



A Restorative Summer of Self-Care with The Most Spoiling Wellness Experiences Around the World



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Indulgent and Rejuvenating New Experiences Range from Wildlife-Spotting Workouts in Kenya to Zodiac-Themed Spa Journeys in the Maldives

The sun is shining, temperatures are rising and out of offices are on... and what better way to relax and reset this summer than with one of the most spoiling new wellness experiences from across the [Charlotte Rous Communications](#) client portfolio?

Spa-lovers and wellness junkies who have tried it all (until now!) are set for a summer to remember thanks to a range of indulgent new experiences and treatments from around the world.

From zodiac-themed treatments in the Maldives to workouts with a side of wildlife watching in the Kenyan plains, there's a treatment to suit every spa-lover this season. The new treatments are available year-round and include:

KENYA:

Workout While you Wildlife Watch at [Great Plains](#) of Donyo Lodge



Great Plains, the iconic eco-tourism company founded by National Geographic explorer-filmmakers Dereck and Beverly Joubert, is proud to offer a wildly unique yoga experience at ol Donyo Lodge in Kenya. Yoga is the harmony of mind, body and soul and a stay at ol Donyo Lodge truly encapsulates this with a balance of movement, peace and nourishing healthy food while surrounded by nature.

Each guest room at the luxurious lodge comes complete with a Great Plains yoga mat to roll out next to its own plunge pool or on the private star bed deck at night, where guests can constellation-spot while they stretch beneath the crystal-clear Kenyan night skies. Here, guests can find their flow, either solo-style or under the expert guidance of the Great Plains team, to the sounds of birds chirping in the background and elephants slurping from the water hole below.

There are countless scenic spots for guests to choose, from the top of the Kopjies rocks overlooking the endless plains and Mount Kilimanjaro to the El Mau twin hills, which offer a panoramic view of the Mibirikani Group Ranch and Chyulu Hills. Here, yogis can enjoy a moment of calm and meditate to the sounds of the bush, connecting to themselves and the surroundings, finishing with a peaceful silent guided bushwalk.

Post-session, yogis can nourish the body both inside and out, with superfoods and healthy juices curated with care by Great Plains' expert chefs for maximum health benefits. These include a brand-new herbal tea menu to aid digestion and provide a calming effect, and a range of new delicious plant-rich superfood breakfast options including a range of fresh juices and smoothies. For a complete wellness experience, Great Plains' talented therapists are on hand to deliver pampering treatments such as The Renewal, a spoiling treatment that encourages the releasing of past emotions while bringing mindful positive focuses to the future, all while enjoying a massage.

ol Donyo Lodge, which sleeps up to twenty in eight Deluxe Suites and a two-bedroom Sambuk family suite, is located on the Maasai-owned Mbirikani Group Ranch, comprising 275,000 acres of wilderness between Amboseli and Tsavo National Parks and bordering Chyulu Hills National Park. The lodge is very remote, offering extreme privacy and a vast amount of activities to choose from – morning and evening safari drives, horse riding, bush breakfast and dinners, guided bushwalks, tracking, bike riding, conservation and community outreach programmes and sleep out star bed experiences.

A recent addition for ol Donyo Lodge is the lodge's own helicopter, which is available for guests to enjoy on scenic flights through the incredible Chyulu Hills, Kilimanjaro and Amboseli area. The new Bell 505 helicopter is available for scenic flights with stunning views and air transfers to Nairobi.

Nightly rates at ol Donyo Lodge start from \$1,344 (£989*). For more information please visit <https://greatplainsconservation.com/safari/ol-donyo-lodge-kenya-safari/>

MALDIVES:

Astrology and Zodiac-Inspired Wellness at Gili Lankanfushi, Maldives



The Maldives' original eco-luxury resort, Gili Lankanfushi, is set to delight astrology and wellness lovers alike with a new zodiac-themed signature treatment at its award-winning Meera Spa. The 150-minute 'Rasi Pairing Journey' takes place over two days and brings astrology and wellness together in a meaningful, grounded way. The concept connects each zodiac sign to its natural elements – Fire, Earth, Air and Water – aligning it with carefully curated spa treatments, essential oils, healing crystals and wellness activities. With the name of the treatment derived from the Sanskrit term for zodiac sign and drawing inspiration from Ayurveda principles, the new offering invites guests to explore self-care through a deeply personalised lens of natural balance.

For example, Water signs Pisces, Cancer and Scorpio – known for their nurturing, emotional and intuitive personalities – will indulge in experiences ranging from crystal healing and Tibetan singing bowl therapy to meditation and yoga, while grounded Earth signs Taurus, Capricorn and Virgo will enjoy reflexology, hiking and more.

Gili Lankanfushi's Meera Spa provides the very best in holistic healing within a spectacular overwater setting. Comprised of glass-floored treatment rooms, a sauna, steam room and plentiful relaxation areas connected by open-air walkways, the spa offers a range of global therapies that draw from age old cultures and knowledge.

From immersive, one- to five-day wellness journeys to new active programmes that combine surfing and scuba diving with tailored spa therapies, treatments range from the traditional to the cutting edge. Therapies utilise organic products by Voya and Meera, created using the finest oceanic and plant extracts including detoxifying seaweed baths.

Year-round yoga, meditation, reiki, crystal healing and ancient singing bowl sessions are enhanced by a rotating schedule of visiting practitioners, for a curated programme of world-class wellness experiences.

The Rasi Pairing Journey at Gili Lankanfushi's Meera Spa is priced from \$345 (£254*) for 150 minutes across two days.

Nightly rates at Gili Lankanfushi start from \$1,440 (£1,060*), based on two adults sharing a Villa with breakfast included. For more information or to book please visit www.gili-lankanfushi.com.

SRI LANKA:

Disconnect to Reconnect and Hike the Pekoe Trail at the New [Uga Halloowella](#), Hatton



Those looking to disconnect to reconnect and soak up the stunning natural beauty of Sri Lanka's historic tea trail region can take on the famous Pekoe Trail near Uga Halloowella, the brand-new property from boutique Sri Lankan hotel group Uga.

The Pekoe Trail is 300km in total, running from Sri Lanka's second largest city of Kandy to the hilltop town of Nuwara Eliya, and spans more than 300km through historic villages, enchanting forests and tea plantations. Divided into 22 stages, the seventh stage is close to Uga Halloowella and is suitable for all abilities, taking hikers on a beautiful trek through the very heart of the picturesque tea country. Beginning in the charming town of Kotagala and winding past local landmarks and cultural sights including the stunning Singamalai lake, Chrysler's Farm tea factory, Castlereagh Reservoir, Hindu kovils and Christian churches, the hike provides an unmatched opportunity to unwind in nature with loved ones while discovering the region's fascinating history and culture.

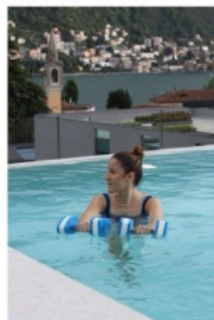
Perched on a hilltop within a 252-acre tea estate in Sri Lanka's historic central tea trails region, the brand new Uga Halloowella in Hatton – opened January 2025 – offers six luxurious suites alongside impeccable indoor and al-fresco dining experiences, expansive lawns, and a large, tempting infinity pool. Located 146km from Colombo, Uga Halloowella is accessible via helicopter or by scenic drive and is on the doorstep of some of the region's must-visit attractions.

Often referred to as a gateway to the scenic hill country, Hatton holds a rich history intertwined with the colonial era when British planters settled in the area to cultivate tea, giving rise to a vibrant cultural tapestry that blends indigenous traditions with colonial influences. The region's cool climate, characterised by misty mornings and gentle breezes, creates an ideal environment for growing some of the world's finest tea, which has been a cornerstone of the local economy for over a century.

Nightly rates at Uga Halloowella start from \$1,125 (£828*) on an all-inclusive basis. For more information or to book, visit www.ugaescapes.com

ITALY:

Rooftop Wellness by the Lake at [Hilton Lake Como](#)



This summer, Hilton Lake Como is offering a host of restorative water-based and holistic workouts with a truly unmatched view. Throughout the season, guests will be able to practice their downward dog with a view at the hotel's regenerating rooftop yoga sessions. Set against a panoramic backdrop of lakeside splendour, the sessions take place at 8am, providing a magnificent setting in which to soak up the sunrise and restore balance of body and mind.

Meanwhile, at eforea Spa, guests can partake in weekly Aqua Gym sessions in the hydrotherapy pool, performing aerobic exercises with water weights designed to tone muscles and relieve stress. A 'Floating Meditation Bath Experience' is also on offer, where guests will discover the balancing power of water in combination with guided meditation on floating mattresses. Promoting deep relaxation, the sessions are available to book both at eforea Spa's hydrotherapy pool and on the hotel's stunning rooftop infinity pool.

Water-lovers can also take part in a Floating Mat Workout at the rooftop pool, designed to strengthen the core, improve balance and enhance flexibility – all with an unrivalled panoramic view across Lake Como!

Hilton Lake Como is a modern lifestyle hotel with spectacular scenery, traditional charm, and jaw-dropping 180-degree views of the lake from its rooftop pool. Formerly a silk factory, the building is steeped in history and is now home to 170 spacious guest rooms, with a variety of stunning suites to choose from, a pampering spa and a popular rooftop cocktail bar and restaurant. The hotel is ideally located in an area full of unique experiences on and off the lake, which has made Lake Como an international must-visit destination for families, business travellers and couples. Insider tip: if the spacious 1689 sq ft Presidential Suite with a lake view and rooftop terrace is booked then try the Loft Suite where you can sleep under the twinkling Lake Como stars.

Rooftop Yoga on Hilton Lake Como's rooftop terrace takes place on select dates at 8 am and is available to book for €25 per person. Upcoming dates include June 20th, July 2nd and July 16th. Aqua Gym at eforea Spa takes place on Tuesdays at 10am* and is available to book for €15 per person. The Floating Meditation Bath Experience is available to book for €55 per person and takes place at 7pm on June 25th and July 26th in the hydrotherapy pool at eforea Spa, or at 8am in the rooftop pool on July 5th, 19th and 30th.

Floating Mat Workouts are available to book for €40 per person and take place every Monday at 8 am* at the rooftop pool. *Activity suspended from August 4th to 17th.

Nightly rates at Hilton Lake Como begin at €350 (£298*) based on double occupancy with breakfast included. For more information and to book visit <https://www.hilton.com/en/hotels/mxpcchi-hilton-lake-como/>

ITALY:

A Sweet New Venetian Treatment at [Hilton Molino Stucky Venice's](#) Eforea Spa



Hilton Molino Stucky Venice, the five-star hotel and former flour mill on Giudecca island, is giving guests the opportunity to 'summer-proof' their skin in the sweetest of ways with a new Hydrating and Regenerating Honey Treatment at its award-winning eforea Spa.

From dryness to fatigue, the arrival of the warmer months can bring challenges for the complexion and body, but this hydrating 100-minute ritual from eforea Spa offers the perfect antidote. The treatment begins with a full-body massage using honey oil and gentle tools including brushes and rollers to stimulate circulation and relieve tension. This is followed by a deeply hydrating facial treatment incorporating double cleansing, exfoliation, facial massage, mask, scalp massage and a focus on the delicate eye contour area. The facial harnesses the power of Maria Galland products such as Hydra2 complex to boost the skin's production of hyaluronic acid and elastin, and Skin-Protect complex (composed of subterranean marine waters and macroalgae), which offers powerful antioxidant protection against environmental stressors. Key active ingredients include alginate, which helps combat dryness and diminish signs of fatigue.

Formerly a flour mill factory on the peaceful island of Giudecca, Hilton Molino Stucky Venice is a modern Venetian masterpiece steeped in history. This listed building has been beautifully restored with a series of recent refurbishments, including 24 new suites by famed interior designer Biagio Forino unveiled in April 2024. After arriving by water taxi, guests will be spoiled for choice with 379 rooms and suites, one of the largest spas in Venice, and a collection of bars and restaurants. Hilton Molino Stucky Venice is home to one of two eforea Spas in Italy; the other location is available at sister property Hilton Lake Como.

The Hydrating and Regenerating Honey Treatment by eforea Spa is priced at €170 (£145*) for 100 minutes.

Nightly rates at Hilton Molino Stucky Venice begin at €240 (£204*) per night based on double occupancy with breakfast included. Molino Suites start from €590 (£503*) per night. For more information or to book visit <https://www.hilton.com/en/hotels/vcehihi-hilton-molino-stucky-venice/>.

FRANCE

Plan Ahead for Winter: Snowga at Purple Ski's Newly Renovated [Chalet Inoko](#), Val d'Isère



Yogis looking to plan ahead for winter need search no further than the truly unique 'Snowga' offering at Purple Ski's Chalet Inoko in Val d'Isère, which will re-launch fully refurbished for the 2025/26 season with a host of sensational upgrades. Thanks to a brand-new master bedroom offering enchanting forest views, the chalet will now accommodate up to 14 + 1 guests in 7 elegant en-suite bedrooms. The property also now boasts a beautifully appointed, spacious new ski room. Equipped with heated boot racks and plenty of storage, it's the perfect place to prepare for an adventure on the slopes.

With a sprawling wellness area devoted to post-ski relaxation and entertainment, Chalet Inoko is the ideal destination in which to try Purple Ski's 'snowga' offering. Available on request via Purple Ski's concierge team, the snowga sessions will see a private instructor stretch and soothe guests' tired muscles after a long day on the slopes and can take place beside the pool or in the sprawling living room. Post snowga, guests can unwind in the beautifully appointed wellness area, where they can warm up in the hot tub, ease sore limbs in the sauna, work out in the fitness room or simply relax by the large indoor swimming pool.

Overlooking Val d'Isère, Chalet Inoko's location tucked away in the trees is immensely private and yet just a short, chauffeured minibus ride from the snow front and the resort's famous shopping and restaurant scene.

Commanding splendid views and a snowy forest backdrop, Inoko seamlessly blends traditional Alpine touches with a modern design and state-of-the-art facilities. The stunning chalet comprises seven elegant bedrooms – two of which form a connected family suite along with an adjoining children's bunk room – a sumptuous wellness area with indoor pool, sauna, massage and relaxation area, ski room, spacious dining and living areas and a TV room. Outside on the terrace, a sunken hot tub and seating area with fire pit offers the perfect place from which to admire the views.

A seven-night stay at Chalet Inoko, Val d'Isère starts from €48,988 (£41,694*) on a catered basis. For more information and to book, please visit <https://www.purpleski.com/chalets/inoko/>

*Price in pound sterling accurate on date of publication.



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