

TRAVEL INSIDER

QANTAS

BE TRANSFORMED
IN NEW ZEALAND

RECONNECT WITH
FAMILY IN SPAIN

FIND INNER PEACE
IN JAPAN

GO WITH THE FLOW
IN VANUATU

COME TO LIFE



KNOW
DINE
INNOVATE

YOUR PERFECT FIJI HOLIDAY IS HERE
THE NEW WAVE OF WINE BARS
HOW CEOs GET A COMPETITIVE EDGE





You want...

A TOTAL OVERHAUL

The transformation starts a week before you check in, when you switch to decaf and say farewell to your nightly vino. Heaven is no place for a detox headache.

Aro Hā (aro-ha.com), located in the sublime subalpine glacial valleys of Central Otago, 45 minutes from Queenstown on the South Island of New Zealand, is a high-end health retreat with lofty ambitions. The main one? To take you and your burned-out bundle of bad habits and turn you into a lean, strong, calm, clear-thinking and happy human in six days (or at least get you started then give you the roadmap).

While there's a mix of soft and hard activities, it's a program, to put it bluntly, that isn't for wimps. There are hours of hiking in nature, strength-training sessions, cooking classes, yoga, infrared saunas, ice baths, silence and a daily deep-tissue massage.

If that sounds a bit intense, mindfulness practices are woven into every activity (in te reo Māori, *aro ha* loosely means "in the presence of divine breath"). Plant-based dining is communal, occasional periods of silence are encouraged and support is ever-present.

Bedrooms are comfortable without being massively luxe (two bedrooms have a connecting bathroom) but, frankly, you don't spend a lot of time in them. Devices are discouraged although there is wi-fi and scant mobile reception. But who needs wi-fi in heaven?

