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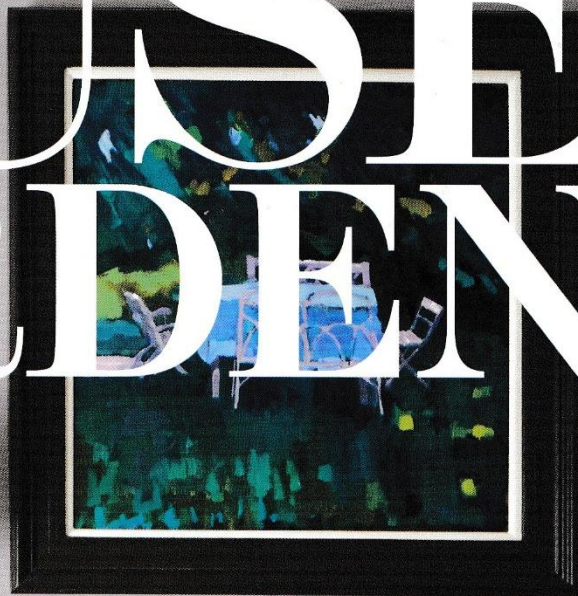
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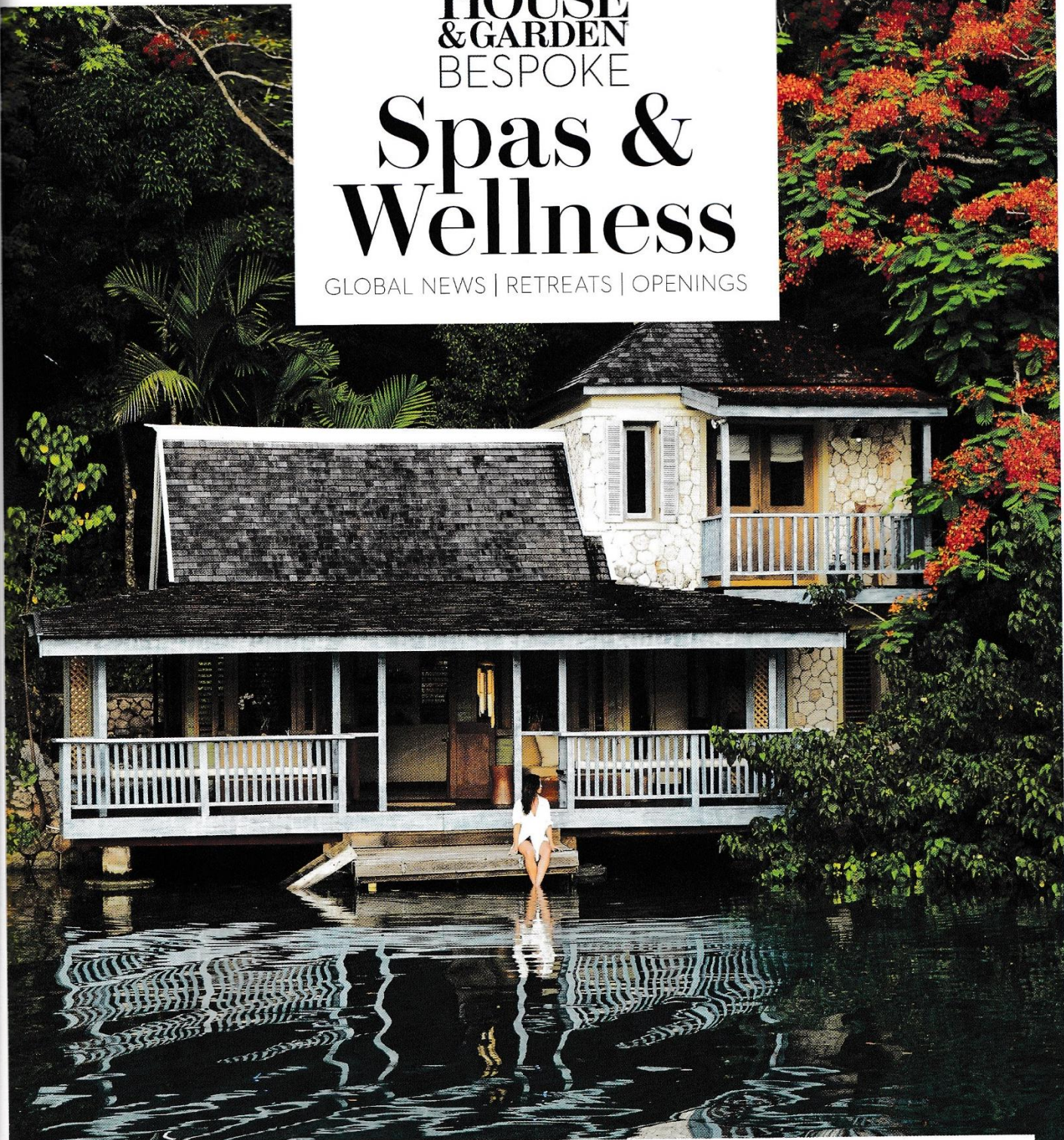
**FROM AN ENERGY-EFFICIENT NEWBUILD IN SOMERSET TO THE
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In a world of virtual connections, real experiences - of people and places - are essential for our well-being. The days of the quick spa pick-me-up are over; instead we seek more transformative travel, moments that connect us to nature and each other (sunset yoga and singing bowl meditation at GoldenEye in Jamaica, pictured, for example), and experiences that change us forever (the new, results-driven sleep programme from Six Senses). Ancient wisdom continues to provide a blueprint for good health in the modern age: Ayurvedic retreats such as COMO Shambhala, which celebrates 20 years in 2017, and Ananda in the Himalayas, go from strength to strength. We seek to disconnect - to flip the digital kill switch and go off grid (literally at Villa Stéphanie at Brenner's Park Hotel & Spa in Baden-Baden) - while embracing technology to tackle the modern malaise (consider the profusion of mindfulness apps, or the brain-sensing Muse meditation headband at Hotel Zetta, San Francisco). Here, we explore the world of wellness travel with restorative boosts for body and mind □