

# NICHE NURTURING

The increasing interest in wellness has led to an influx of spas and retreats offering various services. This revolution has made targeting specific concerns a whole lot easier. Here's our pick of the world's best specialty programmes.

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Feeling well and good is a daily discipline and sometimes the way forward is to check in for a wellness overhaul to get back on track. With so many choices now, it can be tricky to know which retreat is best for you. While not always cheap, the consensus is they will save you money at the 'other end' by reducing hospital bills. Our recommendation is to select one that is focused on addressing specific issues rather than promising a quick fix. At the same time, listen to your gut and be open to a new experience – you never know who you may meet. Whatever you choose, you are bound to depart recharged and motivated to maintain your health for the better.



## RETREATS TO DE-STRESS

### Vana Retreat, India

When you are feeling depleted and can no longer ignore your body's signals that you are running on empty, then look to Vana as your saviour. Situated in Northern India, this serene five-star ashram-style destination is a "refuge for all beings" that has gained a reputation for providing deeply personal retreats. Give yourself over to the expert team and allow them to nurture you to a state of wholeness. They will first identify the cause of your stress and then create a bespoke programme that gives you the tools and methods to manage your stress better. Their

overall ethos is that by slowing down, we learn how to 'live' again. Vana is a place to rest, be creative, eat well, find stillness, give to others and make progress in your own journey. Depart feeling mentally, spiritually and emotionally stable. [vana.co.in](http://vana.co.in)

## Aro-Ha Wellness Retreat, New Zealand

There's nothing like detaching from our digital devices as a sure way to de-stress our mind and body. Aro-Ha, located on New Zealand's beautiful South Island, just outside Queenstown, is one of the world's most spectacular wellness destinations. Sleep in luxe cabins and experience week-long transformational retreats that feel intimate yet nourishing and active. Learn to remedy adrenal fatigue as you embark on lung-cleansing hikes, yoga, and strength training as well as brainfood talks by leading educators. A delicious rainbow of organic meals replace inflammatory coffee, processed foods and sugar. Aside from the sub-alpine hikes, the highlight here is the sacred Day of Silence. Everything at Aro-ha is curated to boost your serotonin levels and bring you into the present where stress can't thrive. [aroha.com](http://aroha.com)



## MEN'S WELLNESS

After facilitating Wellness Retreats at Golden Door Health Retreats for 15 years, David Ball now runs a Men's Wellness Retreat at the Elysia Golden Door Health Retreat located in the Hunter Valley. The retreat is all about giving men the tools that enable them to navigate life well, avoid stress and burnout, and achieve a life balance between caring for themselves, their family and succeeding at work. [goldendoor.com.au](http://goldendoor.com.au)

## RETREATS TO RECOVER FROM CHALLENGING TIMES

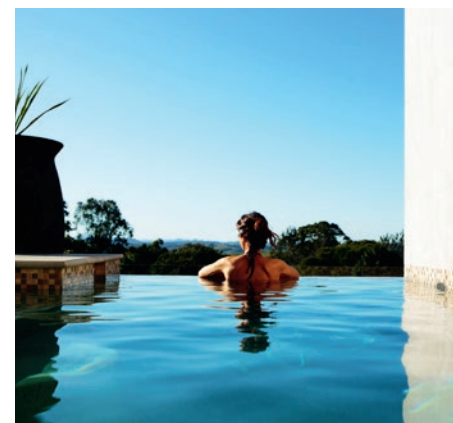
### Path Retreat, various locations

If you long for a deeply healing retreat and a chance to let go of old wounds, beliefs and concepts then you are ready for a Path of Love Retreat. Established 22 years ago in India, these seven-day residential programmes are held around the world, including in Australia, and appeal to those who seek the truth about themselves. In this confidential space, your programme consists of activities and workshops that challenge you to let go of the old to bring you into a state of aliveness and intensity for an authentic life. During the retreat, you will be guided to shed layers and strip away any of the falsity that characterises so much of what we see in the world today, and in ourselves. [pathretreats.com](http://pathretreats.com)



## Gaia Retreat & Spa, Byron Bay

Sometimes the best way through the daunting times is to just allow ourselves to rest. Gaia Retreat & Spa in the Byron Bay hinterland is an ideal choice for when you want a retreat stay that is not rigorous yet still feels deeply restorative. Select specific package add-ons like detox or fitness, or simply go with the flow. Treat yourself to nurturing spa therapies, naturopathic and fitness assessments or just relax on a hammock overlooking acres of serenity. Accommodation varies from contemporary to rustic and pure luxe, and food is local and organic. You'll depart feeling stronger and resilient. [gaiaretreat.com.au](http://gaiaretreat.com.au)



## RETREATS FOR NUTRITION & GUT HEALTH

### Fivelements, Bali

If you are partial to the plant-based vegan movement and seek a touch of spirituality in tranquil surrounds, then Fivelements in Bali could be the retreat for you. Stay in riverside villas and enjoy sublime massages, fire ceremonies, and treatments by Balinese healers. At the heart is the Sakti Dining Room, with a fine-dining menu of organic and alkalising cuisine. Wellness retreats are themed around detox, healing and spirituality. [fivelements.org](http://fivelements.org)



## RETREATS FOR BRAIN OPTIMISATION

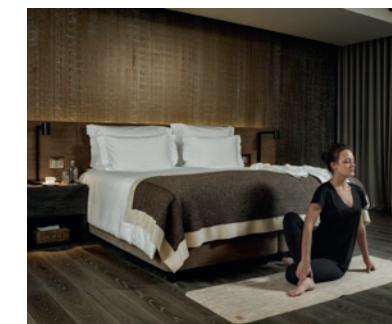
### Amatara Wellness Resort, Thailand

There's little point living longer if you don't have a healthy brain, which is why Amatara Wellness Resort has introduced the Brain Health Enhancement programme. With a 'prevention is better than cure' approach, the retreat starts with a visit to The Brain Health Institute in Bangkok where you undergo a series of diagnostics by sleep technicians, certified dietitians, psychologists, sports medicine professionals. Then you are whisked off to your luxury villa on Phuket island where your stay is tailored to your results. The retreat consists of naturopathic consultations with prescribed healthy meals, activities to boost blood supply to the brain and spa therapies to reduce sleep disorders. Depart armed with all the tools to help prevent the onset of cognitive decline and Alzheimer's disease. [amatraphuket.com](http://amatraphuket.com)

## RETREATS FOR SLEEP

### Six Senses, selected resorts

Who would have ever 'dreamed' we would be travelling to luxury resorts to learn how to sleep?! However, the consensus is the quality of our sleep is deeply connected to our state of health. Which is why Six Senses collaborated with experts to roll out their global Sleep with Six Senses initiative. Central to this is the villa/room set-up, which includes natural bedding that breathes and temperature-regulating pillows and duvets. Guests can upgrade to receive a sleep tracker that gives a daily analysis of their sleep quality, plus sleep-boosting snacks, snoring strips and other amenities as well as your own on-call Sleep Ambassador. [sixsenses.com](http://sixsenses.com)



## SHA Wellness Clinic, Spain

When insomnia starts to affect your life and conventional medicine is not helping, then consider SHA Wellness Clinic to retrain yourself on how to sleep deeply. After all, SHA believes that sleep disorders can lead to the onset of heart disease and other diseases. Set in the foothills of the Sierra Helada mountains on the Mediterranean coast, SHA offers 13 health programmes including Sleep Recovery, complete with medical examinations, lab tests, and a polygraph that diagnoses how you sleep at night. The minimum stay is seven nights, although 14 is recommended. Nutritious, magnesium-rich organic meals are served to boost the immune system. [shawellnessclinic.com](http://shawellnessclinic.com)



## RETREATS FOR DETOX

### Oneworld Ayurveda, Bali

If you prefer a more intimate setting, the Ayurvedic Panchakarma at Oneworld Ayurveda in Bali is one of the most nourishing private spas you'll find. Although it's very much a serious detox overseen by Ayurvedic physicians, it feels seriously grounding and you are cared for every step of the way. The seven-, 14-, 21- and 28-day Panchakarmas are recommended for many conditions including chronic stress, insomnia, anxiety, obesity, thyroid issues and arthritis. Alongside daily consultations, individually prescribed vegetarian meals and medicines, there's gentle yoga, wellness talks and optional days of silence. The beauty of this retreat is that while you can dine with others, it feels perfectly comfortable to eat alone. In a nutshell, the experience of having your doshas in balance is a another level of wellness. [oneworldayurveda.com](http://oneworldayurveda.com)



## VISIT MINDFOOD.COM

Want more personal pampering? Amatara Resort in Thailand offers the perfect mix of wellness and luxury. For more, visit [mindfood.com/wellness-unlocked-amatara-resort-thailand](http://mindfood.com/wellness-unlocked-amatara-resort-thailand).

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