

PRESTIGE Lifestyle

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TOX OF THE TOWN

Ditch your smartphone, erase the emotional baggage and trash the junk food. JOLIE GOH recommends detox packages and programmes around the world to sign up for



THE DIGITAL DETOX

A PERIOD OF TIME DEDICATED TO DISCONNECTING ONESELF FROM ELECTRONIC DEVICES FOR THE EXPULSION OF HARMFUL EFFECTS OF RADIATION AND STRENGTHENING OF SOCIAL INTERACTION

Retreat: Tech Detox at The Retreat Selous, Vamizi Island Lodge and Oyster Bay (Tanzania and Mozambique)

What It Entails: Experience three chic, castaway and contemporary retreat venues all at a go? We're sold. Unlike usual detox packages, this "tech detox" getaway brings travellers into a realm of African tranquility and adventure, introducing them to two exquisite hideaways in Tanzania and one in

Mozambique over a span of 12 days. With the bulk of activities conducted across Tanzania's vast and protected wildlife Selous Game Reserve, connecting with Mother Nature and disconnecting from the electronic gadgets will be an easy feat.

You'll find yourself deep in the heart of the protected wildlife reserve, escaping the buzz of today's technology invasion in peace with minimal modern conveniences — yes, that

means limited network connectivity and charging points. If you're bent on going all out, opt to leave your smartphone or laptop in the safe hands of the organisers, Jacada Travel. Break free from the addictive claws of the Internet while catching sight of wild elephants, giraffes, black rhinoceroses and crocodiles on a private safari, or bask in the sun on the island of the Quirimbas Archipelago in Mozambique's Indian Ocean, where the turquoise waters are crystal clear and coral reefs are plentiful. Travellers are then treated to a relaxing massage at the deluxe beachfront Oyster Bay hotel, accompanied by a stroll around its charming gardens and unspoiled coast to put a close to the much-needed digital detox.

Download the
PRESTIGE
Phone app and
and scan for more
detox-type retreats



THE PHYSICAL DETOX

DETOXIFICATION WITH THE PURPOSE OF BETTERING ONE'S PHYSICAL FITNESS AND APPEARANCE

1 **Retreat:** Yogic Detox at Ananda in the Himalayas (Uttarakhand, India)

What It Entails: Boasting multiple accolades from international publications and travel sites (*Travel + Leisure*, *Condé Nast Traveller*, *Asia Spa* and more) for 12 consecutive years, Ananda in the Himalayas has won itself several titles, from Favourite Spa in India and Leading Spa Resort, to Best Spa for Yoga...and the list goes on. Sitting on the Himalayan foothills overlooking the meandering Ganges River, the resort leaves guests enchanted with its surroundings.

Its signature detox package introduces a range of Hatha yogic cleansing techniques that detoxify bodies ascetically. Techniques include Hatha yogic postures (Asana) and yogic breathing practices (Pranayama) to improve flexibility and reduce symptoms of lower backache. The route to a fitter physique will be accompanied by a personal fitness consultation (body composition analysis), daily serving of fresh fruits, and scheduled spa and yoga activities. Individuals who wish to keep their hearts pumping during spare time will be delighted to know that all guests hold access to unrestricted usage of the resort's facilities: Steam room, sauna, chill plunge pool, heated lap pool and Kneipp hydrotherapy foot bath.



2 **Retreat:** Skin Detox at Ayana Resort and Spa (Bali, Indonesia)

What It Entails: Perched 35m above Jimbaran Bay, Ayana Resort and Spa's Freeflow Bubbles package pampers the most fastidious of spa enthusiasts and offers a majestic view

of Bali, alongside its modish and Balinese-themed furnishing. The resort is home to one of the world's largest Aquatonic Seawater Therapy pools. This mineral-rich warm pool — with over 60 hydrotherapy jet streams discharging seawater — will stimulate and tone worn-out muscles. A form of therapy known as thalassotherapy, it is the

highlight of the seven-day package. Thalassotherapy also encourages blood circulation and restores vital minerals in the body during the process, maximising sleep quality and overall health. To top it off, the Aquatonic Seawater Therapy Pool brings about cellulite reduction, improved metabolism and muscle-toning as well as skin detox.

THE SPIRITUAL DETOX

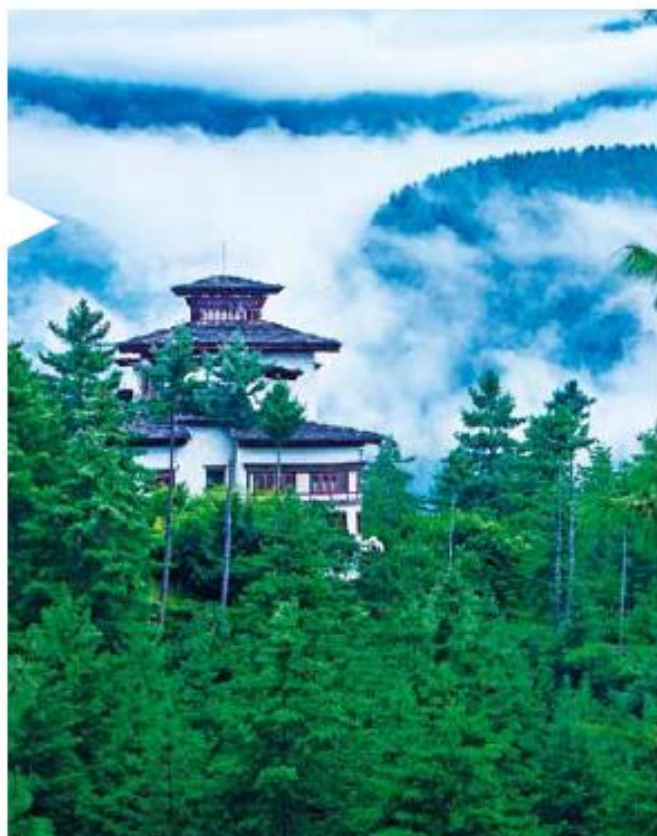
DETOXIFICATION INTENDED FOR THE REFINEMENT OF ONE'S SPIRITUAL ENERGY — WITH REGARDS TO A SENSE OF IDENTITY AND EMOTIONAL NATURE

1 **Retreat:** The Legacy Retreat at Uma by Como Bhutan (Paro, Bhutan)

What It Entails: Run by veterans in behavioural therapy and oriental medicine, The Legacy Retreat finds great joy in imparting essential life skills to participants. The team possesses more than 30 years of experience in their respective fields, generating a mutual understanding between themselves and those who partake in their holistic programme.

Visualise that luxurious getaway far from the hustle and bustle of the city — only more fulfilling this time, with qualified master psychotherapists attending to your

mental, emotional and spiritual psyche. Pick up simple yet effective meditation techniques and dine on healthy gastronomic meals prepared with organic produce. Individuals can opt to perk up their physical wellbeing and energy flow (*qi*) through tailored oriental and Ayurvedic medicine body treatments. Identify personality traits via the Enneagram of Personality, a typology developed to define nine personality types. Choose to venture on this self-mastery journey solo, with a partner, or even in a group of like-minded people. Participants can also calm their minds and recharge their batteries at the Bhutanese-style private villas at Uma and take joy in the refreshing flora planted within its own glade.



2 **Retreat:** Lifestyle and Stress Management at Kamalaya Koh Samui (Koh Samui, Thailand)

What It Entails: Designed for victims of adrenal burnout (the wearing out of one's adrenal glands as a result of overworking, traumatic experiences,

toxic exposure and sleep deprivation), the programme at Kamalaya Koh Samui lets guests counteract the stresses of contemporary lifestyle. The acclaimed four-time winner of "Spa Retreat of The Year" at the AsiaSpa Awards, this luxury spa resort overlooks the serene southern coastline of Koh Samui and is nestled around a site Buddhist monks once favoured as a meditation spot.

Got a medical history? Fret not, as Kamalaya's qualified staff will see to your physical welfare, conducting medical tests amidst nutritional supervision and consultations on stress management and naturopathic lifestyles. Kamalaya's acupuncture sessions and rejuvenating massages, such as the royal Ayurvedic, Indian head, Chinese abdominal and Vital Essence oil massages, will revitalise the dulled of spirits and expel negativity within burnt-out souls. An individual wellness programme, this detox retreat may very well be the comeliest for psychological self-improvement.

THE NUTRITIONAL DETOX

THE CLEANSING OF ONE'S INTERNAL BODY ORGANS WITH THE INGESTION OF NUTRITIONAL FOODSTUFF

1 **Retreat:** BluePrintCleanse at The Spring Resort and Spa (California, US)

What It Entails: The Spring Resort and Spa is a tranquil retreat that sits on an elevated promontory in southern California. Offering a majestic view of Palm Springs, and snow-capped mountains San Jacinto and San Geronimo, this resort provides a breathtaking atmosphere like none other. Its courtyard is rich with aromatic blossoms while its mineral spring water pool is surrounded by palm

and desert foliage. It's pretty obvious why The Spring has won numerous accolades in the past years, with the most recent being renowned travel advice site TripAdvisor's "2013 Winner of Certificate of Excellence". As opposed to an ordinary fast, The Spring's "BluePrintCleanse" is a nutritional juice detox that focuses on nourishing worn out individuals, rather than depriving their bodies of sustenance. While removing toxins, juices also promote healing through the supplying of easily assimilated vitamins, minerals and enzymes



to one's bloodstream. Gradually regain a healthy digestion and metabolic rate with the BluePrintCleanse's varied intensity of juices over a three, four or even five-day span. Freshly squeezed juices, lemon water and a selection

of herbal teas will be delivered to guests' villas daily. For physical rejuvenation, be pampered by deep tissue massages, antioxidant salt scrubs and colon hydrotherapy sessions to make the best of the stay.



2 **Retreat:** Living Foods Detox at Absolute Sanctuary (Koh Samui, Thailand)

What It Entails: Every day at Koh Samui's Absolute Sanctuary will be a journey to regain a balance of vitamins, minerals and nutrients. Besides being held at the spa centre's grandiose accommodation, the Living Foods Detox

package targets toxins in the body through the supervision of meals, executed specifically for the health-conscious and those looking to shed a few pounds.

Seeking to re-fuel guests with positive energy, this programme encourages stayers to exercise by means of scheduled yoga lessons and swimming sessions. Additionally, nutritional food provided is neither processed nor

packaged. Meals are carefully prepared by the sanctuary's kitchen, consisting of light raw foods — fruits, nuts and vegetables — that will drain excess body fats, accumulated toxins and unwanted fecal matter. The sanctuary's thoughtful gesture of a self-concocted recipe — the daily "Vital Greens shot" — will ease guests' transition from their usual diets to one filled with pure ingredients, which in turn boosts their passion for healthy living. ■