

The Travel Guide highlights



▲ Ticino Hotels Group

Ticino Hotels Group Luxury hotels

With 37 luxurious suites showcasing panoramic views of Lake Lugano and Canton Ticino, Villa Principe Leopoldo offers a perfect Swiss escape. Guests can tailor their experience with bespoke offerings from its spa to its private yoga sessions. Meanwhile, Hotel Kurhaus Cademario positions itself as an oasis of wellbeing in the mountains. Finally, at Villa Sassa Hotel, you can embrace nature and recreation through its lakefront splendour in the hills. This hotel is an ideal hideaway to create memorable moments with family, or to relax and enjoy golden hour by the pool. villasassa.ch/en

Swish Apartment rentals

Showcasing nine exclusive apartments, with three more opening this summer, Swish has gone all out on design, with every apartment having its own bespoke vibe. With the likes of celebrities, influencers and *Strictly Come Dancing* stars opting to stay in the apartments, Swish guarantees an experience that steers clear from 'a home away from home'. Instead, the chic apartments come with decadent decor and smart TVs in all bedrooms, while the two ground-floor family apartments are wheelchair accessible and dog-friendly. Visit swishholidayapartments.co.uk



▲ Swish

3HB Guaraná Portuguese hotel

Near the sun-kissed shores of Praia da Falésia, in Portugal's vibrant Algarve region, you'll find 3HB Guaraná. Recently acclaimed as the sole Portuguese hotel among the top 25 all-inclusive hotels in Europe by Tripadvisor Travellers' Choice Awards Best of the Best, this hotel embodies incredible service and hospitality. The all-inclusive package ensures that every aspect of your holiday will be taken care of, allowing you to relax and unwind. From diverse culinary delights to premium drinks and exciting entertainment for all ages, embark on a memorable journey at 3HB Guaraná. 3hb.com



▲ 3HB Guaraná



▲ Fingal

A wellness reset in Peru's Sacred Valley

For decades, Peru has been a destination for wellness travellers looking for healing, rejuvenation and personal transformation. Drawn by the energy of the mystical Andean mountains, travellers have long sought out the Sacred Valley of Peru. Ideally located between the Incan Capital of Cusco and the UNESCO World Heritage Site of Machu Picchu, the Sacred Valley provides an unparalleled experience for travellers who want to deepen their inner healing journey.

Peru's Sacred Valley

The valley has natural beauty and cultural richness so striking that it instantly nourishes our physical bodies and soothes our busy minds. In the heart of this valley lies Willka T'ika, Peru's premier luxury wellness retreat centre. An exquisite sanctuary

designed for rejuvenation and reflection, Willka T'ika was founded in 1995 to honour the culture of the local Quechua-speaking people, direct descendants of the Incas. The first retreat centre in Peru dedicated to yoga and mindfulness practitioners, Willka T'ika was created with the intention of paying homage to Pachamama, Mother Earth.

Willka T'ika, which means 'sacred flower' in Quechua, was recently voted Best Digital Detox Retreat by *Vogue* magazine and one of '9 of the World's Best Wellness Retreats' by CNN Travel. The beauty of Pachamama radiates throughout Willka T'ika's grounds. From the hand-crafted guest room design,



By honouring authentic Andean traditions in Peru, Willka T'ika has curated a wellness journey with transformational healing ceremonies, therapeutic treatments, nature-based activities, mindfulness practices and farm-to-table cuisine

to its award-winning gardens, vegetarian farm-to-table meals, Andean ceremonial spaces and devoted service by the local Quechua staff, Willka T'ika is a model of authentic sustainability. And for over 25 years, the Willka T'ika Children's Fund has supported the education of hundreds of Quechua children in remote Andean villages.

Seven Chakra Gardens

These are the basis for the property's signature Essential Wellness programme, which offers authentic Andean ceremonies, specialised spa therapies, nature-connection activities, yoga and mindfulness classes, plus organic meals, teas and juices to boost immunity and re-energise travellers.

In addition to wellness and yoga enthusiasts, it's since grown to attract women's groups, conscious business leaders, hikers, writers, artists, photographers and cultural adventurers. Anyone interested in personal growth, nature connection, and authentic wellness finds Willka T'ika a true home.



WILKA T'IKA
ESSENTIAL WELLNESS



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