



Shanti Maurice

St Felix, Mauritius

Shanti Maurice is all about the calm – no speeding jet-skis or roaring speedboats to interrupt your beach-hammock snooze. Just leaves rustling overhead, tropical birdsong and the odd call from a peacock providing the soundtrack. Which makes it the ideal venue for a five-night sleep programme, fusing ayurveda treatments, yoga and meditation. There are sun salutations to the sound of the waves on the beach or in the palm-surrounded pavilion, and deeply relaxing shirodhara treatments (a steady, soporific stream of warm oil is dripped onto your forehead while more oil is slathered over your body). Most effective of all is the magnesium-infused massage – book for the evening after an early dinner and then head straight to bed for the best night's sleep you've had in ages. Reiki with yogi Anil is equally calming, especially if while you're there the heavens open to a deluge of huge raindrops bouncing hypnotically off the spa's wooden roof. Vast, well-spaced villas mean you won't even know you have neighbours, and the food is wholesome, local, yummy: octopus salad, breadfruit curry, seafood laksa. And then there's the Vortex, in the nearby village of Riambel, which attracts people from across the island. It's a curious healing centre, where you walk round a series of stone circles in a wooded clearing before meditating between the trees and trying out chakra healing in one of seven different-coloured wooden huts. It's offbeat but enjoyable and incredibly freeing, leaving you intensely serene and ready to hit the sack. **BOOK IT** Five-night Shanti Sleep package, from £2,750, half board, including treatments (shantimaurence.com; 00 230 603 7200).

HEADS UP
Book a beach-view villa to watch waves breaking over the offshore reef from your veranda.

Hip Chalets

Chamonix, France

We're only just getting to grips with mindfulness, but now there's something new to consider: mindful skiing. Tbh, skiing is hard enough without thinking at the same time, but **Hip Chalets**' three-day retreat with former pro skier Jamie Strachan really works. Strachan, who also happens to be an artist, a yogi and the founder of **Hip Chalets**, hosts the retreats in Chamonix, throwing in meditation by the fire, contemplative walks along bubbling mountain streams and qi gong in snow-clad forests – all before breakfast. The chalets are, indeed, hip: choices include La Ferme du Bois, a gorgeous old farmhouse sleeping 10, and Bouji Lodge, a contemporary property for 20. The actual skiing bit is about focusing on the present: tuning into each breath, engaging your core and sensing the very texture and crunch of the snow beneath your skis. Achieve this inner stillness and you unleash an optimum rhythm, flow and energy – and a beatific glow. Or was the glow the result of cheese-smothered lunches in cosy mountain restaurants and champagne in the hot tub? Thankfully, Strachan is an advocate of diverse physical pleasures, including massages from the dedicated spa team, après-ski yoga and vins chauds by the fire. **BOOK IT** **Hip Chalets** Mindful Ski Breaks, from £1,500 for three nights, half board, including transfers, tuition, lift pass and equipment hire (hipchalets.com; 01451 489001).

PHOTOGRAPH: SHUTTERSTOCK

HEADS UP
Leave your old boots at home: you'll find a selection of snazzy rental skis and boots awaiting your arrival at the chalet.

