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SEPTEMBER 2020 £4.95

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BEAUTIFUL NEW HOUSES TO RENT  
WILD CAMPING'S BEST SPOTS  
CORNISH HOLIDAYS BY BEN OKRI  
AN INSIDE TRACK ON SUSSEX

# Into the Summer light

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MEDITERRANEAN ISLAND-HOPPING  
COOL ALPINE RETREATS  
THE SLOW FOOD HEART OF ITALY

A NEW  
GENERATION  
OF LOCAL  
SAFARI  
PIONEERS



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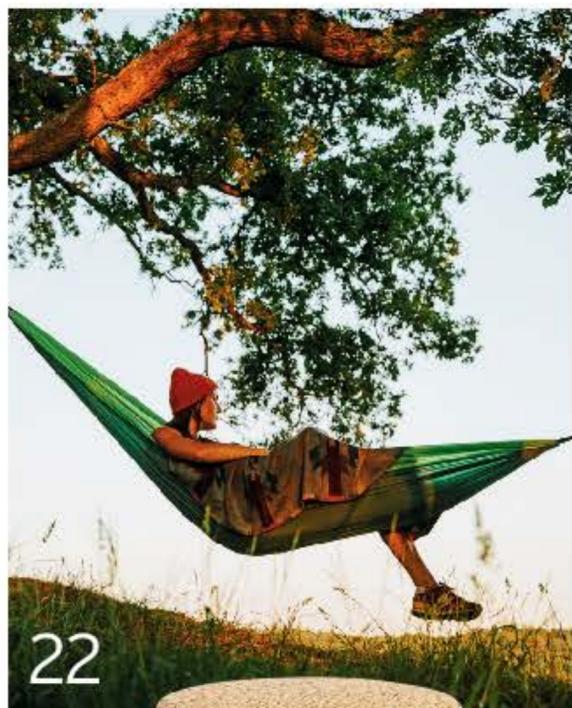
Contributing to boosting the immune system, restoring vitality and combatting the effects of aging, the Revitalisation program combines cutting-edge medicine and technology with unique well-being and nutrition plans to revitalize every part of the body.

Unlock the Secret of Living: Discover Revitalisation and our range of Longevity, Wellness and Medical Programs.

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



# CONTENTS SEPTEMBER 2020



## Also in this issue

- 8 EDITOR'S LETTER
- 10 CONTRIBUTORS
- 15 WORD OF MOUTH The people and places on our radar around the world from Thailand to Tanzania
- 22 STAYCATION The inside track on wild camping and the star sites to pitch up at in England, Scotland and Wales
- 32 THE ROAD TRIP From Marrakech to Essaouira in a Ford Raptor
- 36 HEADSPACE Ben Okri finds inspiration at the Cornish seaside
- 38 WHERE TO STAY  
Switzerland round-up Smart Alpine boltholes. **Snapshot** Our favourite mood-lifting hotels and more. **The British isles' best new houses to rent** Brilliant crashpads in the UK and Ireland. **Culture-hopping with** Poppy Ajudha
- 56 SECLUSION ESSAY Why escaping to remote corners in search of solitude is more appealing than ever
- 61 STYLE FILE Shopping in Dublin. **In the zone** Susie Cave on Lewes, East Sussex. **On the scene** Salento, Puglia. **Beauty** Summer's hot arrivals. **Jewellery & Watch** The brands making change for good, plus Japan's horological master
- 75 TRENDWATCH How board games are bouncing back
- 123 FLAVOUR HUNTER **Feasting** A celebration of Palestinian cooking with the Ottolenghi team
- 139 NEWS & EVENTS **Tune in** Adventurers Levison Wood and Dwayne Fields are among those interviewed for our new online video series. **The lowdown** Ancient Greek tales with historian Bettany Hughes
- 160 THE VIEW FROM HERE Swimming in the sea gives novelist Deborah Levy a fresh perspective



PHOTOGRAPHS: WILL ELSOM; RACHEL HOILE; ROSS SHEPPARD; MATTHEW WAKEM/ALAMY STOCK PHOTO; JENNY ZARINS/FALASTIN BY SAMI TAMIMI AND TARA WIGLEY (EBURY PRESS)

# B O D Y S O U L

It's never been more important to safeguard our physical and mental health. Whether you want to chill out in the Maldives or tune up in the Alps, here are the world's best spas, medi-retreats and holistic programmes to help you reset

WORDS: GERRI GALLAGHER

A window on  
the world at Six  
Senses Bhutan



## *Chiva-Som, Thailand*

Following an extensive £15 million renovation, Chiva-Som, the grande dame of luxury wellness retreats, is on the money. Design guru Ed Tuttle has used acres of teak and bamboo and reams of mind-cleansing muted fabrics. The once somewhat clinical Niranlada Medi-Spa is now a crisp, calming haven for aesthetic beauty. Battalions of top-notch therapists, drawing on Eastern philosophies and Western principles, address all ailments and health concerns. The 13 programmes range from cell vitality to sustainable weight management, and are complemented by over 200 treatments. Central to the Chiva-Som experience is the wizardry of the chefs – good nutrition has never tasted better. Healing Holidays offers a five-night stay from £1,899 per person, based on two people sharing, including flights, transfers, accommodation in an Ocean Room, full board, daily fitness activities, daily massages and cash credit to spend for extra treatments. [healingholidays.com](http://healingholidays.com)



## *Clinique La Prairie, Switzerland*

Clinique La Prairie's reputation precedes it. A fascinating mix of royalty, popes and half of Hollywood's elite have flocked to this clinic overlooking Lake Geneva, in hot pursuit of its legendary secret sheep-cell serums. These 'Revitalisation' infusions still exist, but now the real draw is the pristine white medi-spa where everything happens under one roof: DNA testing, detox programmes, Ayurvedic therapies and lymphatic draining. The you-need-to-see-it-to-believe-it results are achieved through a mix of traditional medicine and holistic therapies, performed by 50 highly trained specialists. This clinic's clout shows no signs of waning. Rates for beauty programmes from £4,800 for three nights, including accommodation and full board. Medical programmes from £10,500 for three nights, including accommodation and full board. [cliniquelaprairie.com](http://cliniquelaprairie.com)



## *Anantara Kihavah Maldives Villas*

Located in the northern Baa Atoll in a UNESCO Biosphere Reserve, the five-star Anantara Kihavah is a place of unfettered beauty. The 80 thatched-roof villas either face a pristine white beach ringed by coconut, papaya and mango trees or are set directly over the turquoise sea. With an underwater wine cellar and a medical spa – both firsts for the Maldives – this is a resort with no limits. There are six overwater spa treatment suites where guests can opt for IV vitamin infusions (great for jet lag), VelaShape fat-blasting or the Naked Skin Package (a complexion-altering mix of Diamond Microdermabrasion, Dermastamp, PRP Cell Rejuvenation and LED red-light therapy). Rates from £7,183 for six nights on a half-board basis and including three experiences. [kihavah-maldives.anantara.com](http://kihavah-maldives.anantara.com)