



BEST BEAUTY GETAWAYS

From boot camps and yoga retreats, to spas and detox weekends, Bazaar picks the most luxe beauty addresses around the world

For Detox Beginners

Niraamaya Retreats, Kovalam, Kerala

A member of the Relais & Chateaux properties (boutique hotels and resorts), this is a retreat that is not too strict and packs the best of Kerala's treatments in an ultra-luxe setting.

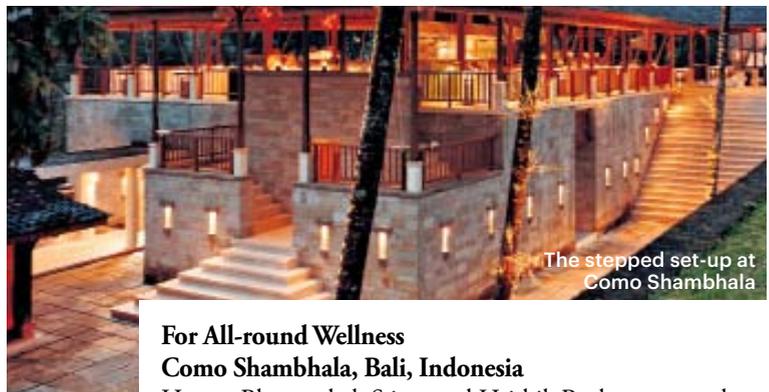
The norm: The rooms have panoramic views of the sea and you'll love falling asleep to the sound of waves crashing against the cliff. The Octagon and Banyan Tree bungalows are the best places to stay, with the former offering views of the Arabian Sea and the latter with an open garden bath. The food is healthy and delicious, with dishes such as crème brûlée made with coconut milk and jaggery.

Attractive add-ons: If you're looking to get away from the hubbub, this is ideal as it's about eight kms away from Kovalam. Try the Choorna Pinda Swedanam, where a hot poultice made from medicated herbs is applied to alleviate soreness and ease fatigue. It also improves posture because the neck and shoulders are more relaxed.

For more information, visit www.niraamaya.in



The rooms at the Niraamaya Retreats



The stepped set-up at Como Shambhala

For All-round Wellness

Como Shambhala, Bali, Indonesia

Heston Blumenthal, Sting, and Hrithik Roshan are regulars at this wellness abode. Take a break from city life and be surrounded by nature—think mountains, waterfalls, and infinity pools.

The norm: The approach is holistic with a gamut of treatments from ayurveda to Balinese to Thai at your fingertips. Relax in one of the many healing springs, practice yoga, learn to meditate, or curl up with a book in your private infinity pool. Unlike other resorts, you're allowed meat, fish, and coffee. If you want to take it easy, try the walking meditation or a session with the in-house nutritionist, Eve Persack, to go over your diet.

Attractive add-ons: The food is not based on calories, but on providing delicious meals that don't compromise your diet. Meticulously planned by Australian chef Amanda Gale (who worked with celebrity chef Neil Perry), it incorporates organic, locally sourced ingredients. We like the mulberry sorbet with a cashew-coconut mousse, which is free from dairy, gluten, and added sugars.

For more information, visit www.comohotels.com

Yoga at the Como Shambhala





Relax with a massage at Four Seasons Hotel, Landaa Giravaaru

The Yoga Spot

Four Seasons Hotel, Landaa Giravaaru, the Maldives

This property is designed to give you the best of luxury and privacy, and is perfect if you have a great love for yoga (aqua, hatha or ashtanga). The best part is that the resort is also family friendly—anyone from the age of eight to 80 can participate.

The norm: This is the first resort in Asia to offer AntiGravity Yoga in a jungle pavilion. They also have Om Supti—an open-air night ritual, complete with a hanging bed suspended amidst tropical foliage and a stone-carved bath to lull the body and mind.

Attractive add-ons: Traditionally a bridal ritual, the Javanese Royal Lulur includes a body massage, a nourishing scrub with turmeric, sandalwood, rice powder, and ginger root, and a lime and honey mask to cool and nourish the skin before a decadent flower bath.

For more information, visit www.fourseasons.com

The Ultra-Luxe Spa

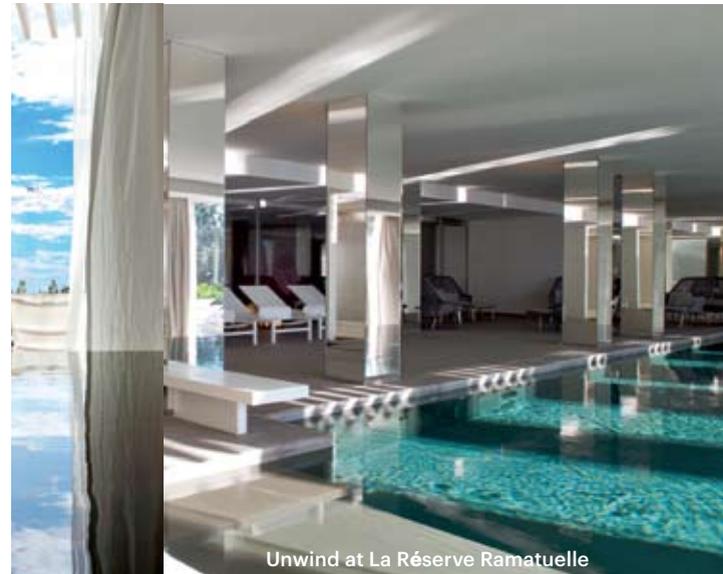
La Réserve Ramatuelle, Ramatuelle, France

Situated on the scenic French Riviera, this retreat helps you relax and beautify. There are gorgeous vistas of the Mediterranean but what makes this place perfect is its Crème de La Mer spa. The 12 private villas designed by award-winning architect Remi Tessier provide unparalleled luxury and have round-the-clock-butler and chef services.

The norm: With a Michelin-starred restaurant and an award-winning spa to boot, this is an extremely attractive proposition for those looking for some real TLC. You can reset your metabolism, go on hikes, and eat sumptuous food after a gruelling day. Plus, wine is allowed and also encouraged here.

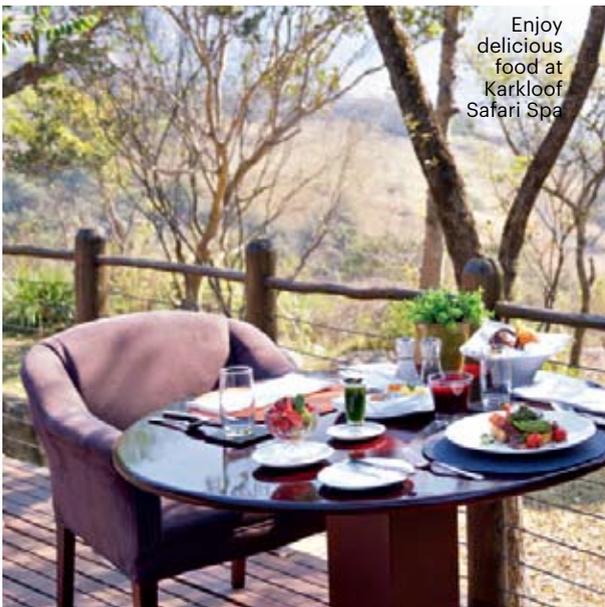
Attractive add-ons: You can choose from their three- to five-day fitness programmes, body sculpting, and anti-ageing treatments. The Nescens Bootcamp incorporates resistance training, Nordic walking, spa treatments, and delicious Mediterranean fare in the evening.

For more information, visit www.lareserve-ramatuelle.com



Unwind at La Réserve Ramatuelle

IMAGE COURTESY: FOUR SEASONS HOTEL; LA RÉSERVE RAMATUELLE; KARKLOOF SAFARI SPA.



Enjoy delicious food at Karkloof Safari Spa

The Beauty Safari

Karkloof Safari Spa, Pietermaritzburg, South Africa

It's the most indulgent safari-spa, and not in the least because of the early morning wake-up calls from giraffes, monkeys, zebras, and hippos residing in the reserve that the property is set in. You're sharing 3,500 hectares of wilderness with wild animals in the vicinity of seven private waterfalls and an award-winning restaurant and spa.

The norm: You can choose to start your day with a visit to the game reserve and finish with an indulgent massage and facial. Cool off in the Dead Sea salt pool or sign up for a coconut body polish. There is a raw diet for people looking to lose weight and a full-fat diet for those of who want to sample the resort's cuisine.

Attractive add-ons: There are flexible check-in and check-outs and meal times too. This is part of the resort's 'timeless stay' theme.

For more information, visit www.karkloofsafarispa.com >

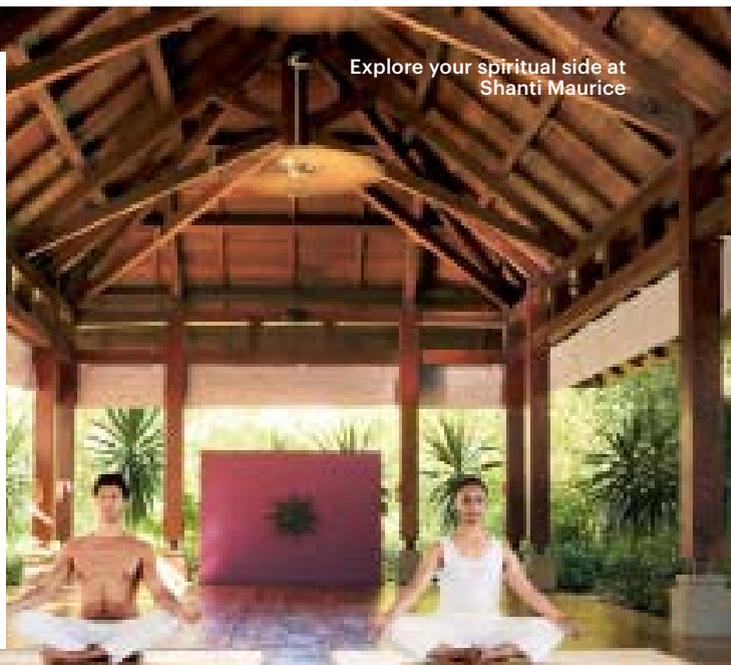
The Multi-specialist Shanti Maurice, Mauritius

Sandwiched between sugarcane plantations and the sea, this resort is spread over 75,000 sq ft, and has one of the largest spas on the island. It is divided into Indian, Oriental, and Japanese therapies, and Natural Bio (with local ingredients) zones. The wide gamut of treatments ensures that you try something new every day.

The norm: The resort has its own organic herb and vegetable garden that supplies ingredients for its restaurants. Other than the ubiquitous yoga, jogging, and trekking, you can also sign up for water sports, cooking classes, golf, and tennis. Relax in one of the many gardens within the resort, or the white sandy beaches.

Attractive add-ons: The Tibetan Sound Massage is our favourite. It features Tibetan singing bowls with a massage to revitalise mind and body. Book it early to avoid disappointment.

For more information, visit www.shantimaurence.com



Explore your spiritual side at Shanti Maurice



The dining area at The Ranch

The Celebrity Bootcamp The Ranch, California, USA

This celebrity hotspot in Malibu is popular with Christie Brinkley, Patrick Dempsey, and Matthew McConaughey because of its gruelling seven-day programme. A select 14 people go through it (that feels like a rehab of sorts), for which they have to prepare about a month in advance.

The norm: Only go here if you're in need for some serious intervention. Or if you fancy four almonds and an apricot as a wholesome snack. Their daily compulsory group classes will motivate you to push yourself hard and transform your body in record time. The programme consists of four-five hours of low-impact exercises, group core exercises, and weight training with supervision. Instructions are given via a walkie-talkie that you are instructed to carry with you at all times.

Attractive add-ons: The food is vegetarian and free from caffeine, alcohol, sugar, and other processed foods. It's worth the effort because you feel lighter and stronger.

For more information, visit www.theranchmalibu.com

The One-stop Shop YogaBeyond Retreats

Claudine Lafond is a certified fitness trainer, holistic health counselor, and a Lululemon Athletica Ambassador, while husband Honza Lafond is a fitness, movement, and yoga therapist. Together they started YogaBeyond, a yoga school in Australia where they teach their own trademark Acrovinyasa style of yoga. But you needn't go to Australia for a class. Log on to their website to book yourself into one of their workshops held in places all around the world.

The norm: Most of the retreats are centred around Acrovinyasa (acroyoga and inversion training), which involves core stability, strength, and trust.

Attractive add-ons: They hold retreats at breathtaking locations in Australia, Bali, Costa Rica, Korea, and Jakarta. Some of their retreats are teacher-trainer certifications while others are Acrovinyasa workshops. Their packages often include accommodation and meals, and offer early-bird pricing, although are subject to availability.

For more information, visit www.yogabeyond.com



Acrovinyasa at YogaBeyond

IMAGE COURTESY: SHANTI MAURICE; YOGA BEYOND RETREATS; THE RANCH.

The delicacies at Gaia Retreat



The Eco-Friendly Essential

Gaia Retreat & Spa, Byron Bay, Australia

Founded by actress Olivia Newton-John and musician Gregg Cave, it draws people not just because it's situated on one of Australia's most scenic coastlines but also because the property truly works on giving back what they take from nature.

The norm: You can choose from weight loss packages, juice fasts, pampering facials, body polishes, yoga, tai-chi, cooking classes, art appreciation, or meditation. The food is from the on-property sustainable organic vegetable garden, and the more eco-conscious will love their rainforest regeneration programme where you can plant a tree to give back to nature.

Attractive add-ons: Gaia focuses on mind-body healing and alternative therapies. Try the cranio-sacral balancing, esoteric energetic facial release, and the sound healing meditation that helps release stress-related diseases.

For more information, visit www.gaiaretreat.com.au



The Ultimate Detox

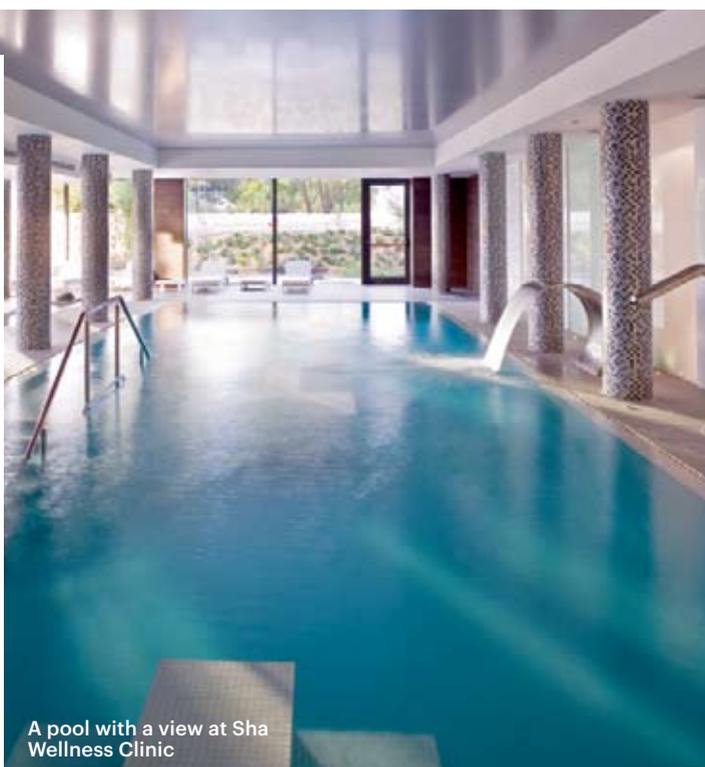
SHA Wellness Clinic, Alicante, Spain

Even though it's frequented by politicians like Vladimir Putin and models such as Naomi Campbell and Kate Moss, this retreat is not for the faint-hearted. Think a hospital with five-star facilities. There is no one-size-fits-all treatment. In fact, experts at SHA start with blood tests and then prescribe a treatment for you.

The norm: The clinic is vegetarian with a macrobiotic focus. Each guest has the liberty to choose from three menus—SHA (basic healthy diet), Biolight (light detox), and Kushi (the strictest diet with just 500 calories a day for complete detoxification, for those looking to shed pounds fast). No surprises that alcohol, caffeine, and sugar are strictly prohibited.

Attractive add-ons: Other than daily massages, acupuncture, exercise etc, there are also specific programmes to quit smoking and improve sleep. The best part about the clinic is that it's not just cosmetic. Apart from looking better, a stint here also results in better health, habits, and feeling good from within. ■

For more information, visit www.shawellnessclinic.com



A pool with a view at Sha Wellness Clinic

IMAGE COURTESY: GAIJA RETREAT & SPA; SHA WELLNESS CLINIC.

By Jia Singh