



SUSANNE KAUFMANN

The founder of the eponymous natural beauty brand will give her wellness-minded hotel a makeover next summer

What are you up to in 2019?

Our family hotel, The Post Bezaú in Austria, will relaunch as the Susanne Kaufmann Hotel in June with a series of new holistic wellness programmes. My great-great-grandfather opened it as a cure hotel in 1850 and I turned it into a modern destination spa in 1994. I launched my natural cosmetics line here.

What will be next year's key wellness trends?

Getting the right work-life balance is essential for success and happiness. So one trend is people taking time out specifically to focus on themselves. Going to a spa alone has never been more popular.

Is there something we should all be trying?

Face yoga. A relaxed face looks completely different to a stressed one. There are 40 to 50 muscles in the face and you can work with those to tone up and relieve stress. Everyone's doing it in New York.

You should try face yoga. Everyone's doing it in New York

Which spa hotels do you most admire?

I think the SHA Wellness Clinic in Alicante combines health and beauty needs brilliantly. The Bachmair Weissach in Bavaria combines a state-of-the-art Japanese spa and some great retreats.

Any wellness travel tips?

Eat regional and seasonal wherever you go. It's good for the body, metabolism and the skin. And always get lots of sleep – it's essential for cell renewal so a great anti-ageing agent.

susannekaufmann.com



ARCTIC ICE SPA Taking the plunge

By Leo BEAR

It has been scientifically proven that the Nordic tradition of hot and cold plunging improves mood and reduces stress, and with the current trend for remedies such as cryotherapy and ice yoga gaining strength, **Arctic Bath**, a spa retreat due to open 30 miles south of the Arctic Circle in spring, feels way ahead of the curve.

Designed by Bertil Harström, the boundary-pushing Swedish architect behind The Bird's Nest suite at the progressive TreeHotel nearby, in collaboration with Johan Kauppi (who designed the recently launched Blue Houses at IceHotel), this small-scale retreat is set to be one of 2019's coolest spa escapes. Its hub is a free-floating, Narnia-like 'nest' anchored in the Lule river, the striking branch-like exterior both a nod to the river's past role in transporting timber and a call to preserve the local forest. At its heart lies a cold-plunge pool encircled by sauna cabins, a treatment room (try the berry oxidant infusion facial), a relaxation lounge and a restaurant offering a 'hyper-local' menu. All very Scandi.

Bedrooms are in six outlying two-person cabins with timber decks and private footbridges leading to the shore. Interiors will be minimalist – little more than a bed, a wood-burning stove and a skylight. Arctic Bath is the antithesis of maximalism; it's about simple pleasures and the joy of immersion in an unspoiled landscape. During summer months, visitors can look forward to sun-dappled forest walks, kayaking and skinny-dips in the glow of a midnight sun, while winter offers a silent, frozen hinterland, dark for much of the time – perfect for viewing the Northern Lights.

Cabins from £505; arcticbath.se



FEEL-GOOD CRUISES Slowly does it

By Francesca SYZ

The Slow Life movement prioritises 'downshifting' to a slower, more connected way of being. Two passionate advocates – Laura Mias and Gordon Oldham – opened **Revivo** Wellness Resort in Bali's Nusa Dua earlier this year, offering a series of life-enhancing retreats from which to emerge both physically and mentally enriched.

This month, the pair take their concept to sea, launching highly personalised six-night cruises around Indonesia for exclusive-use groups of two to 10 people, aboard one of two impressive, low-impact, plastic-free boats: a three-cabin 86ft traditional teak cruiser or a five-cabin 130ft phinisi (left). Each 'expedition' will be accompanied by wellness experts – from sleeping coach and nutritionist to yoga master – to suit your needs.

With different routes taking in Raja Ampat (for the best diving in Indonesia), Komodo (that extraordinary wildlife), the Banda Sea (with its nutmeg-covered Spice Islands) or Alor (a migratory corridor for blue and sperm whales), each trip will focus on developing a sustainable, healthy lifestyle while enjoying the freedom of an adventure on the warm, tropical open water.

From £52,000 for six nights, two people sharing; revivoresorts.com/cruise