

BODY+SOUL

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THE **NEW** FIBRE FRONTIER

From a healthier gut to a happier heart, why this humble hero needs to be back on your radar

TRAVEL

THE WORLD'S BEST RETREATS TO BEAT BURNOUT

Frazzled and barely functioning? These escapes are designed to fix that. From a former palace in the Himalayan foothills to a luxury stint in Bali, here are four worth your time for a lasting shift

BY SONIA TAYLOR



ANANDA IN THE HIMALAYAS INDIA

Casually perched on a 100-acre former maharajah's palace at the foothills of the Himalayas and overlooking the River Ganges, the spectacular Ananda in the Himalayas (anandaspa.com) is multi-award-winning and then some, and can handle even the most strung-out among us. Its Stress Management Program is a multi-layered deep-dive designed to rebalance the nervous system and restore mental clarity. A consultation with an Ayurvedic doctor will get to the root of burnout, before you're offered a tailored plan of treatments, movement and nutrition. From there: 80-plus therapies to choose from in the sprawling spa and some energetic work for whatever you've been white-knuckling your way through.



LEFAY RESORT & SPA LAGO DI GARDA ITALY

Gorgeous Lake Garda setting? Tick. A 4,300-square-metre spa? Tick. An anti-stress program developed by a scientific committee of researchers? Also tick. At Lefay Resort & Spa Lago di Garda (le fayresorts.com), traditional Chinese medicine meets Italian luxury – and it's hard not to be impressed. Its burnout program hinges off the Lefay method: a blend of eastern philosophy and western neuroscience. HRV monitoring is used to track your stress state, and treatments span acupuncture, moxibustion, tuina massage and breathing retraining all the way to nervous system assessments. Everything is overseen by a medical team, but rest assured, a little dolce far niente has been factored in (this is Italy, after all). Slow mornings, long lunches and sessions in the thermal spa are considered essential, as is delicious full-board Mediterranean dining.



EXPLORE
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WORLD'S BEST
HEALTH RETREATS
AT [BODYANDSOUL.COM.AU/TRAVEL](https://www.bodyandsoul.com.au/travel)

GWINGANNA LIFESTYLE RETREAT AUSTRALIA

Let your eyes drink in 490 acres of soothing hinterland greens at Australia's most-lauded wellness destination, Gwinganna Lifestyle Retreat (gwinganna.com). The Gold Coast sanctuary has been welcoming the drained and exhausted since 2006, and is repeatedly named among the world's top wellness retreats. Running on fumes but can't spare a full week away? You've got options: book the four-night Rest and Restore or Rest and Reset, circuit-breakers focused on regulating your nervous system, rebalancing stress and rebuilding sleep. For a targeted long weekender, the three-night Beat Burnout with Dr Libby, led by the eponymous internationally acclaimed biochemist and best-selling author, works across three pillars – biochemistry, nutrition and emotional wellbeing. Of course, the usual perks, like organic wholefood nutrition, functional movement, restorative yoga, spa therapies and mindfulness practices are on the menu, as well as no phones at meals, limited wi-fi and resident kangaroos as morning entertainment.



PHOTOGRAPHY: JUBIN JOHNSON



THE PLACE RETREATS BALI

Seminyak's The Place Retreats (theplace retreats.com) is no basic spa getaway with a wellness veneer; this award-winning retreat may just change your life. Promising genuine transformation via a personal, psychology-led approach to burnout, it's less about switching off and more about understanding why you can't. Begin with a comprehensive assessment (physical and psychological), then a program is built around your specific triggers and patterns. One-on-one sessions form the backbone of the experience, supported by nervous system regulation work, body therapies, breathwork and structured downtime. With only a small number of guests at any one time, the individual attention will have you feeling like a celebrity.

DEAL of the WEEK

Explore Italy, Greece and Turkey in splendour when you book a nine-night adults-only luxury voyage onboard Oceania Sirena, from \$5,990. The price includes full-service flights to Rome, returning from Istanbul, gourmet dining, beverage package, onboard activities, entertainment, fitness classes and wi-fi. You'll also receive up to \$4,000 Bonus Value: three-night hotel stay in Rome, two-night hotel stay in Istanbul and more.

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