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## Ten of the best spas

02 September 2015

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Whether you're looking to escape a needy client or simply enjoy a well-deserved rest, Patricia Carswell has a spa that will save your sanity



### 1 Shreyas, Bangalore, India

Long hours and modern life can leave you burned out and exhausted. Shreyas is the answer. Although billed principally as a yoga retreat – which it does brilliantly – it has one of the most peaceful spas in the world. You will find yourself being massaged in a tent, with just the sound of an Indian crow cawing and the rustle of wind in the coconut fronds.

For a challenging escape from the pressures of life, you could opt for a seven-night silent retreat, where you remain in silence for four days and receive a wellness consultation both at the beginning of the stay and at the end of the silent period.

Silent package: \$2,540 full board, including four massages, several relaxation and yoga sessions and twice-daily group yoga

shreyasretreat.com

#### Health in a pill?

When you're frazzled, working long hours and juggling 1,001 commitments, it's tempting to resort to supplements if you don't have time to cook from scratch. But they lack many benefits of "real" food, particularly fibre and phytonutrients that protect against life-threatening illness. So, use supplements as a bonus, remember that herbal doesn't mean the same as safe, and avoid potentially harmful mega-doses by sticking to 100% of the RDA.

Patricia Carswell

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