

# Healthy MOON

Start your new life in rejuvenated ease with these breaks designed with couples in mind



## VILLA EDEN, ITALY

Every honeymoon destination should be relaxing, peaceful and an experience that makes you feel good – that's Villa Eden. Of all its enticing qualities, this hotel's stunning location is certainly the feature you'll remember most. Hugged in its very own valley in the Merano region of the Italian Alps, Villa Eden has the type of picturesque setting that is only truly achievable far off the beaten path. Like most places of peace, this hotel has one philosophy and it's all about you. Their aim is to give you an experience surrounded by ease and coated with pure rejuvenation.

• For more info visit [wellbeingescapes.com/villa-eden-italy](http://wellbeingescapes.com/villa-eden-italy)

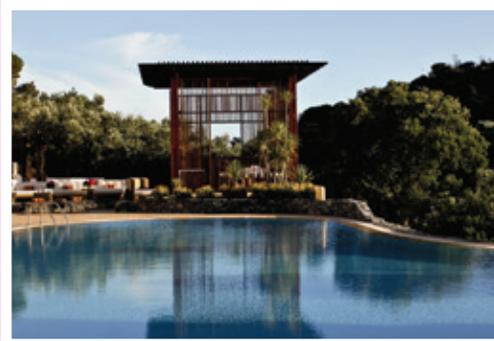


## SHREYAS, INDIA

A wellbeing escape that is all about simple luxury, tranquillity and a truly life-changing journey of self discovery. This experience is focused around the importance of yoga and those who visit Shreyas learn not only to respect this practice but also to incorporate it into their daily lives.

Hosting no more than 20 guests at any one time and set in 25 acres of greenery, Shreyas allows guests to reflect and relax. As part of this experience, guests practice daily yoga and can receive a range of therapies, massages and organic scrubs, all with life's simple pleasures in mind.

• For more info visit [shreyasretreat.com](http://shreyasretreat.com)



## PENHA LONGA RESORT, PORTUGAL

History, culture, awe-inspiring architecture and some of the most classic castles in the world, these are all the elements of the Penha Longa Resort. Like those in the fairy tales we grew up loving, this divine resort is set amongst the castles of Sintra. Penha Longa has also found a perfect companion in the Six Senses Spa, which is designed to promote a personal sense of calm. Focusing on bringing visitors an inner peace through its extensive range of sophisticated treatments and therapies.

• For more info visit

[wellbeingescapes.com/penha-longa-hotel-spa](http://wellbeingescapes.com/penha-longa-hotel-spa)

## Bridal DETOX

Why wait until your minimoon to get fit when there are plenty of pre-wedding packages

If a healthy honeymoon is not for you there are also a range of pre-wedding wellbeing escapes to help brides to detox and de-stress before the big day. Ti Sana in Lombardy, Italy is ideal for a detox holiday. This 7-night programme is designed to rid your body of harmful toxins and results are achievable in a short space of time with clients noting a beaming complexion, toned physique and a new, positive outlook on health, just in time for the big day.

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