

# Wellness HONEYMOONS

Feeling stressed from wedding planning? A rejuvenating honeymoon could be exactly what you're after! Say hello to newlywed bliss with one of these indulgent retreats...

## **MYSTIQUE GREECE**

**WHY WE LOVE IT:** Surrounded by sparkling vistas, Mystique in Santorini is a heavenly setting for practising mindfulness. You'll find a choice of wellness activities at this luxe hotel – from yoga classes overlooking the Aegean Sea to early morning mindful trails that deeply connect you to the beauty of the island. **COST:** Rates start from £390 per night. [mystique.gr](http://mystique.gr)

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RESTAURANT  
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## AMANBAGH INDIA

**WHY WE LOVE IT:** Nestled amongst lush gardens in rural Rajasthan, Amanbagh transports you far away from the stresses of busy life. For a transformational experience, you can opt for a bespoke wellness immersion programme, or indulge in specialist Ayurvedic treatments to balance mind, body and soul.

**COST:** From £576 per night, including daily breakfast.

[aman.com](http://aman.com)



## SHA WELLNESS CLINIC SPAIN

### WHY WE LOVE

**IT:** SHA Wellness Clinic is a pioneer in integrated wellness and takes the very best from Eastern and Western medicine. This stylish retreat has a range of specialist, goal-driven programmes that combine high-quality spa treatments, amazing food, physical exercise and rest.

**COST:** Room only rates start from €330 per night.  
[shawellnessclinic.com](http://shawellnessclinic.com)



## SPA VILLAGE RESORT TEMBOK BALI INDONESIA

**WHY WE LOVE IT:** Bali is famous for honeymoons and wellness, making it the perfect spot to combine the two. Spa Village Resort Tembok Bali honours the healing cultures of the region and promises a truly authentic experience – allowing you to de-stress in one of the world's most beautiful locations. **COST:** Nightly rates start from £270. [spavillageresort.com](http://spavillageresort.com)



### RAKXA THAILAND

**WHY WE LOVE IT:** This luxury resort combines advanced medical treatments with authentic holistic therapies. From gut health and immunity boosting programmes to hydrothermal spa facilities, workshops and activities, this cutting-edge centre makes for a unique health-kick honeymoon. **COST:** Nightly rates for a De-Stress Package start from £1,466. [rakxawellness.com](http://rakxawellness.com)



### COMO CASTELLO DEL NERO ITALY

**WHY WE LOVE IT:** This resort is hidden in the Tuscan hills, making it a dreamy location for a relaxing honeymoon. As well as its signature Shambhala Retreat, where you can indulge in sumptuous spa treatments and yoga, you can also make the most of your Italian sojourn with hiking trails and day trips to Florence and Siena. **COST:** From £474 per night on a bed & breakfast basis. [comohotels.com](http://comohotels.com)



### SIX SENSES QING CHENG MOUNTAIN CHINA

**WHY WE LOVE IT:** The retreat's qi-aligning spa has all you need for a restorative escape – think Tao massage, signature scrubs and traditional gua sha. Tai Chi classes are also available, and you can hike in the mountains, explore ancient towns and even see pandas nearby. **COST:** Rates start from £200 per night, including breakfast. [sixsenses.com](http://sixsenses.com)

## TRAVEL

### ZULAL WELLNESS RESORT QATAR

**WHY WE LOVE IT:** Rooted in traditional Qatari hospitality, Zual offers a host of treatments that allow you to fully escape everyday life. There's also a digital-detox policy in public areas – perfect for keeping your zen and making the most of your quality time together. **COST:** From £410 per night with a minimum two-night stay. [zual.com](http://zual.com)



### LEFAY RESORT & SPA DOLOMITI ITALY

**WHY WE LOVE IT:** With its breathtaking mountain scenery, Lefay Resort & SPA is a peaceful retreat that's oh-so romantic. Its impressive spa is spread over several floors with a dedicated health centre that delivers everything you'd expect. Visit in winter and you can take advantage of the best ski spots, too. **COST:** Prices start from €350 per room, per night, including breakfast. [dolomiti.lefayresorts.com](http://dolomiti.lefayresorts.com)



## What to pack



Metal Cat Eye Aviator Sunglasses, £26, *Oliver Bonas*

Crema Trilby Sun Hat, £12.99, *TKMaxx*



Coloured Marble Print Swimsuit £19.99, *TKMaxx*

Chiffon and Lace Maxi Kaftan, £49, *Accessorize*



Stainless Steel Reusable Water Bottle, £29.95, *Kept*



Isla Woven Rattan Bag, £59, *Luna Charles*

