

Health retreats

If you over-indulged during the holidays, these sanctuaries could be your quick fix to a clear mind – and gut.

Words: Priya Raj

The never-ending debate: is poor gut health the source of all your physical ailments? Ayurvedic, detox, anti-inflammatory, probiotic, prebiotic, microbiome – with so much jargon to get your head around, finding an answer without the help of an expert can be overwhelming, so you may as well enjoy the lap of luxury while you search. Here's a selection of new-age retreats that could kick-start your journey toward a happier tummy.

Country escape

The five-day gut health programme at Goodwood promises to be a complete physical and mental reset. Taking place in the luxurious countryside setting of the 12,000-acre Goodwood estate in West Sussex, UK, this retreat is perfect for relaxation and reflection. Commencing with a full-body composition analysis and a one-to-one nutritional consultation, it aims to establish lasting habits that can be implemented into guests' everyday life. Experiences include massages, salt baths and spa treatments. Goodwood also offers daily talks with resident experts on how to live a rounded, healthy

life. From £2,225 for five nights; goodwood.com

Holistic philosophy

SHA Wellness, hosted in the shadows of the Sierra Helada mountain in Alicante, Spain, offers a multidisciplinary approach to tackling gut health. The seven-day retreat focuses on improving the functions of the intestinal, digestive and immune systems; particularly helpful for those with autoimmune diseases, chronic conditions and mood disorders. An initial assessment identifies the issues to be treated, as well as underlying psychological disorders that may affect eating habits. Dr Alani, the resident gut health expert who created the programme, identified that emotional problems can manifest themselves as physical problems and vice versa. SHA Wellness helps achieve stability through workshops such as cooking classes and emotional eating sessions. Guests may opt to extend their stay to 14 days. From £4,400 for seven nights; shawellnessclinic.com

Specialised treatment

The microbiome is one of the big gut-health buzzwords, and this



▲ Rebalance your gut and unwind at Lefay Resort & Spa PHOTOGRAPH: LEFAY RESORT & SPA

Swiss retreat offers a bespoke plan to address exactly that. The palatial Grand Resort Bad Ragaz was created around the concept of healing and preventative medicine. Its Microbiome programme lasts for three nights and requires guests to send in a stool sample four weeks before their stay. A gastroenterologist (a doctor who focuses on the stomach and intestines) and nutritionists will then assess the stool sample to tailor a diet to restore the guests' gut flora, the microorganisms that train the immune system, protect against infections and produce important vitamins. The retreat also uses heart rate variability monitoring to assess an optimal daily structure, like sleep and exercise, which could help improve the state of the nervous system. From £5,260 for three nights; resortragaz.ch

First-class pampering

The scenic Lefay Resort & Spa in Lake Garda, Italy, offers a five-night programme to help rebalance the immune system and gut microflora, aiming to improve the body's ability to fight off infections. Lefay maintains that when the gut is in good condition, both body and mind feel good as well. The principles of the resort combine those of classical Chinese medicine with Western scientific research. The programme begins with a consultation and a tailored diet to nourish the gut. In addition to health check-ups and consultations, guests receive several treatments over the length of the programme, from acupuncture and cryotherapy to massages, scrubs and facials. From £2,760 for five nights; lefayspamethod.com

The power of nature to heal and restore

As our lives get busier and the impact of those lives on the planet more pronounced, many people are looking for products that utilise the potent power of nature but don't cost it. Solutions that balance our needs with the needs of our world.

Wellbeing brand Belle Regali naturale uses 100% natural, sustainable ingredients and materials to create beautiful skincare, yoga and

respecting nature and respecting our bodies. A vision which is expressed in the company name (which hints at Belinda's love of Italy) and tagline "there is no finer gift than the gift of nature."

heated or cooled. A stylish and unisex eco cotton canvas yoga mat bag and a range of planet friendly soap and candle accessories.

Invested in better, Belle Regali naturale is not about greenwashing. Every element has been carefully considered against a backdrop of people and planet. From the reusable ceramic jar which houses the expertly blended aromatherapy candles, to the fully recyclable packaging designed to protect the products themselves.

Clear on origin Belinda and her team source and select ethically against a strict criterion of quality and eco credentials. Transparency is also paramount and refreshingly

All of the ingredients and materials used in Belle Regali naturale products are ethically sourced, cruelty free, vegan and completely natural. The range includes artisan soaps handmade using traditional methods and adorned with natural beauties like dried rosebud. Multisensorial and mineral rich bath salts created by blending high-quality essential oils chosen to soothe, stimulate, ground, or destress. Hand poured aromatherapy candles and melts made from eco soy wax to provide a non-toxic, clean burn. Luxuriously soft, linen eye pillows gently weighted with organic flaxseeds which can be



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relaxation products. Founded by Belinda Heaslip a certified aromatherapist and dedicated yogi, the company ethos is based around

the Belle Regali naturale website lists every ingredient used and encourages customers to reach out if they have a query.

It is a potent and powerful combination. Efficacious products which draw on the power of nature to heal and restore, without exhausting it. Perhaps it's this kind of balance that we all need.



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