



# TOP 10

## HEALTHY HOLIDAYS

### Top 10 Healthy Holidays

Whether you are looking to de-stress, increase your fitness, seek spiritual tranquility with yoga, address a specific health concern, play some sports, get motivated to lose weight or simply indulge yourself with luxury spa treatments, we have the perfect holiday for you. Our collection of healthy holidays all offer something different; from the best yoga or detox retreats, beach spa holidays to fitness breaks or a particular destination for adventure and discovery.

### 1. Kamalaya

Kamalaya is Thailand's award-winning wellness sanctuary on the island of Koh Samui. A variety of spa treatments, yoga classes, cooking workshops and personal fitness training are offered to improve health and rejuvenate the spirit. Comfortable hillside rooms through to lavish beach front villas offer tranquility and stunning views of the surrounding landscape. Personal attention, lush tropical grounds and a private beach make this the perfect destination for those looking to pamper themselves with a healthy holiday.



### 2. Aro Ha Wellness Retreat

Located conveniently just 40 minutes from Queenstown, you will feel like you are in a world of your own on Aro Ha's stunning 21-acre paradise set amongst the Southern Alps. The retreat has been thoughtfully designed to exist in harmony with nature, with eco-friendly, sustainable buildings that enjoy panoramic views of Lake Wakatipu. Rejuvenate with yoga, energise with hiking, build mindfulness with meditation and renew with healing bodywork. Fuel up with nutrient-rich vegetarian food and enjoy luxury accommodation designed for a community focused lifestyle.



### 3. COMO Shambhala

Surrounded by lush tropical jungle, Como Shambhala Estate in Bali is an award winning, luxury resort. Focused on a holistic, 360 degree approach to wellness, Como Shambhala provides fitness centre access, relaxing massage therapies and a multitude of outdoor activities along with a dedicated yoga teacher, Ayurvedic doctor and nutritionist. A local spring, believed to have healing properties, provides water for the Estate, its treatment centre and the Vitality pool and guests can enjoy the hidden water gardens on the banks of the River Ayung.



### 4. Phuket Cleanse Detox and Fitness

If you're looking for a life-changing detox and fitness holiday, Phuket Cleanse in Thailand will deliver. With a comprehensive schedule of fitness activities including Muay Thai, yoga, Pilates, TRX, aqua-aerobics, Zumba and beach Bootcamp you are sure to find something to suit your fitness needs. Detox with raw vegan cuisine and detox juices and learn how to lead a healthier lifestyle with raw food cooking classes and health and nutrition master classes. In between fitness classes you can choose to unwind at the sauna, ice bath, meditation classes and therapeutic daily massages for a complete wellness experience.



### 5. Absolute Sanctuary

Thailand's Absolute Sanctuary is well known for its fantastic yoga programs and its healthy holistic attitude to health. Located on a hillside in the beautiful island of Koh Samui, it features a yoga centre with 3 fully equipped studios, 5 hydrotherapy rooms, sauna, steam room, and an infinity edge pool. It is also Thailand's leading yoga teacher training destination and offers 25 classes a week, taught by an international team of teachers. Absolute blends Moroccan inspired architecture, luxurious accommodation and beneficial therapies to make every guest feel's rejuvenated by the end of their stay.



### 6. Thanyapura

Set amid 42 hectares of lush, mountain-fringed rainforest on Phuket Island, Thanyapura offers an enormous range of sports and wellness activities backed by world-class professionals. Take advantage of some of the world's best sports coaches and take your performance to the next level with cutting-edge sports psychology. Focus on weight loss or anti-aging with a medical approach, using advanced diagnostics and treatment plans to help you achieve your goals. Relax on a mindfulness retreat with the Mind Centre's unique blend of ancient contemplative practices and modern science.



### 7. Amatarra Resort & Wellness

Tucked away in the idyllic island of Cape Panwa in Phuket, Amatarra Resort & Wellness boasts breath-taking scenery matched with world class facilities and luxury accommodation with each room having its own private balcony with sea view. With the guests' varying needs in mind, Amatarra offers different wellness programs focused on cleansing, fitness and relaxation. A range of revitalising in house holistic spa treatments and therapies including the world's first ever Thai Hammam will make your overall well-being renewed after your stay.



### 8. The Banjaran Hot Springs Retreat

The Banjaran is a luxury 5 star retreat set alongside tropical jungle, limestone hills and the brilliant cliffs of Malaysia. Famed for its spa cuisine, holistic wellness therapies and treatments, this retreat offers a variety of activities to choose from, ranging from boot camp sessions to yoga classes. This sanctuary of bespoke wellness features luxury Garden and Water Villas, a Spa and Wellness Centre offering more than 40 types of holistic treatments.



### 9. Zen Resort Bali

Zen resort Bali offers everything from de-stressing with the help of Ayurveda's ancient healing practices including yoga and meditation to a Zen weight loss program including physical and emotional purification and detoxification. From calming rejuvenation process with Ayurvedic healing methods to an exhilarating scuba diving experience, this luxurious retreat in Bali can cater to all your holiday requirements. This resort is small and intimate making sure that your every personal need is met.



## 10. Great Walks of Australia

The ultimate walking collection 'Great Walks of Australia' flawlessly blends exercise, remarkable scenery with exceptional local food, wine and unique luxury accommodation for the ideal healthy active holiday.



### Scenic Rim Walk | 4 Days

Discover an exhilarating adventure in the foothills of South East Queensland's Main Range National Park. The varied topography of mountains, ridges, forests and volcanic plateaus make the Scenic Rim Walk an awe-inspiring experience. The 33 km Scenic Rim Walk offers fantastic birdlife, stunning panoramic views and excellent cardiovascular exercise.

### The Twelve Apostles Lodge Walk | 4 Days

From lush rainforests and remote beaches to helicopter rides, the Twelve Apostles Lodge Walk promises an exhilarating fitness adventure holiday. Walk up to 56 spectacular kilometres through the last half of the coastal trail known as the Great Ocean Walk and complete your trip with a helicopter tour of the Twelve Apostles.

### Freycinet Experience Walk | 4 Days

The Freycinet Experience Walk is the ultimate in relaxation and revitalisation. Enjoy walks among the pink granite of Hazard Mountains, lush forests, and pristine beaches of Tasmania's Freycinet Peninsula. This 37 km walk on the East Coast offers a choice of physical exertion levels ranging from challenging climbs to leisurely beach walks.

### Larapinta Trail | 6 Days

Experienced and knowledgeable guides will lead you on an epic 72 km journey of landscape over exciting journey down the Larapinta Trail. Verdant flood plains, healthy woodlands, deep canyons, rocky outcrops, and high ridgelines of the West MacDonnell Range offer gorgeous scenery and vivid history.

### Arkaba Walk | 4 Days

The 44 km Arkaba Walk takes you through 600 million years of geological activity. Sandstone bluffs, dry creek beds and layer upon layer of exposed geologic history create an awesome setting for a physical fitness holiday. Red and Western Grey kangaroos, wallaroos and emus are common visitors along the walk.

### The Maria Island Walk | 4 Days

The Maria Island Walk is a highly personalised walk traversing the beaches and woodlands of the Maria Island National Park. This is an easy 24-43 km walk focused on personal attention and the remote wilderness experience. Two guides are on hand to attend to a maximum of ten guests. This luxury fitness holiday combines wilderness with elegance to offer you the ultimate wellness walk.

### Bay of Fires Lodge Walk | 4 Days

The Bay of Fires Lodge Walk is a leisurely 33 km coastal journey. Explore the warm sandy beaches and sparkling waters along the coast of Mt William National Park in north-eastern Tasmania. Walk amongst unspoiled beaches and woodlands flourishing with lush foliage and wildlife and reconnect with the beauty of the natural environment.

### Cradle Mountain Huts Walk | 6 Days

The Cradle Mountain Huts Walk offers something for everyone along the popular Overland Track of Cradle Mountain and Lake St Clair National Park, Tasmania. Guests may choose from a 4 or 6 day hike, up to 60 kilometres over varied terrain including plains, rainforests, and meadows.



  
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**Book your healthy holiday with:**



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