COUNTRY & TOWN HOUSE

MAY/JUNE 2020 £3.90

THE BEST OF BOTH WORLDS

TOUCH WOOD
Why we need to hug a tree

PLANET ORGANIC
Carole Bamford is the queen of green

DIG DEEP
Meet the women helping to save our soil

STELLAR SPAS
Book now for later: we'll all be needing a reboot

A MODEL MANIFESTO
Arizona Muse on how to live a better life
SPA GUIDE

Edited by Daisy Finer

THE PERFECT PLACES TO HIT RESET
SWEAT IT OUT
FROM HIKING IN THE HIMALAYAS TO ICE BATHING IN THE ARTIC,
THOSE RETREATS ARE BOUND TO GET YOUR HEART PUMPING

DEPLAR FARM
GRAVETTARVEY, ICELAND
Hunkering down in the remote reaches of Iceland’s unforgiving north, framed by snow-cloaked volcanic peaks, this former sheep croft is a no-holds-barred assault on the senses—a refuge for ched-in-thrill seekers, if you will—and home to the boundary-pushing wellness concept, Eleven Life. In keeping with Deplar’s adventurous spirit, the focus is on adrenaline-fuelled challenges that boost your mental capacity as well as your fitness levels. Days begin at the huge farmhouse table, where hearty omelettes and pancakes are washed down with immune-booster juices. Then you’re off outdoors to be propelled towards your goals by the assembly of Vikings-like guides. Along with snowmobile racing and axe throwing in the frozen wilds, there’s cross-country skiing—and don’t miss the torch-free night walks beneath the eerie glow of the Northern Lights, an experience that’s somehow stimulating and soothing all at once. Down in the vast, slate-clad spa, limb-loosening therapies run the gamut from vigorous full body rub-downs to stints in a saltwater flotation pod. Leave with a stronger body, a sharper mind, and a new-found respect for Mother Nature.
BOOK IT: Doubles from £2,350 per night full board incl. wellness programme, guide services and transfers. elevenexperience.com

RANCHO LA PUERTA
BAJA CALIFORNIA, MEXICO
When The Ranch opened 79 years ago, it cost about £13.50 to pitch your own tent, do a week of hiking and eat vegetarian meals under the starry skies. Nearly eight decades later, this much-loved grande dame on the slopes of Mount Kuchumaa, overlooking the Mexican border, has been transformed into an all-singing, all-dancing retreat. Begin with a spectacular dawn trek across the mountains. Then get stuck into some mind-boggling options—everything from ballet to hula-hooping to aerial acrobatics. Add to that creative writing classes, sculpture lessons and an extensive cookery school, and afterwards you’ll need to zone out with a massage: they’re no frills, done by local women, but deliciously effective. Meals are super-healthy with a Mexican twist. It’s all communal eating—there are about 160 guests a week—but that means great camaraderie and even more fun at the final fiesta when alcohol—yippee—is finally served. After dinner, flop in your casita tucked into the forest, charmingly decorated in colourful local fabrics. This straightforward approach works. Repeat custom is almost a given.
BOOK IT: Seven nights from £3,355pp full board (single occupancy), including transfers. ranchoalapuerta.com