



LIFE / Travel

Do Not Disturb

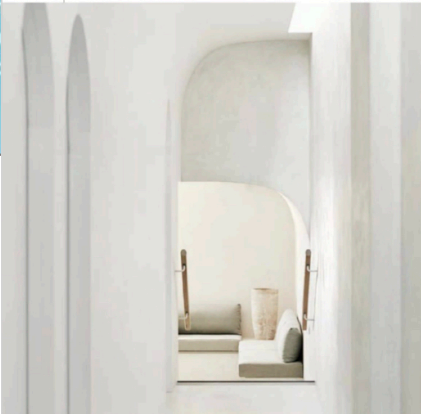
Where to find wellness in cities around the world

WILLOW URBAN RETREAT MELBOURNE

Housed in a beautiful Victorian building in Melbourne's affluent Armadale neighbourhood, Willow Urban Retreat offers a 360-degree approach to wellness that combines the best of Eastern and Western healing modalities. From Ayurvedic therapies, yoga, meditation and sound baths to more medical approaches to wellness such as remedial massage, osteopathy treatments and naturopathy, Willow promotes a well-rounded healing experience that will bring you back to optimum health in mind, body and spirit.

The space itself is peaceful and inviting, as light tones, earthy textures and minimalist design offer an instant breath of fresh air. Speaking of which, the centre prides itself on its air purifying system that is said to boost clarity and calm.

Willow also houses a cafe that serves nourishing, satisfying dishes. The menu is a collaboration between the centre's naturopath and celebrated local chef Nick Cree, and features plenty of fresh, local produce, including goodies from the centre's own farm located on the Mornington Peninsula.



SOUTH KENSINGTON CLUB LONDON

London's South Kensington Club—or SKC as it's more widely known—caters to the city's well-heeled wellness fanatics. Housed in a classic Georgian building, its Mediterranean-meets-colonial decor creates a tranquil space for healing.

South Kensington Club comprises a Russian banya, a Turkish hammam with a plunge pool, several relaxation areas and a watsu pool, complete with a watsu master to guide guests through the increasingly popular treatment. It also has three fitness studios, with yoga, pilates, barre, cardio and boxing and personal training sessions on rotation. If you prefer to work out alone, there's a spacious top-floor gym with a conservatory roof that floods the space with natural light.



After working up an appetite, members can enjoy cold-pressed juices and elegant healthy dishes at the club's Mediterranean restaurant before retiring to the club's spa, which is arguably one of the best in the city.



THE WELL NEW YORK CITY

Overworked New Yorkers have been blessed with the stress-relieving cocoon that is The Well, an 18,000sqft wellness centre in Manhattan's Union Square district. Designed by Liubasha Rose of Rose Ink Workshop, the elegant, harmonious centre is a beautiful respite from the hustle and bustle of city life.

The space comprises a meditation dome, a spa, steam and sauna rooms, a mindful movement studio that hosts daily yoga and other curated fitness classes, a private training gym, a reflexology lounge and a library where The Well hosts events, workshops and weekly emotional support circles.

Helmed by a team of 30 licensed practitioners—whose areas of expertise range from traditional Chinese medicine to sports medicine, vibrational energy and healing—The Well takes the research, guess work and planning out of wellness by creating customised wellness programmes for its guests to help them achieve their individual goals.

Last but not least, The Well Kitchen • Table offers organic dishes prepared by the team behind loved-by-locals eateries Café Clover and Clover Grocery.

BOTA BOTA MONTREAL

Spread over five stories on a beautifully restored ferryboat, Bota Bota is a floating wellness centre anchored in the St Lawrence River, where it overlooks Old Montreal's romantic 17th-century architecture.

Harnessing the Scandinavian healing philosophy of alternating between hot, cold and relaxation, guests at Bota Bota can move through a circuit of saunas, steam rooms and outdoor pools, as well as designated rooms for rest, which are decorated with hanging nests, deck chairs and cosy nooks for reading, meditation or a quick nap. The on-board spa offers a well-curated series of treatments, including facials that use products by Babor and Bernard Cassiere; manicures and pedicures; and a variety of massages, including Thai, Swedish, Lomi Lomi, and Shiatsu.

Bota Bota's restaurant, La Traversée, serves a seasonal menu that focuses on health while showcasing quality ingredients from the region.

