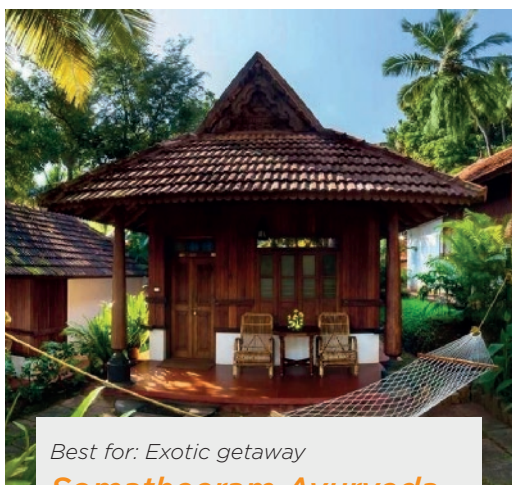




Relax and unwind

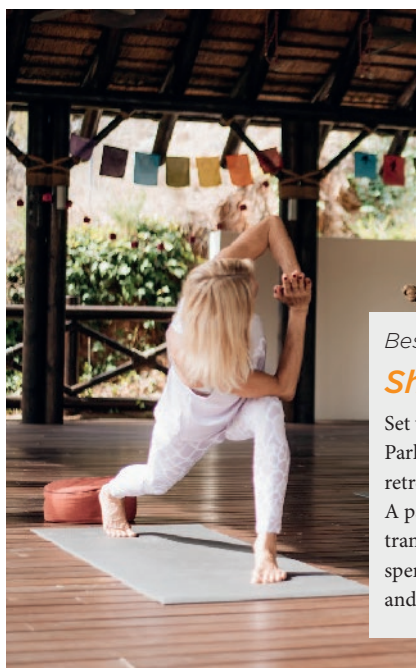
Wellbeing Escapes, based at ScreenWorks in Islington, offers a range of wellbeing holidays to help you unplug, unwind and re-energise. From country retreats just an hour from London to far-flung sandy resorts, here are our top four picks



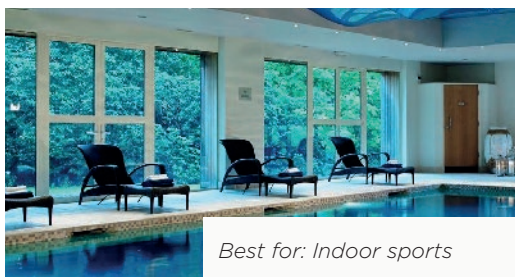
Best for: Exotic getaway
Somatheeram Ayurveda Beach Resort
 Trivandrum, India
 Kerala's original, award-winning Ayurveda resort sits among coconut groves on the west coast of India. For expert herbal medicines and oils, along with dosha-specific meals to revive body and mind, head to the sandy beaches of Trivandrum.



Best for: Country retreat
Ockenden Manor
 Cuckfield, UK
 Look no further than this charming Elizabethan manor house in West Sussex for a rest break less than an hour from London. Its 28 lavishly decorated rooms, state-of-the-art spa, and award-winning restaurant, all set in eight acres of grounds, make it the perfect setting to escape the city.



Best for: Practising yoga
Shanti-Som Malaga, Spain
 Set within the Sierra de las Nieves Nature Park near Marbella, this intimate Asian-style retreat brings the exotic a little closer to home. A panoramic view of mountains sets the tranquil tone of Shanti-Som, where you can spend the day practising yoga amid waterfalls and lush gardens.



Best for: Indoor sports
Grayshott Health Spa Surrey, UK
 The former home of British poet Alfred, Lord Tennyson is now a 47-acre estate refurbished to combine the best of old and new. Just an hour's train journey from central London, it offers a range of fitness classes, tennis coaching, swimming lessons and woodland walks.

To find out more about Wellbeing Escapes and to book a wellbeing retreat, head to wellbeingescapes.com, call 020 3735 7555 or email info@wellbeingescapes.com