



Spa of the month...

Fancy a break with an ashram-style feel? On the outskirts of Bangalore lies Shreya, a boutique retreat surrounded by 22 acres of organic gardens and boasting an ayurvedic spa. There's an on-site ayurvedic doctor and a naturopath who both teach yoga, and the emphasis is to live a simple, holistic lifestyle with daily yoga, traditional spa treatments, meditation, chanting sessions, vegetarian food, a no-alcohol policy, community service and organic farming (guests are encouraged to get their hands dirty). The retreat is completely dedicated to promoting the authentic spiritual traditions of yoga and ayurveda, and the holistic wellness of mind, body and soul. Visit shreyasretreat.com



MY ESCAPE

Tessa Dunlop, presenter of BBC 2's *Coast*, tells us all about her perfect getaways



Where is your favourite holiday destination?

It's got to be between Iona off the West Coast of Scotland (long summer light, quiet coves and cowry shells, rowboats and lovely locals) and disreputable Bucharest in the bleak mid-winter for an affordable wild time. But be warned Bucharest is not for the faint hearted – best bits are the vodka, Christmas stalls and the crazy palace.

What is your most memorable travel experience?

Going out to north Romania shortly after the Revolution when I was 18 years old – it changed my life forever.

Do you have a favourite hotel or spa?

Selenza Estepona Thalasso Hotel and Spa on the Costa del Sol. Two sea water pools complete with wave therapy, Turkish baths, steam rooms... don't think I left the hotel all week. In fact, not sure I got out of my dressing gown!

Which three things can you not live without on holiday?

English breakfast tea bags, Bobbi Brown foundation, my mobile phone charger.

Is there anywhere you haven't been that you dream of going?

Growing up in and now often visiting Scotland means I've rarely explored Wales

so I'd love to go pony trekking in the Brecon Beacons. I haven't ridden since I was little (do you really never forget?) and know there are some other-worldly trekking farms in the stunning Welsh hills. Must track them down...

Tessa's memoir, *To Romania with Love* (£12, Quartet Books) is out now.

Hot Tickets

The best holistic spas, retreats and holiday essentials

33% of people think speaking in English but with a foreign accent helps the locals understand them better

Natural tan

New from Green People is this organic sun lotion SPF15 featuring a naturally-derived ingredient which speeds up the body's ability to tan. The key ingredient is inositol which is derived from the fruits of the carob tree and acts as a stimulant for the formation of melanin. Trials have shown it speeds up tanning by more than 24 per cent. Costs £12.99.



READER OFFER

Located in the Himalayas' lush foothills is Tao Garden, offering a wide array of holistic healing treatments. There's ayurveda massage, acupuncture, Thai herbal massage, liver and kidney cleansing, detoxification, weight loss programmes and more on offer. *Natural Health* readers can claim 20 per cent off accommodation, and 15 per cent off any treatments. To redeem, email tong@tao-garden.com and quote 'Natural Health magazine special offer'.



Holiday tummy

Help ward off a dodgy stomach when you go abroad this summer

by taking Goldenseal from Health Plus. Made from the extract of the plant together with powder from its root for added benefits, Goldenseal aids all aspects of digestive health from diarrhoea to indigestion and gastric infections. Costs £9.75

