



50 best spas in the world From bootcamps on the beach to detox in the mountains

Weekend

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travel



The Bandos Island resort, Maldives (28), and below, the Riad el Fenn, Morocco (47)

50 breaks for body and soul

Spiritual retreats

19 **Ayurveda Resort Sonnhof** Austria

This family-run retreat is just a step away from spectacular forest walks. The ayurvedic treatments are excellent, as is

the yoga, qigong and meditation. The decor is a quirky mix of India and the Tyrol but it is a friendly, homely place.

Details The seven nights Panchakarma Cure is from €1,858pp (0043 5376 5502, sonnhof-ayurveda.at)