

# Wellness weekends

Try a different kind of getaway this summer at these enriching UK retreats, each one designed to help you be the best version of yourself. Words: Iris Goldsztajn

Sometimes simply getting away for a few days isn't enough to take your mind to a new and exciting place. Instead, swap the mini-break for a stay at a retreat, where you can get stuck into a slew of horizon-broadening activities, from paddleboarding to willow-weaving, and just about everything in between. Here are some of the best to book around the UK.

## Nourishing getaways

Check in for a three- or four-day retreat at the Beachcroft in West Sussex, a stunning seafront hotel boasting 37 bedrooms and four beach hut suites. The retreat will leave you feeling restored and rejuvenated, thanks to a full programme of guided mountain biking, paddleboarding, Pilates and stunning coastal hikes. Breakfast and dinner will be provided at one of the Beachcroft's three exciting restaurant options. [beachcroft-hotel.co.uk](http://beachcroft-hotel.co.uk)

## Writer retreats

If you have a novel, dissertation or poetry anthology brewing, this fully catered escape for writers provides an invaluable opportunity to finally sit down with your pet project and give it your undivided attention. The

Writers' Retreat at The Clockhouse in Shropshire offers you the chance to stay in one of four self-contained apartments, two of which have beautiful views over the Clun Valley and its surrounding woodlands. You'll have a bedroom, study-lounge and bathroom, plus a kitchen-diner with all food provided, shared with the other residents. [arvon.org](http://arvon.org)

## Arty gatherings

Curious House hosts an extensive selection of day retreats designed to help you embrace your creativity. Held at either The Bell in Ticehurst or Birchwood Studio, each course is led by a creative who will be on hand to teach you a specific new skill, from willow-weaving to iPhone photography. All materials and a light lunch are provided, so you can concentrate on reconnecting with your artistic side without worrying about the logistics. [curioushouse.net](http://curioushouse.net)

## Creative escapes

Though we love a traditional yoga retreat as much as the next person, there's something particularly enticing about combining yoga sessions with all sorts of other activities. At Project Pause, the programme is designed to help you take a break from your busy life

and reconnect with a joyful, slower way to live. Expect gentle yoga and breathwork classes, as well as creative workshops such as dried flower wreath-making, plus runs and swims in the local area (upcoming retreats will take place in the Yorkshire Dales and in Wales' Tanat Valley). Accommodation includes double, single or twin rooms, and you'll enjoy delicious fully catered vegetarian meals throughout your four- or five-night stay. [projectpause.co](http://projectpause.co)

## Great idea exchanges

Planet Peacock's Carol Evans, a business coach and author, hosts a series of work-minded retreats titled Unapologetically Me. Though some take place abroad, Evans will be taking cohorts to the Isle of Wight and Worcestershire in 2023, where they'll enjoy a fully catered stay. Ranging in length from one to five days, each retreat is designed for women in business to connect with like-minded professionals and find inspiration in the work of others. The programme includes a selection of workshops that will arm you with invaluable tools to enhance your business, as well as many relaxing leisure activities to ensure all those ingenious tips sink in. [planetpeacockclub.com](http://planetpeacockclub.com)



▲ Arts and crafts at Curious House PHOTOGRAPHS: SALTWICK MEDIA

## The Good Life highlights

### Champneys Spa

Kick-start your weight-loss journey on the New Lief five-night retreat at Champneys Tring. Designed to help promote weight management, the programme includes calorie-controlled menus so that you can discover new eating habits. Each day combines relaxation, activity classes and spa treatments. A five-night retreat starts from £1,520pp. To find out more, visit [champneys.com](http://champneys.com)



▲ Champneys



▲ Casa Martina Mar

### The Blue Pearl Construction company

The Blue Pearl, a constantly evolving brand and innovator in the construction industry with more than 25 years of experience, presents Casa Martina Mar, a seafront project on Ibiza's beautiful east coast, which has a valid building permit of almost 1,000 sqm, possibly one of the last ones of its kind available in Ibiza. It's a true treasure at sea that not only offers emotional added value but is also highly interesting from an investor's point of view. The Blue Pearl is your first and only port of call when it comes to turning your vision of Mediterranean lifestyle into reality — it's professional, dynamic and forward thinking. [thebluepearl.es](http://thebluepearl.es)

### OBLU SELECT Lobigili Adult's only resort

Escape to an enchanting adults-only haven at OBLU SELECT Lobigili. In the Maldivian language of Dhivehi, *lobi* means love and *gili* means island. Lobigili is, in essence, the island of love. Set along a dreamy white beach and over a sparkling turquoise lagoon are 68 stylishly designed villas. Enjoy sunlit tropical adventures with plenty of relaxed and indulgent 'us time' mixed in. With the Lobi Plan™, you can relish a secluded getaway. From colourful sundowners to exotic under-ocean dining at Only BLU, and from snorkelling at the marine-rich house reef to relaxing in the garden spa, it's all on offer here. Soak in the easygoing Maldivian rhythm and let the island hostesses look after you while you create heartfelt connections and memories. [oblu-lobigili.com](http://oblu-lobigili.com)



▲ Canne Bianche pool



▲ OBLU SELECT

### Canne Bianche Five-star hotel

Canne Bianche Lifestyle Hotel is a chic, seafront, five-star boutique hotel, located on the sandy Adriatic coast of Torre Canne, in the heart of Puglia. With a stunning sea view, admirable from every corner of the hotel and exclusive private access to the sea, it's the perfect place to experience a unique and unforgettable stay. In this corner of paradise, guests can indulge in blissful treatments at Aqua Spa and relax into unique wellness rituals. The cuisine celebrates flavours of Puglia's culinary tradition through earth-conscious offerings inspired by local products. For more information about Canne Bianche Lifestyle Hotel visit [cannebianche.com](http://cannebianche.com) or email [info@cannebianche.com](mailto:info@cannebianche.com).