



Travel as therapy

We're not knocking sandcastles and sun cream; it's just sometimes, you need a break that goes a little bit deeper



We all know holidays are a great way to recharge. Heck, it's why we practically count down the days until our next sojourn. But, rather than have the same-old getaway (not that there's anything wrong with that), why not seek out retreats and breaks with a view to targeting a specific need?

Feeling blinkered via the repetition of the daily grind? Try something that opens the mind. Not quite feeling yourself? Go for a break designed to raise flagging spirits. Whatever your spiritual or psychological ailment, some holidays don't just heal our lives; they can change them.

MIND-ALTERING OUTLOOKS

Waves of positivity



If you're drowning in life
Resurface, Morocco and North Devon

A stay at Resurface surfing retreats will splash some much-needed water across your face in both a metaphorical and very real sense. Resurface uses surfing as a core element in helping you transform your life across three different retreats: Positive Psychology, Trauma Resolution and Creativity. There's something positively meditational across the experience, and Resurface's track record is striking, with several testimonies stating how a retreat proved utterly empowering resurfaceuk.com



If you want excitement

Adventurous Illinois, USA

If your life is crying out for more excitement, the heartland of America could provide salvation. Go biking on Route 66, enjoy fresh-water scuba diving in Mermet Springs, kayak on the Chicago River, canoe the mighty Mississippi; just generally do all the things you can't when you're sat in front of a spreadsheet enjoyillinois.co.uk



If work has got too much

Frankly coaching retreat, Eastwell Manor, Kent

This is aimed at those who want to change career path, improve wellbeing or simply feel overwhelmed. Across three days, enjoy daily group coaching, meditation, mindfulness, Vinyasa Flow yoga and more, all hosted by NLP life and business coach, Puja K McClymont franklycoaching.com



If you just want pampering

Castello di Vicarello

This Tuscan gem's new spa suite boasts a private steam room, sauna and outdoor shower, all set against a rosemary garden. Think it can't get better? It can! There's also a hot tub for your own private wellness sanctuary. And, if you're a creative type in need of fresh inspiration, check out that stunning Tuscan countryside castellodivicarelo.com