

## TRANSFORMERS

### SPLIT APPLE RETREAT

SOUTH ISLAND, NEW ZEALAND

Wild salmon, pomegranate juice, Japanese teas and blueberries are the superfoods found in abundance at this zen beachfront retreat on an island that's gone big on sophisticated super-lodges. The view is everywhere, and with just three guestrooms and seven staff, you know you're going to be superbly looked after. Come for seclusion, to quieten your racing thoughts and find a fresh perspective. Owner Lee Nelson is a retired doctor and cancer survivor who wanted to create a graceful place for recovery. You can attack the great outdoors – kayak around glittering islands, walk through rainforests, see huge pods of dolphins and baby seals – or float away with shiatsu massage, aromatherapy, acupuncture and meditation classes. If you feel like wearing your yukata all day, you can

**Website** [splitappleretreat.com](http://splitappleretreat.com) **Book it** Scott Dunn (020 8682 5060) offers five nights from £6,510, full board, including flights, transfers and wellness programme.



### HEALTH MATTERS 360

CORFU, GREECE

Ever feel pumped up with good intentions, only to lapse pathetically with the first offer of a second bottle of wine? These retreats attempt to unlock what lies beneath that lack of resolve by addressing your attitude to life in general. Sound horribly worthy? Don't worry, there's style as well as substance. These new group 'health hubs' are based in an ancient mountain village where simple shepherds' homes have been transformed into chic villa-sanctuaries. The views over the sparkling Ionian, spiced with gnarly outcrops of Albania and the distant promise of Italy, are sensational. Segue from early-morning power walks and yoga to enlightening nutrition classes, brilliant behaviour-coaching workshops, resistance-training workouts and relaxation sessions – and finish the day with wholesome suppers created by Michelin-starred Adam Simmonds. There are no touchy-feely hugs or pressure to 'share'. Instead, you write down responses to questions such as: 'What is a limiting belief that you would like to shift?' It all follows an intelligent path and is startlingly effective.

**Website** [healthmatters360.co.uk](http://healthmatters360.co.uk) **Tel** 0800 1588 360 **Book it** Six nights from £1,795, full board, including all consultations and activities.

### FIVELEMENTS

BALI, INDONESIA

Kiss goodbye to bad karma and negative thought patterns; say namaste to the kind of way-out emotional healing that leaves you feeling frisky. An authentic, insider secret, this is where to come for an awakening so profound it feels surreal. Hidden in Ubud's rainforested hills, the Balinese thatched huts offer simple comfort and the therapies are the real deal. Get your chakras realigned and aura imbalances cleared; blocked energy begone! This place is recommended to those suffering from guilt, grief, heartache or physical pain. Genuine native healers use a lot of chanting and laying-on of hands and say they engage the help of a higher source, so you do need to be open to the experience and prepared for it to be pretty haunting. If it gets to be too much, you can revert to gentle aquatic bodywork in meditation pools or mainstream treatments using freshly made organic ingredients. Expect strictly nutrient-rich, raw vegetarian food.

**Website** [fivelements.org](http://fivelements.org) **Tel** 00 62 361 469206

**Book it** Seven nights from £2,040, full board, including consultations, massages, therapy sessions and activities.

