

Body & Soul escapes

Caroline Sylge



Where to retreat and replenish around the globe



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Safari and spa

As well as awe-inspiring safari country, Kenya has a growing number of places which offer indulgent treatments for your wellbeing. UK-based specialist safari company **African Safari Roots** (T+44 (0)1736-367635, www.africansafiroots.com) runs tailor-made wellness safaris to lodges throughout Africa, including Loisaba Lodge in Kenya's Laikipia plateau. Game drives and walking, horse and camel safaris are followed by massages and beauty treatments in the safari spa. You can choose to sleep out under the stars in special 'star beds', and there's an open-air bubble bath with a tranquil view of the Karissia hills (from US\$2800 for 5 nights per person sharing).

The luxury ecolodge **Saruni Camp** (www.sarunicamp.com) just outside the Masai Mara game park employs a mainly Masai staff and contributes to local community projects. The small Masai Wellbeing Space here offers massages and facials using local African plants and seeds, from a Masai therapist trained in Italy (from US\$300 per person per night, www.sarunicamp.com, see box on page 185).

If there's a group of you, **Hippo Point** (T+254 (0)733-333014) is an impressive house for rent in the middle of its own wildlife

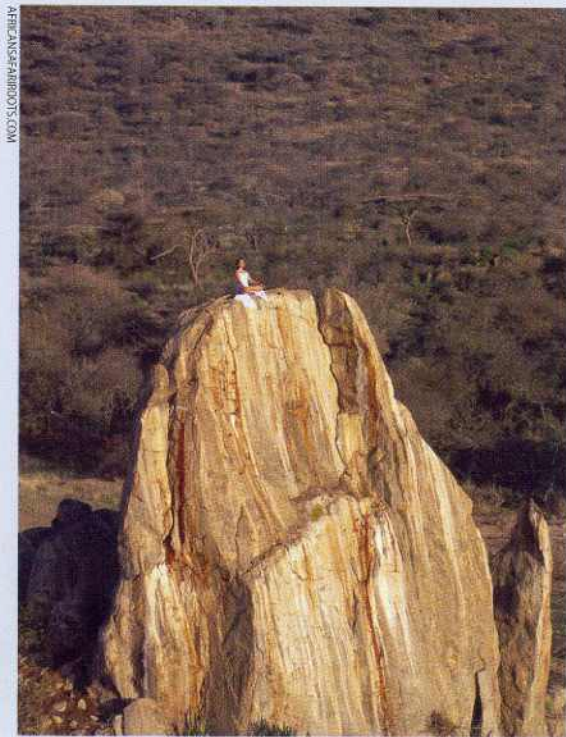
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sanctuary on Lake Naivasha in Kenya's Rift Valley. It has gorgeous grounds complete with watchtower and swimming pool, with six bedrooms in the house and five in the tower. You can actually walk amongst wildlife here, which includes zebra, giraffe and a variety of antelope. A visiting therapist gives full-body aromatherapy massages and reiki in a lakeside gazebo, and private yoga sessions, facials, manicures and pedicures can be arranged in advance (from US\$500 per night for the whole property).

Alternatively, divide your time between two different venues with UK-based agent **Wellbeing Escapes** (see Resources) which offers a 10-day Spa & Safari Escape with seven nights at Shaanti Holistic Health Retreat (see previous spread) followed by a three-night/four-day safari at Galdessa (www.galdessa.com), a luxury tented camp in Tsavo East National Park. Indulge in massage, reflexology, a facial, twice-daily yoga classes, a daily meditation class and a daily pranayama class at Shaanti, then hang out with the big five on game drives, exploring birdlife and wild fauna on foot (from US\$3299 per person excluding flights).

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