIECE BUBBLE TURTLES SWIMSUIT. VILEBREQUIN. £95. VILEBREQUIN.COM
5. FLOATABLE SUNGLASSES LB165. LACOSTE. £105. LACOSTE AT WESTFIELD LONDON



Clockwise from top right: VIVAMAYR Altaussee, Austria; indoor pool at the spa, Six Senses Douro Valley, Portugal; Centre: Song Saa, Cambodia

VIVAMAYR Altaussee, Austria

The newest of the renowned VIVAMAYR properties, VIVAMAYR Altaussee has quickly become the go-to medical spa for those wanting to really make a change to their health. The approach here is based on Mayr Medicine – the celebrated healing programme that focuses on the digestive system, developed by Dr Franz Xaver Mayr almost 100 years ago. Treatments and therapies are complemented by the crisp alpine air and panoramic views of Lake Altaussee, the thermal waters of which have inspired the new VIVAMAYR salt treatments. If it weren't for the hard work that you have to put in, you'd never want to leave. **Prices start from £1,805 including flights and transfer. Book with healingholidays.com**

Clinique La Prairie, Switzerland

With a holistic focus on helping its clients to live better for longer, Clinique La Prairie draws on the extensive knowledge and expertise of its 60-strong team of global consultants. The team's approach to anti-aging is all encompassing taking everything from mental wellbeing, weight management, musculoskeletal improvements and even menopause into account. Its renowned sleep centre is now getting a lot of attention as recent statistics suggest that more than half of us don't manage to get the sleep we need. Before getting your sleep program, you'll undergo a series of tests that also include a night's sleep observation with electrodes attached to your head, face, thorax and legs. The science of sweet dreams awaits. laprairie.ch