

# WORLD CLASS WELLNESS

This New Zealand retreat takes health and fitness to a whole new level

If your busy lifestyle is taking its toll, then Aro Hā Wellness Retreat is the ideal elixir. Set on the shores of Lake Wakatipu in New Zealand's sigh-inducing Southern Alps, just 40 minutes drive from the private jet terminal at Queenstown Airport, Aro Hā is designed for those seeking a truly transformative shift. Established by Damian Chaparro, a former software consultant turned yogi, and Chris Madison, who made his fortune in hedge fund management in New York, the resort combines detoxifying vegetarian cuisine with results-oriented programmes to sculpt body and mind. With a maximum of 14 guests, Aro Hā eschews caffeine, alcohol and tobacco, and while the 6am wake-up calls are tough, the combination of yoga, sub-alpine hiking, strength training, meditation, massage and mindfulness produces great results. "Nothing will change without change," says Chaparro. "Change is only change during the change, then it becomes habit." [aro-ha.com](http://aro-ha.com)

## 3 MORE HOLISTIC HIDEAWAYS

### Ananda, India

Situated on the estate of the Maharaja of Tehri, this Himalayan retreat mixes the traditional Indian regimes of Ayurveda, yoga and Vedanta with Western health and spa expertise. The result? An experience that is as emotionally uplifting as it is physically effective. [anandaspa.com](http://anandaspa.com)

### Canyon Ranch, USA

The iconic retreat just outside of Tucson, Arizona, has led the way in luxury wellness for over 35 years. Choose from over 40 fitness classes a day, while new programmes incorporating yoga, dance, meditation and drumming focus on teaching guests to live a more meaningful and stress-free life. [canyonranch.com](http://canyonranch.com)

### COMO Shambhala Estate, Bali

Located near Ubud, this tranquil resort offers wellness programmes designed by its resident experts, including a yoga teacher, Ayurvedic doctor and dietician. Combined with outdoor activities such as hiking and climbing and clean cuisine, you'll leave feeling lighter and brighter. [comohotels.com](http://comohotels.com)