

Condé Nast Traveler

THE WORLD MADE LOCAL

MARCH 2024

Sri Lanka
Los Angeles
Berlin
Canada
Seoul

+ wellness
special

SPAS, RETREATS, AND EXPERIENCES
TO IMPROVE YOUR WHOLE LIFE



From far left:
At Kamalaya, an offering of flowers at a small shrine; the yoga pavilion at Kamalaya



new and next

Engel Ayurpura, Italy

High in the Dolomites of South Tyrol, this sleek glass-and-wood hotel embedded in the forested mountainside is all about the pursuit of harmony. The intimate scale of the retreat, which has just 15 rooms, means attention is well-tailored to each of the residents. Nutrition plans and bespoke therapies are designed by in-house Ayurveda specialists, ranging from a four-day beginner's program to a detoxifying 21-day Panchakarma intensive. Activities are minimal; rest is the goal. *Open*

The Ranch Hudson Valley, New York

This iconic Malibu retreat is debuting on the East Coast at a sprawling estate once owned by J.P. Morgan just 45 minutes outside Manhattan. Stays are based on guests' fitness needs and schedules, including shorter programs for midweek getaways and a four-day reset over a long weekend. Meals are plant-based, organic, and locally sourced; treatments range from cryotherapy and colonics to light hikes and sanctioned nap time. *Opening spring 2024*



purple, a sign of stagnated chi and long-term low mood. Pitchaya inserts needles into my forehead, sternum, stomach, thighs, and ankles, then uses a technique often practiced on stroke patients to reopen the body's nine sensory portals and combat depression, which shoots a sudden jolt of electricity up from my left ankle. At night I join other guests sipping virgin mojitos in Soma Restaurant. We eat silently at our own tables, each in a separate golden orb of candlelight and thought while staffers serve as charming go-betweens, serving fragrant pumpkin-okra curry, lentil dosa, and cauliflower rice.

Going to bed early and rising at dawn, I feel recalibrated to the natural order of the earth. Everywhere I go, I am struck by beauty and my own clarity of thought. A voice inside me says: "It's time to let go."

"You deserve a beautiful life," says Srinivas Bhat, a former monk from Chennai who is my life-enhancement mentor, with such conviction

that I break down and cry. "You are very strong and powerful, but you are exhausted. You must stop resisting life, surrender yourself to the flow of the universe." Healing, he says, is embracing your pain so it can extinguish itself. During guided meditation, I cry and shake. Afterward, I curl up in a towel on my balcony, the sound of monsoon rain massaging my brain. I wake three hours later, somehow changed. That night, after dinner, glowing lanterns line my path like benevolent souls guiding me safely home. **CHLOE BOTTERO**

Healing Holidays can arrange a seven-night Relax & Renew program at Kamalaya from \$3,579 per person based on double occupancy, including transfers and full board, as well as a seven-night Yoga program at Absolute Sanctuary from \$2,119 per person, based on double occupancy, including transfers and full board. healingholidays.com/condenast