

# SECRET SECLUSION

These are the ultra-luxe wellness retreats you need to know and have on your radar. It's time to relax, unwind and totally switch off

words by  
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The wellness industry (thanks so social media, Gwyneth Paltrow, and millennials) has undergone a renaissance of late. It's now cool to rise at sunrise, spend the day exercising, practising yoga, indulging in spa time, journaling and eating well, and then heading to bed after savouring a chamomile tea and chanting a feel-good mantra. The party days are over (or, at least, for now), and it's time to go in search of Europe's most secretive, and luxurious retreats. Many travel with relaxation; it's time to switch off, relax and completely unwind.

## ← ABAMA RESORT TENERIFE

As the cooler months approach, Tenerife is the perfect sojourn for those in need of a warm autumnal break. The Abama Resort is an exclusive 400-acre vacation and residential destination offering Michelin-star dining and world-class service. Tranquillity, peace, and relaxation are their main unique selling points, and guests will be overwhelmed and delighted by the incredible service and the ability to switch off, cool down and relax. They have a series of Wellness Weekends which have kicked off in 2022. Try either the Air or Ether weekends. The former is held from 28–30 October, and Ether from 2–4 December. Each workshop will focus on gentle relaxation, and breathing techniques and practices. There is no better environment to test and check in with your overall wellness than in Abama Tenerife, and these weekends will be free for all owners and resort guests. It truly is a magical place, close to the sea and surrounded by 400 acres of pure nature. It's time to be inspired and to return to basics after a busy 2022. Abama Resort, Tenerife is the ultimate stop for those in need of a break.

Prices start from £305 a night

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

For more information regarding Wellness Week, please contact, [wellness@abamaluxuryresidences.com](mailto:wellness@abamaluxuryresidences.com)

## → CHATEAU DE GRAND LUCE FRANCE

An hour's train journey from Paris, this astonishing chateau built in 1760 offers R&R of the most extravagant variety. We're talking Versailles levels of luxury. One of France's finest examples of neoclassical architecture, it's seen a fair share of action (Voltaire, Mozart and Rousseau are among its guests) but, for now, its enchanting halls and 80 acres of symmetrical gardens are yours for the taking. Bedrooms, of which there are 17, are layered in luxury – think Pierre Frey fabrics, de Gournay wallpaper and canopied daybeds – and, thanks to its American owners, the service is on point. Picnics, e-biking and Sancerre by the pool are the main activities du jour. And there's a bijou spa for massages and facials by Maison Caulières.

Rooms from €852

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



→ **CAP ROCAT**  
MALLORCA

Step inside the towering walls of this lovingly restored 19th-century fortress and the rest of the world will fall away. Twenty-eight suites retain plenty of the landmark's original architecture – think ramparts, turrets, even a full-blown moat – and are intensely private and romantic (the sentinel rooms, carved into the rocks, are a sexy new addition). When the sun gets too much, the hotel's vast cave-like spa delivers monastic levels of serenity and is one of the most beautiful spaces in Europe for pampering. A breezy cliffside restaurant serves freshly grilled fish and impossibly thin Iberian Bellota ham at lunchtime, while after dark flaming torches lead the way to the hotel's gastronomic dining room. Dock your yacht at Club Náutico del Arenal, five kilometres away.

Rooms from €550  
[caprocat.com](http://caprocat.com)



→ **CASTELLO DI RESCHIO**  
ITALY

Set in a landscape of implausible beauty – soaring poplars, glinting lakes and rolling olive groves – Reschio is a legacy project of staggering proportions, yet somehow it flies under the radar. The estate, located on the Umbrian/Tuscan border, was originally bought in the nineties by Count Antonio Bolza and it's taken three decades to transform the 10th-century castle at its heart into the 36-room hideaway it is today. Gwyneth Paltrow was among the first through its doors last spring and raved about its biodynamic gardens, field-to-fork restaurant and subterranean bathhouse. Uplifting in its sheer essence, go now before the rest of world catches on.

Rooms from €790  
[reschio.com](http://reschio.com)



→ **THE ROOSTER**  
ANTIPAROS, GREECE

The Greek islands have long been somewhere to bronze and reboot, yet they're surprisingly late to the wellness party. This newcomer on the pinprick of Antiparos is changing all that. Conceived primarily as a wellness resort, the focus is on spiritual healing. Reiki, ashiatsu and qi gong are among the offerings, alongside iLa facials and energy shots at breakfast. Everything from the pared-back architecture to the organic plates of food is well considered and aesthetically pleasing. Owner Athanasia, glamorous daughter of a shipping magnate, fell in love with the island's empty horizons and she has impeccable taste. Best of all, the hotel has direct access to Livadia beach, an unspoilt sandy crescent totally void of tourists. With just 16 suites, each with a sea view, it's ideal for a full body and mind reset. Dock your Sunseeker at the Beach House resort (ten minutes away) or at the main port of Antiparos.

Rooms from €700  
[theroosterantiparos.com](http://theroosterantiparos.com)



↑ **ON THE HORIZON**

The soon-to-be-opened Hotel La Palma, Capri, is whipping the yachting elite into a frenzy. Part of the Oetker Collection (Hotel du Cap, South of France), it promises 'classic Capri of the golden age' with 50 rooms, a rooftop restaurant and VIP beach club. Book now.  
[oetkercollection.com](http://oetkercollection.com)