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Inflight Magazine



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JANUARY 2017

WE  Jozi
Jo'burg's cultural
renaissance



WHAT'S HOT

Gran Canaria

WELL ON YOUR WAY

The wellness travel trend is set to rise in 2017

Once the preserve of super-wealthy women who could pamper themselves into a blissful coma without batting a perfectly curled eyelash, wellness travel is thriving globally. It's gone beyond spa treatments to include health and fitness too. We're talking detox breaks in Spain, meditation in India, treks in Andalusia, weight loss in the Caribbean or yoga sessions in the Himalayas. After a long, hard working year, everyone wants a well-deserved, de-stressing treat to revive body, mind and soul.



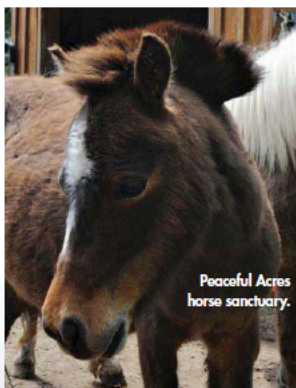
Villa Campestri

The Global Spa & Wellness Summit (GSWS) has released reports estimating that spa- and wellness-focused holidays will hit \$678.5 billion in global spend by 2017 – 16% of projected total tourism revenues. "We're seeing a huge increase in the wellness travel sector, where the fastest-growing segment is made up of guests who simply want to combine elements of wellness with their vacations," says Six Senses Spas Vice-President Anna Bjurstam.

Kurtz-Ahlers & Associates represents an exclusive collection of luxury hospitality venues, with one of its specialties being wellness. "In this new era, wellness spa retreats throughout the world are responding to these stress-related health issues by offering

guests unusual treatments and benefits that go above and beyond the traditional spa experience to help the new generation of wellness traveller achieve a wide array of goals – emotional, physical and aesthetic – in unique settings," CEO JoAnn Kurtz-Ahlers told *American Spa* magazine.

Some of the more left-of-centre experiences include a return-to-the-womb experience in Gran Canaria (www.lopesan.com), an olive oil resort in Italy (*Villa Campestri*, www.villacampestri.com), a stint in the iodine salt Galos Caves in the USA (www.galoscaves.com), yoga classes on the deck of a Turkish gulet on the Mediterranean Sea or even equine therapy at Peaceful Acres horse sanctuary in the Netherlands. Whatever floats your boat! – **Fiona Davern**



Peaceful Acres horse sanctuary.



5 MINUTES WITH...

ANDRES ARAYA, Maître de Maison of Abadia Retuerta LeDomaine (www.ledomaine.es), a restored 12th-century abbey in Sardoncillo, Spain. The gorgeous, Gothic-style architectural masterpiece now offers the cloisters for guests, the chapter house as a lounge and the refectory as a dining area.

Your favourite destination?

Japan. It's always an inspiring country.

Your top tip for long-haul flights?

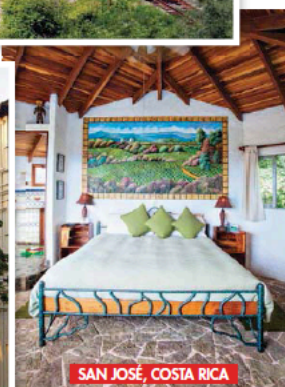
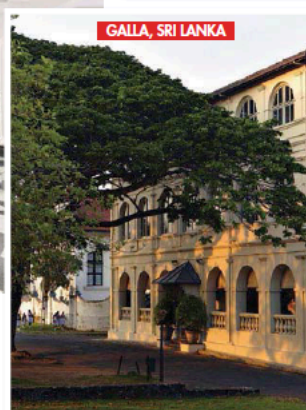
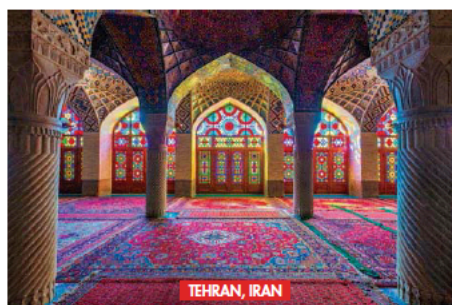
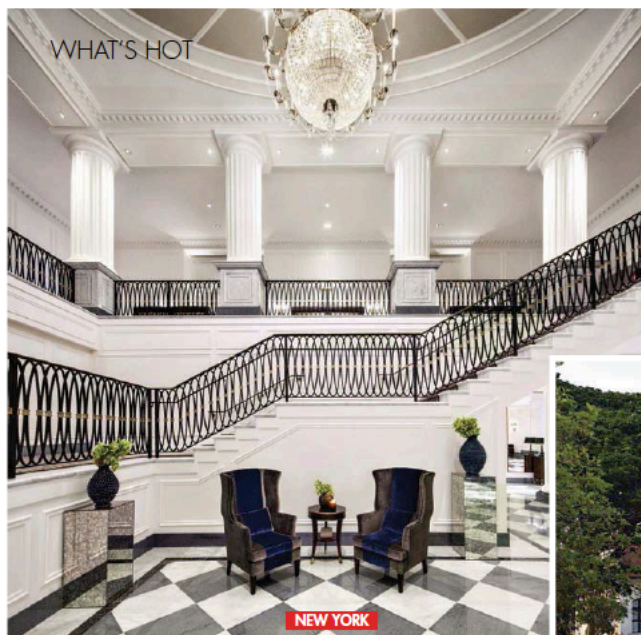
I love the single-window Business Class seat. If it's First Class, so much the better!

The best inner-city restaurant on the planet?

Sukiyabashi Jiro in Tokyo, a three-Michelin Star restaurant where outgoing American President Barack Obama has feasted.

Favourite travel book of all time?

The Alchemist by Paulo Coelho [HarperCollins]. – **Daniel Scheffler**



GLOBAL EYE

By Daniel Scheffler

NEW YORK: After a beautiful refurbishment, the **Intercontinental Barclays** is now ready for guests. Whether you're in the Gin Parlour enjoying a cocktail or people-watching in the club area, there's a spot just for you. The penthouse even has a baby grand piano and offers views of Park Avenue. Visit: www.intercontinentalnybarclay.com **MOSCOW:** The **Golden Eagle Train** has planned two exciting new routes for 2017. The first is a grand tour of Russia, which explores everything from St Petersburg to Moscow and continues all the way to Lake Baikal and Mongolia, ending in the historical port of Vladivostok. The other is a once-in-a-lifetime Arctic route from Moscow to Norway to see the Northern Lights.

En route, you'll observe remote cultures, abundant wildlife, dramatic fjords and serene forests. Visit: www.goldeneagleluxurytrains.com **SAN JOSÉ, COSTA RICA:** Close to the airport and up on the inner-city volcano, **Finca Rosa Blanca** is where to unwind en route to the rest of this beautiful country. Don't miss the plantation tour, after which you can enjoy a supremely delicious meal or a spa treatment in your room that includes a hot-stone massage. Visit: www.fincarosablanca.com **TURTLE ISLAND, FIJI:** It's quite a journey getting to **Turtle Island**, but once you do, you might want to stay forever. A private island with secluded beach bungalows and superior service is idyllic enough – but add gaff-rigged sunfish sailboats to explore the Blue Lagoon and the bliss reaches even greater heights. Visit: www.turtlefiji.com

TEHRAN, IRAN: If you're seeking diverse history, culture, art and religion, **Abercrombie & Kent** has revealed its latest boutique group journey for 2017: **"Persia – a Tapestry of Ancient and Modern Iran"**. It's a 12-day programme that immerses you in Unesco World Heritage Sites, antiquities, exotic cuisine, dynamic markets and modern-day vibrancy. Visit: www.abercrombiekent.com **GALLA, SRI LANKA:** This historic hotel has welcomed guests for 150 years in its many incarnations. Now, as the **Amangalla**, it's the grande dame of the city. Located in the southern part of the country, it offers access to tea plantations and endless beach adventures. Dream of forgotten dynasties while sleeping on a four-poster bed overlooking the gardens. Visit: www.aman.com

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