

# And Relax...

Sarah Heron explores the growth in family 'wellness' holidays



From mindfulness and meditation to baby yoga, Health & Wellness holidays have reached a whole new level. Gone are the days of mung beans, no wine and five mile hikes; spa breaks these days are more likely to see you relaxing in a gorgeous hotel, dining on delicious spa cuisine and chilling out with a fabulous treatment or two. But it's not just for grown-ups. Now the whole family can enjoy spa facilities, treatments, classes and experiences that promise to revive, restore and refresh both parents and children, from babies to teenagers.

## Yoga for two

**Holy Mama** were the pioneers of the baby-comes-too yoga holiday. Founder Claudia's vision of a female-only, nurturing retreat where babies and toddlers are welcome started in Ibiza and she now has retreats in Bali, Morocco and Andalucia, with more planned in Central America and Thailand. All offer delicious food, childcare and yoga classes, with and without your baby or toddler. Plus the chance to relax and reconnect with yourself after the stress of childbirth and new motherhood.

*From € 1,200 per person, all-inclusive for a week.*  
[holy-mama.com](http://holy-mama.com)

If you're keen to get back in shape after 9 months of eating for two, **& Breathe** create get-fit holidays dedicated to new parents in a stunning French manoir. They also run Winter sun retreats in Essouira (Morocco) and new to the programme is & Breathe USA, in Texas. There's a personal trainer

and therapist for your every need, from physios to nutritionists and our favourite, the resident happiness coach. The French programme now includes 'Classic' (two adults & baby under 18 months), 'Toddler Plus' (two adults and up to 2 children under 5) and '& Breathe Flow', a yoga and pilates post-natal programme with Lynn Murphy from The Active Birth Centre. Personal trainers devise a bespoke plan for each new

mum and dad including a dedicated Dads' class, daily massages, delicious local food and a take-home fitness plan so you can continue the good work. As we go to press, June/July weeks in France are fully booked but there is availability in September; in Morocco in November and at the Texas retreat in September.

*The Classic Week in France in Sept costs € 1,200 per family.* [andbreathepostnatal.com](http://andbreathepostnatal.com)



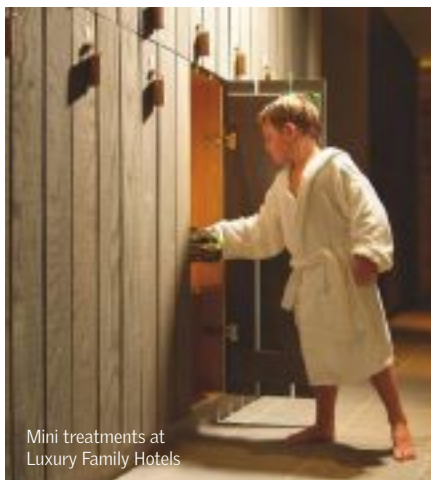
## Mini-me spa treatments

Family-focused tour operators have spotted the wellness trend and are offering more wellness-inspired breaks where children can have treatments or join their own yoga class rather than just hitting the kids' club while mummy has a facial.

The Greek island of Crete is home to **Porto Elounda**, one of Powder Byrne's top choices for families. Within the kids' programme is a wellness workshop including dance, yoga, gardening, wellness treatments and gentle teaching designed to help children keep up their new healthy lifestyle when they get home. *From £6,169 for a family of four full board, excl flights.* [powderbyrne.com](http://powderbyrne.com)

Top-end tour op Scott Dunn recommend **Sugar Beach in St Lucia**, set in a tropical valley with views of the famous Pitons. Roped walkways high in the trees connect the thatched treatment huts so getting to your appointment is half the fun! Children as young as five can enjoy Happy Feet pedicures, a chocolate wrap or a Lullaby Massage that promises to soothe them to sleep. *7 nights at Sugar Beach, St Lucia from £7,595 for a family of four B&B basis incl flights and transfers.* [scottdunn.com](http://scottdunn.com)

At idyllic **Fusion Maia** on the East Coast of Vietnam, adults are pampered with at least two treatments each day, while children learn about healthy living at Mini Maia. Kids' activities include yoga, cucumber facials and Vietnamese dancing, not to mention foot massages, manicures, pedicures and hair plaiting, all tailored to younger ones. While they're practicing their downward puppy, you can join a T'ai Chi group or hone your meditation skills before



Mini treatments at Luxury Family Hotels



you all explore the clear waters on a family snorkeling trip at Cu Lao Cham island.

*7 nights at Fusion Maia from £2,285pp B&B, incl flights and transfers.* [healthandfitnesstravel.com](http://healthandfitnesstravel.com)

a&u favourite Tots Too suggest award-winning **Pine Cliffs Resort** in Portugal which offers kids' clubs, nanny services and every sort of land and beach activity including children's yoga classes. Their Serenity Spa has personal trainers on hand for grown-up beach work outs and children can relax with a facial, massage or manicure. *7 nights at Pine Cliffs from £7,995 for 2 adults and 2 children, incl flights and transfers.* [totstoo.com](http://totstoo.com)

Emily's all-time favourite resort, **Sani** in Halkidiki, Greece offers teen spa treatments including manis, pedis, facials and a 'side by side' massage with a parent. They also offer paddle board yoga classes. Nothing really beats the setting! [sani-resorts.com](http://sani-resorts.com)

On a more intimate scale we like the sound of **Don Totu's wellness retreats**. Set in a boutique B&B in a palazzo in Puglia with just six rooms, their in-house personal trainers design a five-day programme completely tailored to any age and requirement, from weight loss to particular sports training. Children over 6 are also welcome to join the daily morning yoga sessions. Their next Wellness Week is 6–12 October.

*From €2,800 for a family of 4 for six days, incl B&B and 5-day wellness programme, all fitness sessions and consultations.* [dontotu.it/en/](http://dontotu.it/en/)

Closer to home, if you can tear them away from the crèches at **Luxury Family Hotels'** gorgeous portfolio of country house hotels, children can now have mini-me treatments in their spas. They have to be accompanied so why not book at treatment for yourself at the same time? *From £15 for a mini manicure.*

[luxuryfamilyhotels.co.uk](http://luxuryfamilyhotels.co.uk)

## Mountain air

An increasing number of ski operators run summer programmes that focus on health and wellness, often combined with fantastic high energy sports. At the top end of the market, Bramble Ski's stunning **Chalet Les Étrennes** in Verbier has just launched a digi-detox fitness retreat combining yoga, meditation, hiking, health cooking and art lessons. [brambleski.com](http://brambleski.com)

Health and wellness doesn't get much more wholesome than at the newly opened Family Spa at Switzerland's **Bad Ragaz** in the heart of Heidi-land. Near the Tamina gorge (source of the spa's thermal waters) and surrounded by mountains for hiking and biking, Bad Ragaz designed the family spa to be a fun, relaxed place with lots of swimming, where children can chill out and be pampered with treatments including their 'sweet honey' massage and 'Happy Feet' pedicure. *From £1,250 per night for a family suite B&B, incl use of the thermal and family spas.*



Boutique chalet-style spa hotel, **Haus Hirt**, in the Austrian Alps has an in-house Aveda Spa. They'll tailor a wellness and treatment programme for any age from babies upwards, and there's hiking and biking on your doorstep. *From £1,477 for a week in a Studio sleeping 4 full-board, including kids' club and activities.* [i-escape.com/haus-hirt](http://i-escape.com/haus-hirt)