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10 holidays to soothe your soul



Rest, relax, reboot CREDIT: MARCIN WIKLIK

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If you're looking for some inspiration on the best places to relax and unwind, here are some of the best wellbeing breaks to soothe your soul.

1. Healing in India

The Dalai Lama, Desmond Tutu and the Duchess of Cornwall are among the visitors to Dr Issac Mathai's holistic healing centre near Bangalore, in the south Indian state of Karnataka. Rooms are homely and facilities limited – but Ayurveda and naturopathic treatments are the main draw. A Mind and Spirit Enhancement break includes guidance on diet, a yoga consultation, advice on relaxation and meditation techniques, cooking demonstrations and massage. Vegetarian food is largely sourced from Soukya's organic gardens.

Mind and Spirit Enhancement Package from £2,400 for six nights full board. Flights and transfers excluded. Available year round. Soukya (soukya.com).