

HELLO!

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'GEORGE,
CHARLOTTE
AND LOUIS
GIVE HER THE
SUSTENANCE
TO GET
THROUGH'

INSIDE
SARAH JESSICA
PARKER ON
ACCEPTING HER
INSECURITIES AS
SHE TURNS 60

KATE'S COMFORT: HOW HER CHILDREN HELPED HER HEAL



LIFE OF WORLD
SPA SPECIAL

HEALING HOTELS

*It's not only your body that will return rejuvenated
from a trip to these far-flung luxury hideaways -
spirit and soul will feel rested and renewed, too*

Mexico's Chablé
Yucatán, where
each casita has its
own private pool
and terrace



HELLO! WORLD

SPA SPECIAL

CAP KAROSO, SUMBA, INDONESIA

Located on the unspoiled island of Sumba, just an hour's flight from tourist hotspot Bali, this wild-around-the-edges beach refuge – Sumba is also a surfer's paradise – is attracting the spa-curious with its week-long shamanic wellness retreats.

Harnessing knowledge from the indigenous Marapu belief system, the idea resulted from co-founder Eve Ivana's encounter, prompted by an injury, with a shaman from a nearby village. The meeting had a profound impact on her. In the process of healing a ligament tear in her ankle, her soul was, in her words, "in some way healed, too".

What to expect? An unscripted mix of movement, meditation and medicinal plants, culminating with a meeting with a local shaman. To avoid overexposure for these gentle practitioners, only three sessions are carried out each month.

Shamanic wellness journeys start from £12,000 per couple, including seven nights full-board. Visit capkaroso.com.

The stunning surrounds at Cap Karoso include its pool; modern sustainable villas (left and above); and spectacular views of this unspoiled stretch of island coast (top)