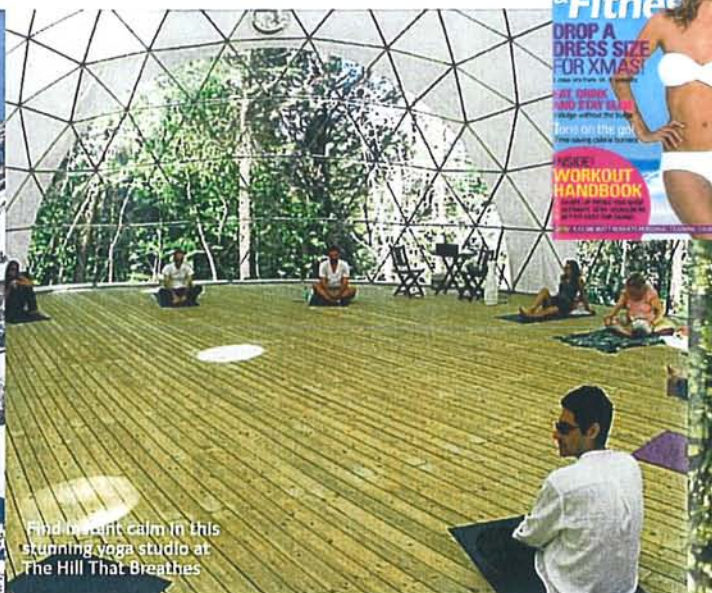


Make sure it's a white Christmas head to Slovakia



Find your calm in this stunning yoga studio at The Hill That Breathes



# THE GREAT ESCAPE

Want to get away for Christmas, or re-charge your batteries for the new year? Make the most of the holiday and head off to one of these fabulous retreats

## THE HOLISTIC RETREAT

**WHERE?** The Hill That Breathes, Le Marche, Italy

**WHY GO THERE?** A farmhouse-cum-boutique hotel, The Hill is the ideal place to recharge your batteries. Be nurtured by the yummiest organic food, regenerate your soul with spiritual workshops, yoga and meditation, or prep your body for longevity – the region has the highest life expectancy in Italy.

**CAN'T RESIST** Early morning yoga in the glass-domed building on the cliff – the views of the surrounding hills are stunning.

**THE DETAILS** Prices from £595 per person for a week, based on three sharing a room, including full board and yoga classes. See [www.thehillthatbreathes.com](http://www.thehillthatbreathes.com).

## THE ACTIVE RETREAT

**WHERE?** Center Parcs, Elveden Forest, Thetford, Suffolk

**WHY GO THERE?** Nestled in the forest with tree-lined, car-free pathways and acres of nature surrounding individual

lodges. Center Parcs is an easy way to escape the Christmas rush. Do as much or as little as you like – everyone brings or hires a bike, so flying along trails like a seven-year-old is all part of the thrill. And if you need some me-time after all your activities, indulge yourself at the Aqua Sana spa.

**CAN'T RESIST** Whizzing through the tree tops on the Aerial Adventure course is a real thrill that will give you a taste of freedom.

**THE DETAILS** A week's self-catering stay over Christmas costs £949 for a two-bed Comfort villa (sleeps four). To book, visit [www.centerparcs.co.uk](http://www.centerparcs.co.uk).

## THE PAMPERING RETREAT

**WHERE?** SenSpa, Careys Manor, Brockenhurst, Hampshire

**WHY GO THERE?** This award-winning, Thai-inspired spa is the perfect place to hole up in over the festive break. Set in the New Forest, explore the area by bike before indulging in the luxurious spa treatments.

**CAN'T RESIST** The Rhassoul treatment for two. Mud from the Moroccan Atlas

mountains improves skin texture and draws out impurities, leaving you silky clean!

**THE DETAILS** A five-night break costs from £119 per person per night, including B&B and lunch. To book, see [www.senspa.co.uk](http://www.senspa.co.uk).

## THE WELLNESS RETREAT

**WHERE?** Ayush Wellness Spa, St Helier, Jersey

**WHY GO THERE?** Known for its nurturing holistic treats, this Ayurvedic-style spa not only has a wealth of relaxation and wellness treatments, but also offers Ayurvedic consultations, meditative retreats, yoga and invigorating walks along the shoreline.

**CAN'T RESIST** The four-hand Abhyanga oil massage – it's the ultimate in relaxation and body purification. Total bliss!

**THE DETAILS** One night's B&B starts from £60, with a two-night Pure Cleanse costing £350. Visit [www.ayushspa.com](http://www.ayushspa.com).

## THE WILDLIFE RETREAT

**WHERE?** Sheen Falls Lodge, Ireland

**WHY GO THERE?** Set among the wild beauty of the Ring of Kerry, this country



Getting back to nature, at Center Parcs's Aerial Adventure