

# COUNTRY & TOWN HOUSE

THE BEST OF BOTH WORLDS

MAY/JUNE 2020 £3.90

## 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*



Floating away at Lefay  
Resort & Spa in the  
Dolomites

# SPA GUIDE

*Edited by Daisy Finer*



THE PERFECT PLACES TO HIT RESET





# SWEAT IT OUT

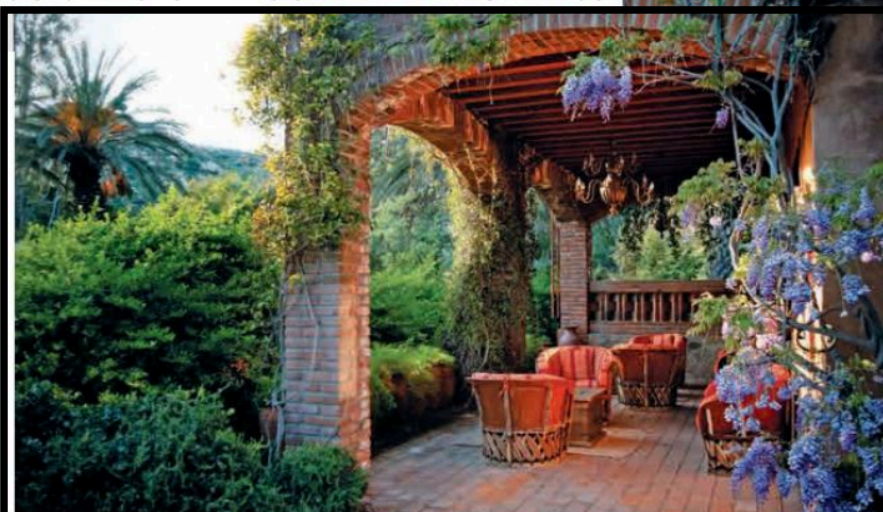
FROM HIKING IN THE HIMALAYAS TO ICE BATHING IN THE ARTIC, THESE RETREATS ARE BOUND TO GET YOUR HEART PUMPING

## DEPLAR FARM

ÓLAFSFJÖRÐUR, 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 clued-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 herby omelettes and pancakes are washed down with immune-bolstering juices. Then you're off outdoors to be propelled towards your goals by the assembly of Viking-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](http://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

cooking 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 £3,335pp full board (single occupancy), including transfers. [rancholapuerta.com](http://rancholapuerta.com)