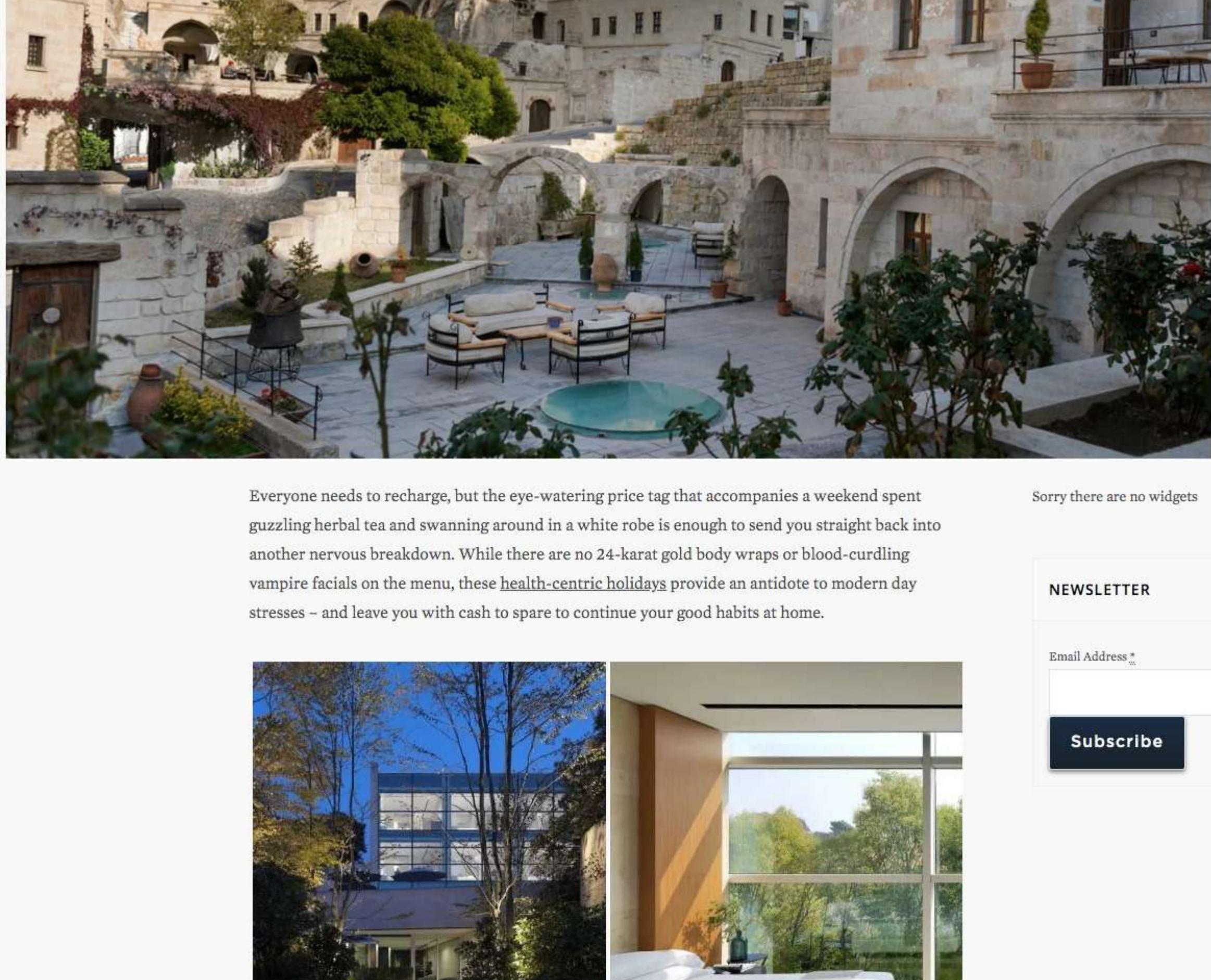


10 Affordable Wellness Retreats

Tue, 15 January 2019
 Words by CONTRIBUTOR : FLEUR ROLLET-MANUS



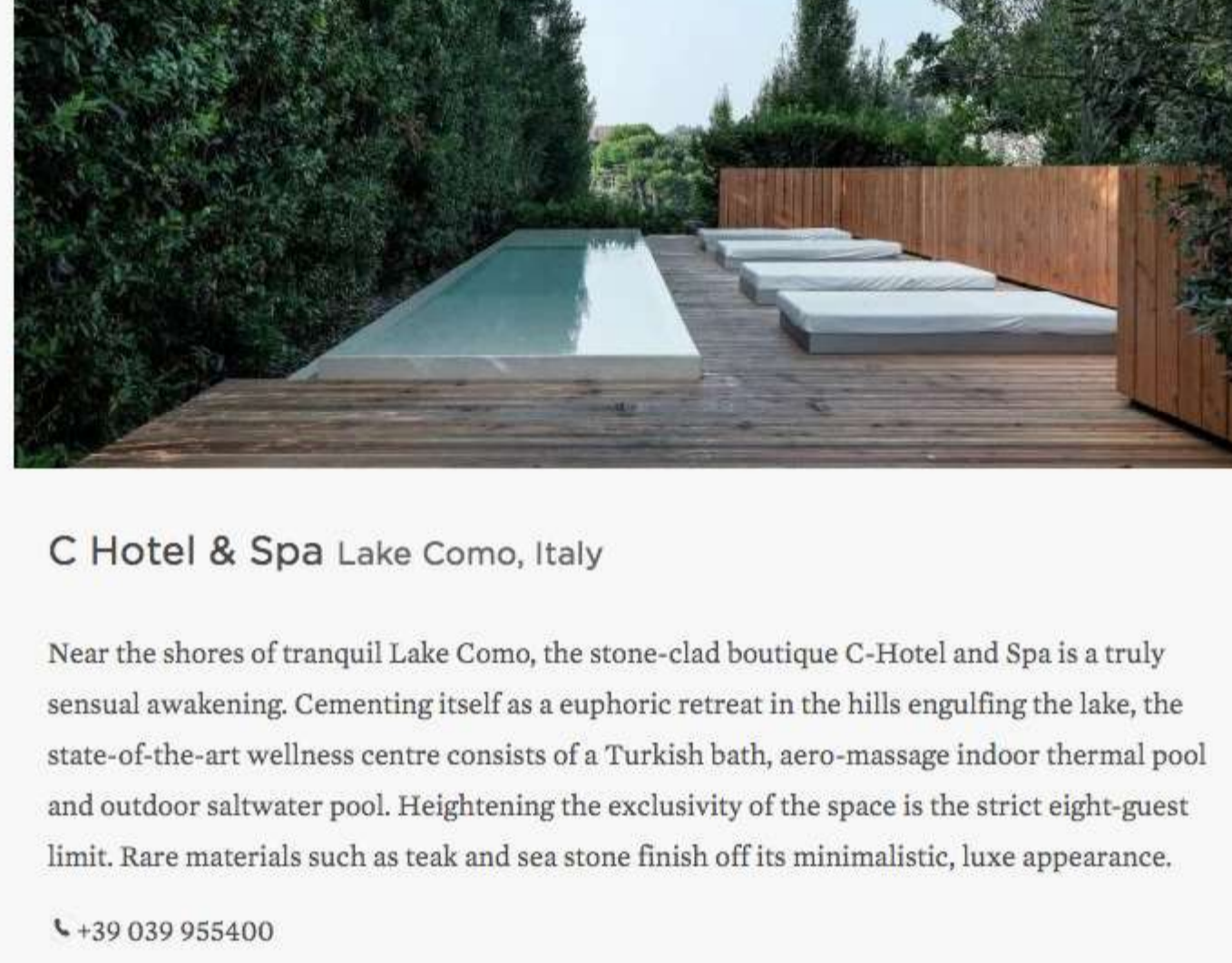
Everyone needs to recharge, but the eye-watering price tag that accompanies a weekend spent guzzling herbal tea and swanning around in a white robe is enough to send you straight back into another nervous breakdown. While there are no 24-karat gold body wraps or blood-curdling vampire facials on the menu, these health-centric holidays provide an antidote to modern day stresses – and leave you with cash to spare to continue your good habits at home.

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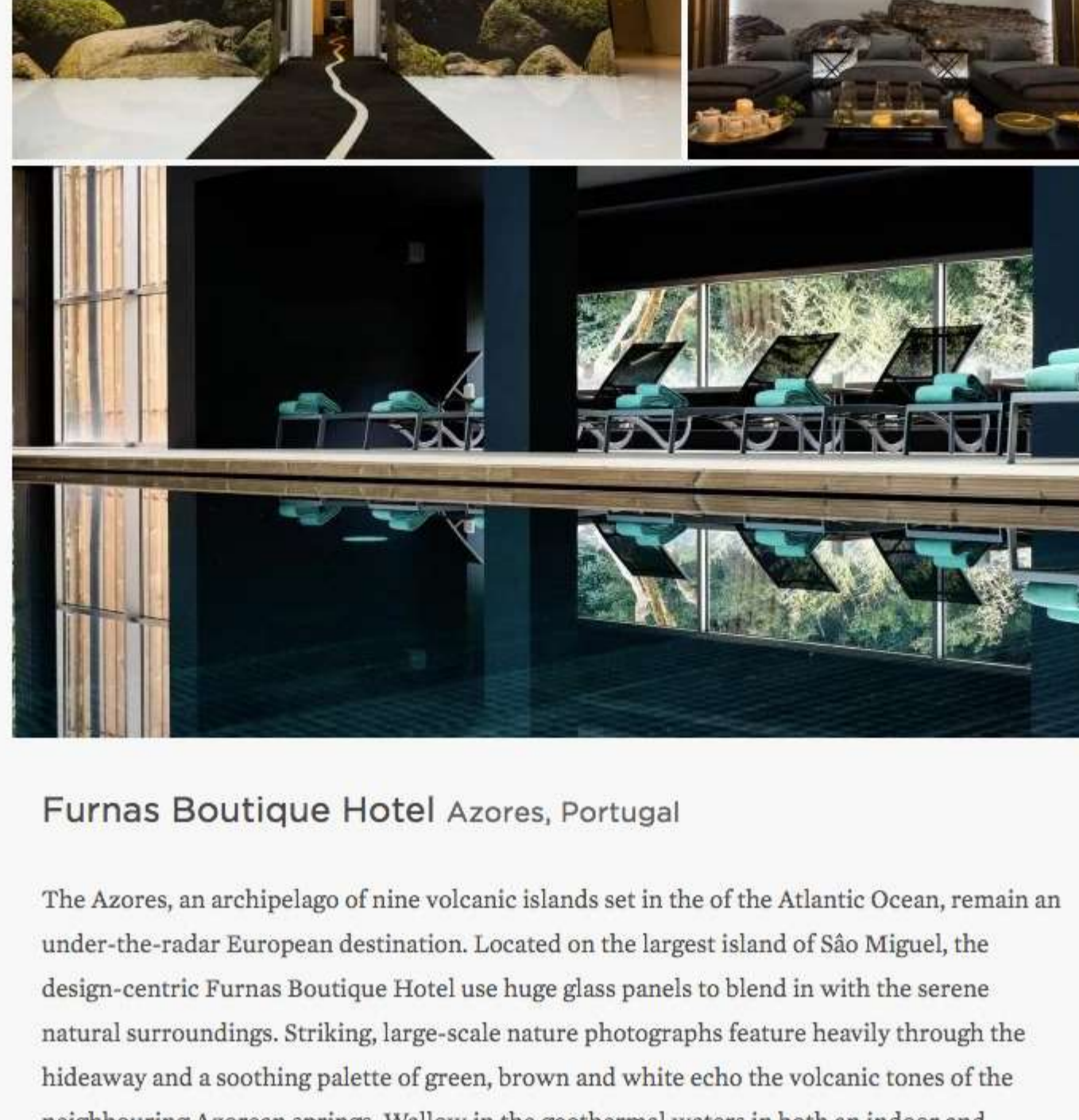
C Hotel & Spa Lake Como, Italy

Near the shores of tranquil Lake Como, the stone-clad boutique C-Hotel and Spa is a truly sensual awakening. Cementing itself as a euphoric retreat in the hills engulfing the lake, the state-of-the-art wellness centre consists of a Turkish bath, aero-massage indoor thermal pool and outdoor saltwater pool. Heightening the exclusivity of the space is the strict eight-guest limit. Rare materials such as teak and sea stone finish off its minimalist, luxe appearance.

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Via N. Sauro
47
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Cassago Brianza LC



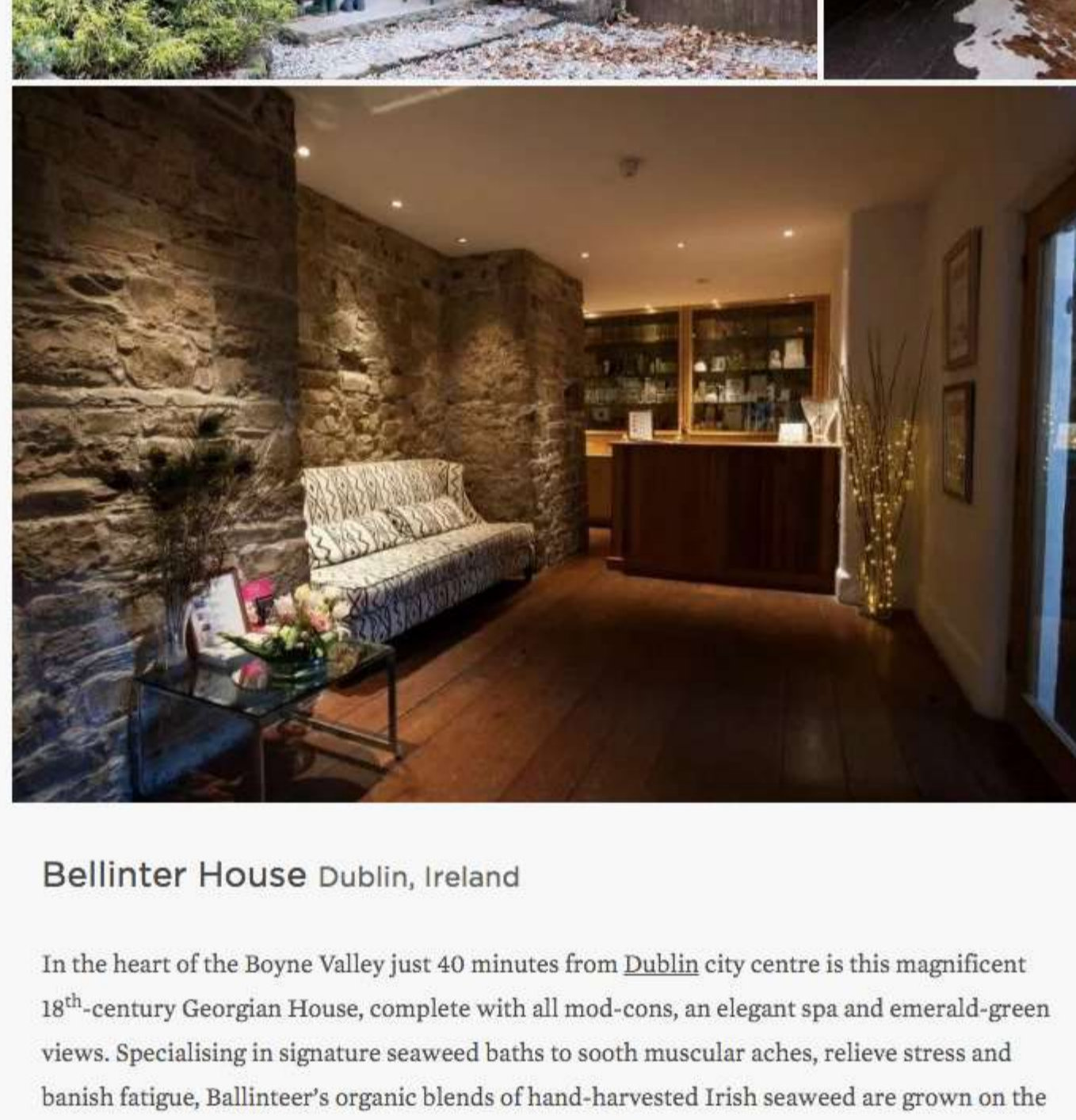
Furnas Boutique Hotel Azores, Portugal

The Azores, an archipelago of nine volcanic islands set in the largest of the Atlantic Ocean, remain under-the-radar European destinations. Located on the largest island of São Miguel, the design-centric Furnas Boutique Hotel use huge glass panels to blend in with the serene natural surroundings. Striking, large-scale nature photographs feature heavily through the hideaway and a soothing palette of green, brown and white echo the volcanic tones of the neighbouring Azorean springs. Wallow in the geothermal waters in both an indoor and outdoor pool complete with thermal water circuit. Later, draw on the ancestral powers of the famous Furnas spring waters with a massage ritual which uses clay, volcanic rocks and precious stones to boost your energy.

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Avenida Dr. Manuel de Arriaga
Furnas
São Miguel
9675-022



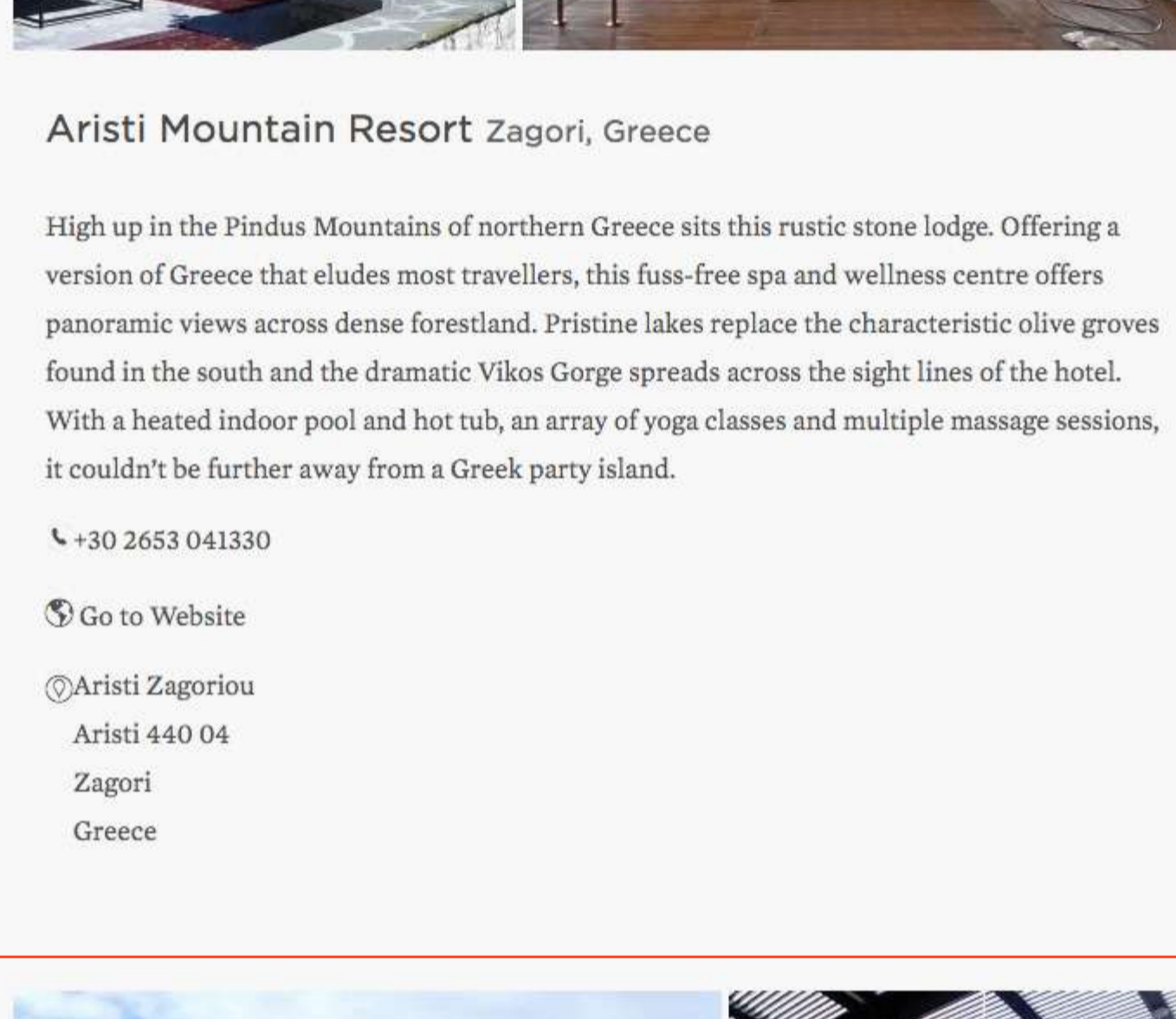
Bellinter House Dublin, Ireland

In the heart of the Boyne Valley just 40 minutes from Dublin city centre is this magnificent 18th-century Georgian House, complete with all mod-cons, an elegant spa and emerald-green views. Specialising in signature seaweed baths to soothe muscular aches, relieve stress and banish fatigue, Bellinter's organic blends of hand-harvested Irish seaweed are grown on the family farm on the wild Atlantic Coast. Rooms are filled with modern artwork and roll-top bathtubs, some of which are big enough for two. Ask the butler to run you a bath using Voya, the world's first certified organic seaweed-based products, and savour a peaceful escape in the solitude of the countryside.

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Ballinter House
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Ireland



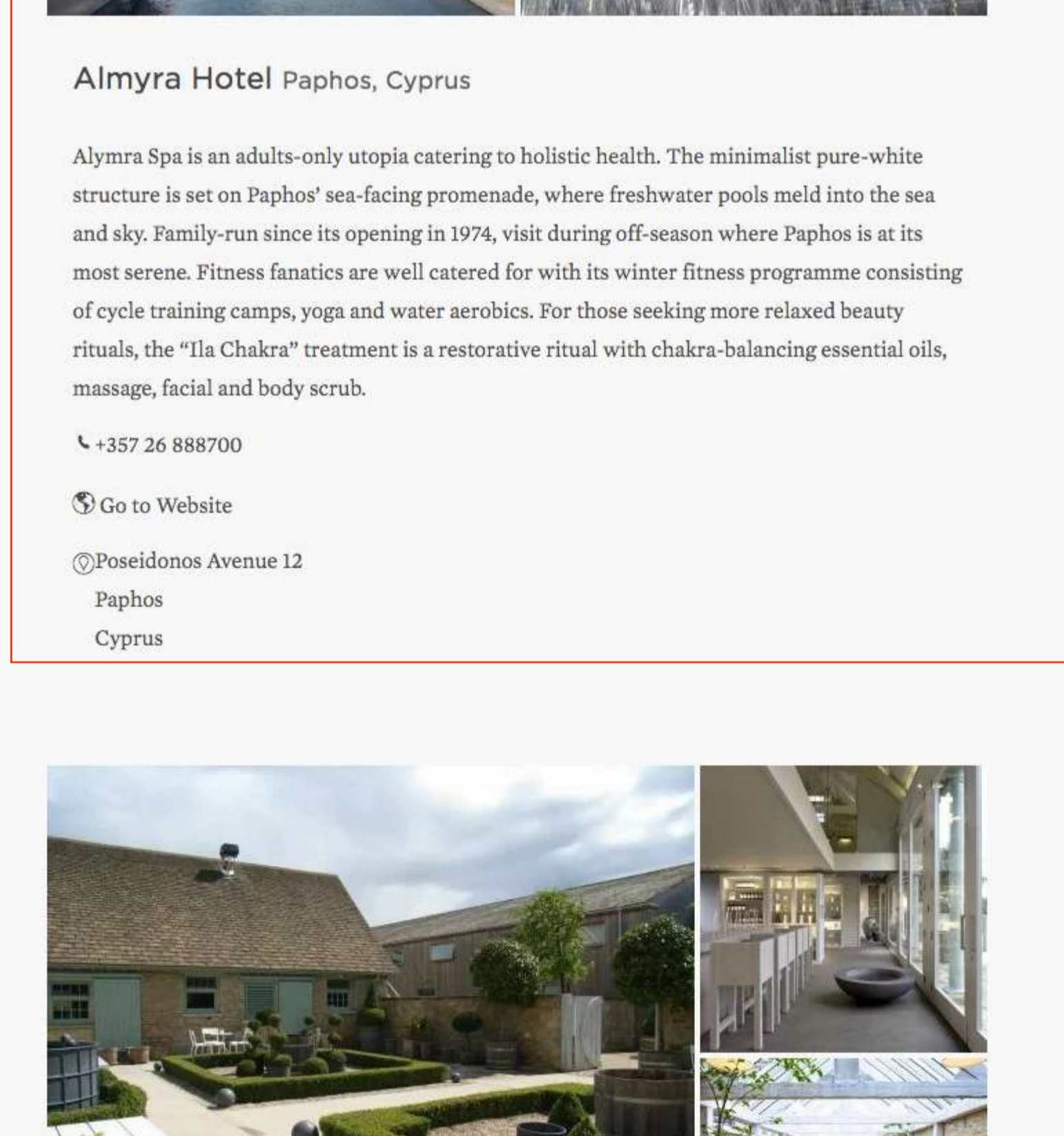
Aristi Mountain Resort Zagori, Greece

High up in the Pindus Mountains of northern Greece sits this rustic stone lodge. Offering a version of Greece that eludes most travellers, this fuss-free spa and wellness centre offers panoramic views across dense forestland. Pristine lakes replace the characteristic olive groves found in the south and the dramatic Vikos Gorge spreads across the sight lines of the hotel. With a heated indoor pool and hot tub, an array of yoga classes and multiple massage sessions, it couldn't be further away from a Greek party island.

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Aristi Zagoriou
Aristi 440 04
Zagori
Greece



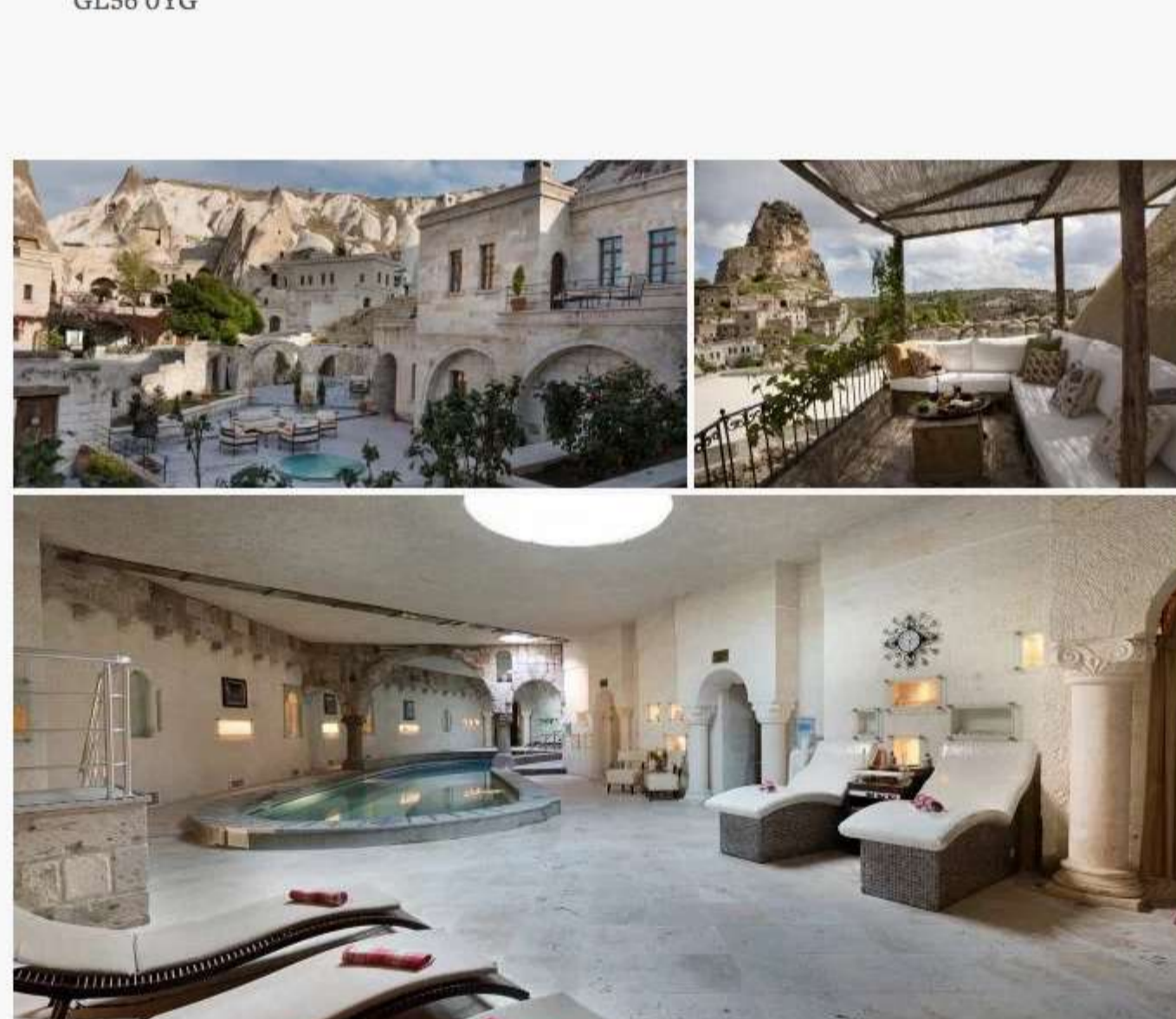
Almyra Hotel Paphos, Cyprus

Almyra Spa is an adults-only utopia catering to holistic health. The minimalist pure-white structure is set on Paphos' sea-facing promenade, where freshwater pools meld into the sea and sky. Family-run since its opening in 1974, visit during off-season where Paphos is at its most serene. Fitness fanatics are well catered for with its winter fitness programme consisting of cycle training camps, yoga and water aerobics. For those seeking more relaxed beauty rituals, the "Ila Chakra" treatment is a restorative ritual with chakra-balancing essential oils, massage, facial and body scrub.

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Poseidonos Avenue 12
Paphos
Cyprus



Daylesford Gloucestershire, UK

Five quintessential golden-stone Cotswold cottages, an organic farm shop and a wellness retreat form this idyllic Gloucestershire haven. Each cottage has been lovingly restored to its former glory with exposed-brick walls, roaring fireplaces and wooden beams. A breakfast basket overflowing with farm produce is delivered straight to your door ensuring mornings are spent lazily in bed. When you eventually rise, stretch your limbs with a restorative yoga class that caters to all abilities. Each stay also comes with a complimentary one-hour treatment in the Ramford Haybarn Spa. The celebrity-favourite signature facial comes with glowing recommendations thanks to an unusual mixture of reflexology, massage and polarity therapy to rebalance your skin.

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GL56 0YG



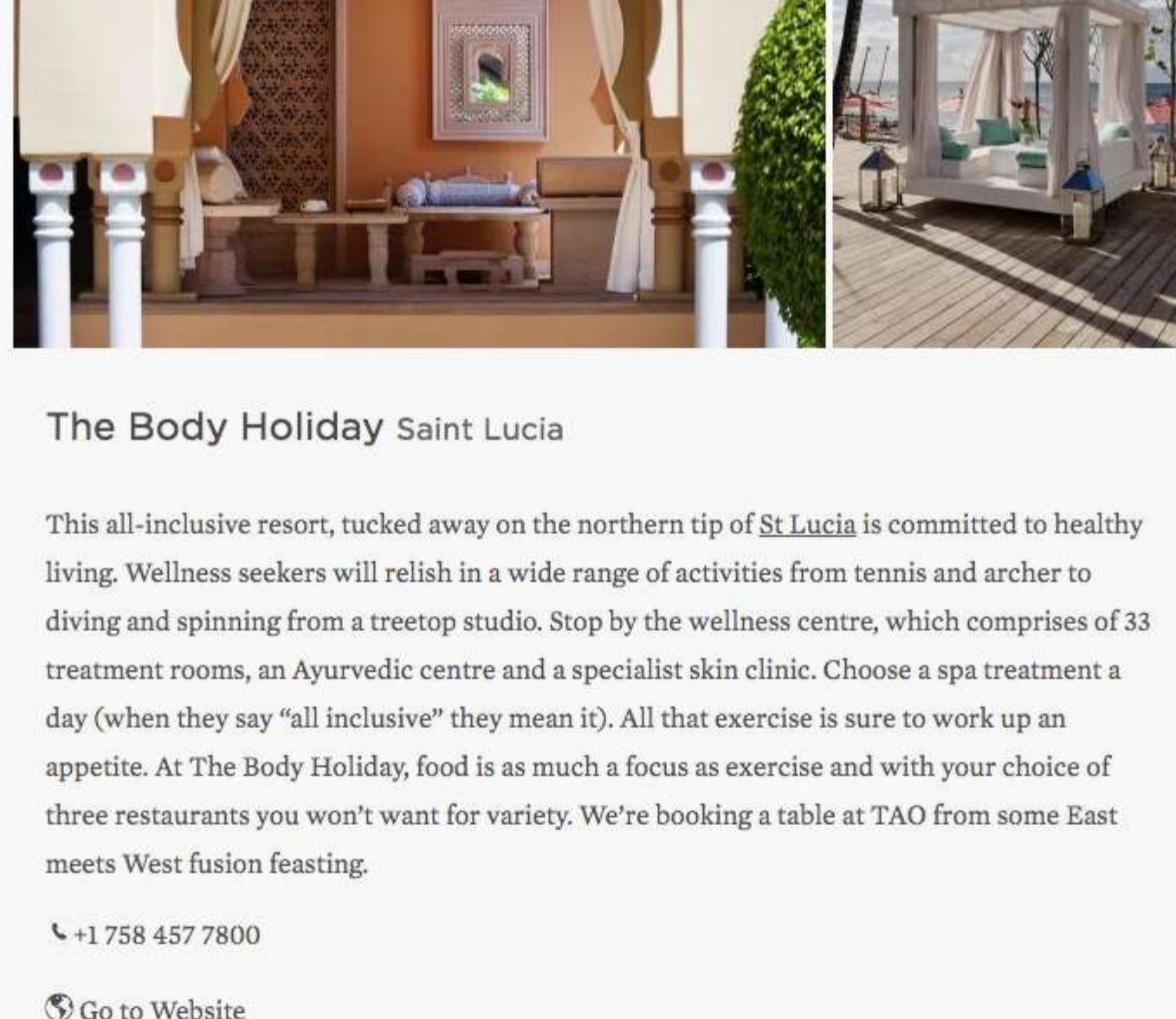
Göreme Anatolian Houses Cappadocia, Turkey

The apocalyptic terrain of Cappadocia is enough to transport your troubles away without indulging in lengthy treatments. Making the most of the area's fairytale charms are the Göreme Anatolian Houses, which are built into the rock inside eight carved chimneys all linked by underground passages. A large wellness centre boasts a moat-style outdoor pool, indoor pool and steam and sauna facilities. The mosaic bath spa burrowed beneath the hotel offer anti-ageing, skin-nourishing traditional Turkish hammam rituals. But the best bit has got to be the complimentary, free-flowing wine tap in the garden, there to enjoy beneath a sunset sky filled with colourful hot-air balloons.

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Cevizler Sk
Göreme Belediyesi
50180



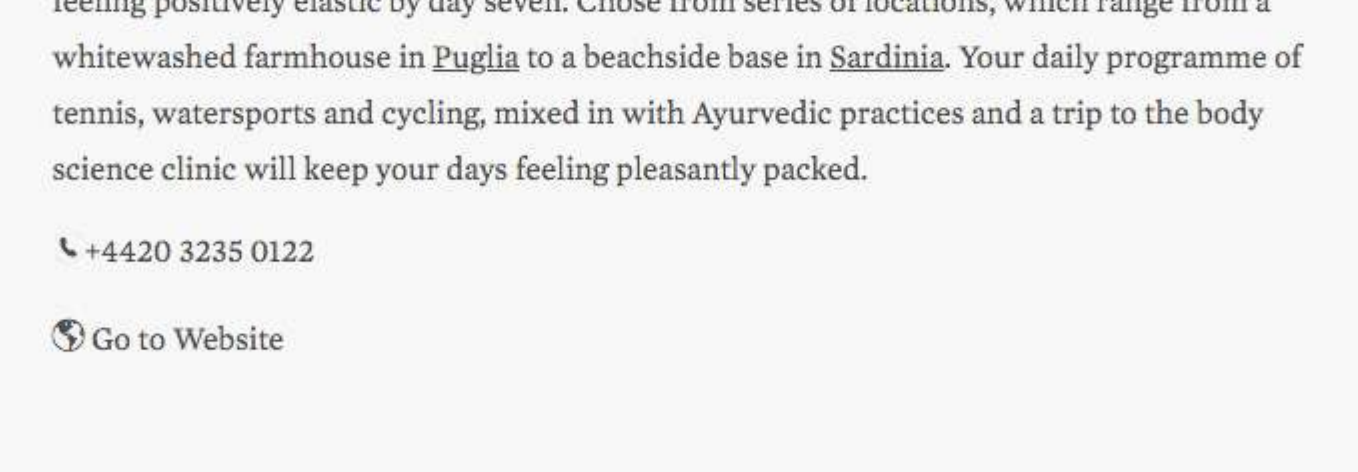
Les Sources De Caudalie Bordeaux

Caudalie launched the very first vinotherapie spa in 1999. In between vinotherapie treatments carried out in a barrel-shaped hot tub and gourmet dining at the estate's triad of restaurants (two of which are Michelin starred) guests are likely to spend the majority of their down time wallowing in fluffy dressing gowns or bobbing in heated pools. For something really special, the signature "premier cru" facial uses spring mineral water (sourced from 540 metres below the site) and grape-seed cosmetics chosen for their anti-ageing properties. The 50-minute session incorporates eight different products and includes dermaroller treatment, gentle exfoliating, a hot-oil massage and countless herbs, finishing with a showering of grape-water spray (a cult Caudalie product).

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Smith Haut-Lafitte
Martillac
33650



The Body Holiday Saint Lucia

This all-inclusive resort, tucked away on the northern tip of St. Lucia is committed to healthy living. Wellness seekers will relish in a wide range of activities from tennis and archer to driving and spinning from a treetop studio. Special by the wellness centre, which comprises of 33 treatment rooms, an Ayurvedic centre and a specialist skin clinic. Choose a spa treatment a day (when they say "all inclusive" they mean it). All that exercise is sure to work up an appetite. At The Body Holiday, food is as much a focus as exercise and with your choice of three restaurants you won't want for variety. We're booking a table at TAO from some East meets West fusion feasting.

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Caribbean Beach
Castries

Destination Yoga Multiple Locations

Three words: luxury spa complex. Choose from a catalogue of spa treatments, plus a plethora of sport activities on offer at this all-in wellness escape. Over the course of the week-long retreat you can also bank on doing a lot of yoga. With two classes a day – two hours in the morning and one in the evening (an hour-and-a-half restorative yoga) – your limbs will be feeling positively elastic by day seven. Chose from series of locations, which range from a whitewashed farmhouse in Puglia to a beachside base in Sardinia. Your daily programme of tennis, watersports and cycling, mixed in with Ayurvedic practices and a trip to the body science clinic will keep your days feeling pleasantly packed.

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