

Press Coverage 2019: Chablé Resort & Spa

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50 of the world's most incredible spa breaks for 2019



Programmes at SHA Wellness Clinic include detox, stop smoking, de-stress and help with fertility

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The best destination spas range from space-age fantasies to gleaming temples of self-care, staffed by spiritual teachers and body workers who bring a lifetime of learning, wisdom and time-honoured tools to preserve mind, body and soul. If you're looking for a serious detox/weight-loss programme, then Northern Europe, particularly Germany and Austria, are your best bet. Generally speaking, India, Thailand, Sri Lanka, Bali and Vietnam are still the spiritual home of yoga, meditation and the more mindful aspects of wellness.

We are all living longer, but it's now about healthspan – and the smart money is on spa programmes promoting longevity via prevention, diagnosis and early detection. This isn't old-fashioned pampering. It's about self-preservation to try to combat our modern, sedentary and anxiety-filled lives. Here's my pick of the best.

Chablé Resort & Spa, Mexico

This nature-centric spa in a tangle of jungle in the Yucatan is magical and mystical: huge, twisted trees, fireflies, iguanas and massive Lilliputian leaves. Centred on a spring-fed cenote (a natural pit or sink hole), believed by the Mayans to access the underworld, Chablé oozes spirituality; a temazcal ceremony promises to shake off any bad karma. Even during treatments, nature is just beyond the glass-fronted windows, and guests can make their own herbal compresses from seedpods and camomile.

Rooms from £775 (00 52 55 4161 4262; chableresort.com)



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