



# Sunseeker

THE MAGAZINE



# SECRET SECLUSION

These are the ultra-luxe wellness retreats you need to know and have on your radar. It's time to relax, unwind and totally switch off

words by  
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The wellness industry (thanks so social media, Gwyneth Paltrow, and millennials) has undergone a renaissance of late. It's now cool to rise at sunrise, spend the day exercising, practising yoga, indulging in spa time, journaling and eating well, and then heading to bed after savouring a chamomile tea and chanting a feel-good mantra. The party days are over (or, at least, for now), and it's time to go in search of Europe's most secretive, and luxurious retreats. Many travel with relaxation; it's time to switch off, relax and completely unwind.

## ← ABAMA RESORT TENERIFE

As the cooler months approach, Tenerife is the perfect sojourn for those in need of a warm autumnal break. The Abama Resort is an exclusive 400-acre vacation and residential destination offering Michelin-star dining and world-class service. Tranquillity, peace, and relaxation are their main unique selling points, and guests will be overwhelmed and delighted by the incredible service and the ability to switch off, cool down and relax. They have a series of Wellness Weekends which have kicked off in 2022. Try either the Air or Ether weekends. The former is held from 28–30 October, and Ether from 2–4 December. Each workshop will focus on gentle relaxation, and breathing techniques and practices. There is no better environment to test and check in with your overall wellness than in Abama Tenerife, and these weekends will be free for all owners and resort guests. It truly is a magical place, close to the sea and surrounded by 400 acres of pure nature. It's time to be inspired and to return to basics after a busy 2022. Abama Resort, Tenerife is the ultimate stop for those in need of a break.

Prices start from £305 a night

[abamahotelresort.com](http://abamahotelresort.com)

For more information regarding Wellness Week, please contact, [wellness@abamaluxuryresidences.com](mailto:wellness@abamaluxuryresidences.com)

## → CHATEAU DE GRAND LUCE FRANCE

An hour's train journey from Paris, this astonishing chateau built in 1760 offers R&R of the most extravagant variety. We're talking Versailles levels of luxury. One of France's finest examples of neoclassical architecture, it's seen a fair share of action (Voltaire, Mozart and Rousseau are among its guests) but, for now, its enchanting halls and 80 acres of symmetrical gardens are yours for the taking. Bedrooms, of which there are 17, are layered in luxury – think Pierre Frey fabrics, de Gournay wallpaper and canopied daybeds – and, thanks to its American owners, the service is on point. Picnics, e-biking and Sancerre by the pool are the main activities du jour. And there's a bijou spa for massages and facials by Maison Caulières.

Rooms from €852

[chateaugrandluce.com](http://chateaugrandluce.com)

