



12 DESTINATIONS TO HIT UP – AS TOLD BY CEOS

Four CEOs share their picks for outdoor and leisure fixes from around the globe.



REMEDY FOR THE SOUL

MARTIN RINCK, 51
PRESIDENT (APAC), HILTON
WORLDWIDE

A love for sports like tennis and skiing has kept Hamburg-born, Singapore-based Martin Rinck in good shape, but it has also led to a fair share of aching muscles. Coupled with a job that entails frequent travelling, he has sought ways to relax “in order to achieve the much-needed balance for body and soul”.

As president of Hilton Worldwide for the Asia-Pacific, Rinck is no stranger to chi-chi spas. It’s not just about the treatment. He says: “The property should be in a unique and unspoiled destination, with a superb gym and great fitness facilities. The spa needs to offer a wide variety of treatments, as well as a generous wellness area that offers different yoga and relaxation classes.”

This foodie also pays special attention to a resort’s culinary offerings. A good selection of tasty organic dishes and energy-boosting juices is the way to Rinck’s heart.

BENGALURU, INDIA

India might not be the first place that comes to mind when thinking of spa and wellness destinations, but that is precisely why it ranks high on Rinck’s list. He says: “[Shreyas Yoga Retreat](#) is where I go to, to disappear ‘off the grid’ (there is no access to television, mobile phones or e-mail during the duration of one’s stay). There are multiple yoga sessions to take part in, as well as different types of meditation that are interesting to learn about. Community activities, like engaging with children from local schools, round up a mindful retreat here.”



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