

L U X U R Y L O N D O N

/ HEALTH

Sun, sea and shavasana: Winter wellness retreats to book now

11 Sep 2024 | | By Annie Lewis

WHETHER YOU'RE IN SEARCH OF A NEW PB OR JUST A LITTLE R&R, THESE WELLNESS RETREATS WILL LEAVE YOU IN TIP-TOP CONDITION



Whether you're looking for a head-to-toe transformation, medical-driven treatments or a rejuvenating break, there are plenty of **winter** retreats to entice burnt-out Brits. Featuring a daily relaxing roster of **yoga**, breathwork, **Pilates** or high-tempo **boxing** classes and hikes, these are the types of holidays where wellness enthusiasts thrive. But that's not to say they're exclusive events – anyone with an interest in cleansing their body and mind are welcome.

The best bit? Such wellness retreats are perfectly situated to receive that all-important dose of **Mediterranean** vitamin D almost guaranteed on the **Balearics**, Cypriot coast and **Greek islands**, and in far-flung paradises such as the **Maldives** (miles away from cloudy London). So, what are you waiting for? Waltz into winter with a clean mind and healthy body thanks to these top wellness retreats.

ANDRONIS CONCEPT WELLNESS RESORT, SANTORINI



Set on one of the highest points of **Santorini**, **Andronis Concept Wellness Resort** blends seamlessly into the hillside to offer a combination of exclusivity and privacy – so it’s unsurprisingly a hotbed for the Hollywood elite every year. This summer, the resort reopened following a top-to-toe transformation that’s centred by a ‘sleep well’ ethos, aiming to enhance every guests’ wellbeing and vitality during their stay. All 28 rooms are now equipped with Sleep Well mattresses, pillow and duvet menus to suit individual preferences, deep healing channels and wellness mini bars brimming with organic treats such as Greek herbal teas and products from Espa's Restful Collection.

Those booking the three-night Sleep Well package will also be served a thoughtful menu that's been adapted to enhance rest and sleep. Expect sugar-free and predominantly gluten-free meals that are rich in magnesium to help switch nervous systems from active mode, to rest and digest. Back in your sea-view suite, unwind by tuning into the TV's meditation channel, or recharge your energy with a rejuvenating yoga session using the in-room mat. Wellness has never looked so good.

From £590 per night.

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