

asiaSpa

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THE BALANCE ISSUE

HEALING LUNAR RITUALS
INTEGRATIVE WELLNESS EVOLVES
HOW TO AVOID BURNOUT

10

TOP
DETOX
RETREATS

HOLISTIC HEALING IN BALI
SOULFUL GOA
SAN DIEGO'S SPA SANCTUARIES

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ASIA'S *top* 10 DETOX RETREATS

If your body is telling you to stop, breathe, recharge and refresh then perhaps it's time you listened and went back to basics. A classic detox retreat is one of the spa industry's simplest and most rewarding wellness solutions for weary souls. Here we share some of Asia's top resort's offering trusted and holistic detox programmes of varying intensities.

1.

Mandala Spa and Villas, Philippines

Mandala Spa and Villas is set on a hillside overlooking the picture-perfect white sand beaches and calm turquoise waters of Boracay. This dreamy setting is an inspiring platform to embark on a classic detox retreat. Whether you choose Mandala's three-day, five-day or more comprehensive seven-day programme, you can expect to feel cleansed and rejuvenated and achieve weight loss. The retreats are bursting with a range of trusted healing remedies and treatments from seaweed wraps and lymph drain massages to ear candling treatment, colonic irrigation and herbal medicines and tonics. Your diet and lifestyle will also get an overhaul so take notes and put your learnings into action at home for long-lasting wellness. www.mandalaspa.com

