

12 INDEPENDENT TRAVELLER

24-hour room service

Asian wellbeing arrives in Andalucía

Shanti-Som Málaga, Spain

You don't have to go all the way to Thailand, Bali or India to have your chakras realigned: the new Shanti-Som Wellbeing Retreat brings all the wisdom and atmosphere of an Asian health retreat to the hills of southern Spain. So there's no long-haul jet lag to disturb your pratyahara (that's yoga breathing to the uninitiated).

Opened in May, Shanti-Som is the fruition of a long-held personal ambition of its founder, Krizia Jacobsen, who has more than 25 years' experience in health, beauty and holistic therapies. After her son was involved in a serious accident, she decided on a path of creating a haven of peace, harmony and balance.

Consequently her heart and soul has gone into making this a special place. Guests are greeted on

arrival by a state-carved Balinese reclining Buddha. The inspirational staff have been carefully chosen. They include yoga teacher Peter Lindero - who practices an emerging, Ananya-inspired yoga - and a detox expert, Cristina Anarino Hama. Krizia has also attracted high-profile instructors such as Maya Fineman, who is hosting a Kundalini yoga week at here from 16-23 July.

While the hotel is not part of a spa chain such as Canyon Tree or Six Senses, Krizia visited several for inspiration. She was particularly taken with the Four Seasons Bazaar Siyam and Como Shambhala Estate, both in Bali.

Set among the fragrant pine, almond, lemon and olive trees of the Sierra de las Nieves natural park (a world away from nearby Marbella), Shanti-Som offers yoga, detox or weight-loss programmes. Gender treatments are also

offered in the spa, such as a four-hour Thai massage (€75) or lavender herbal re-juvinate facial (€60). More unusual treatments include a sound massage that uses Tibetan singing bowls.

You can also come for a relaxing break without a yoga mat in sight, instead treating the place as a five-star sanctuary.

Shanti-Som was previously a two-star rustic hotel. Now the existing 40-year-old structure has an impressive, vaulted thatched roof and an overall style that is an eclectic mix of Balinese, Moroccan and Indian - through not overwhelmingly so.

Non-detourers can also indulge in the top-notch food at the Amara restaurant, whose name translates as "sweet for the soul". The head chef, Ben Hayes, was previously executive chef of a Spanish health food restaurant chain. He focuses on nutritionally balanced meals. If there was ever proof that healthy food can taste wonderful, it's in his Asian-Mex fusion menus. My vegetarian frittata starter was delicate and delicious. Meals include pan-seared fillet of sea bream, and rib eye steak; Ben even manages to make soft appetising in a coconut milk-based yellow curry with green beans, potatoes and cucumber. He has also worked out the secret to a tasty wheat-and-gluten-free chocolate cake.

LOCATION Shanti-Som is a 60-minute drive from Málaga airport, just the intense sprawl of the Costa del Sol and up into the fresh air and tranquillity of the Sierra de las Nieves.

Krizia is designing tranquil walks in the mountains.



And... relax: the Shanti-Som Wellbeing Retreat combines its Spanish setting with Asian traditions

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She took me on a brief jaunt to La Mirador, a vantage point with dramatic views down to Marbella. She intends to offer a form of yoga called Raja Yoga for the mind on these walks. Climb higher and you can see as far as North Africa.

If you want to pick up the pace, Puerto Banus is a 20-minute drive away, with its wealth of designer shops, yachts, restaurants and bars.

CRUISE The huge hit is a steamer of style. A turquoise-tinted Pacifica will also visit to Moroccan manufacturers. A painting of a young Balinese monk by local artist Alejandro Illescas hangs above the vast fireplace.

The 14 rooms are arranged in clusters: five are around three sides of a central patio that is used for all-evening dining. There are 12 "premium rooms"

and two luxury suites. The most luxe suites such as "Supremacy", "Peace" and "Elegance". They are snug and designed vaguely according to their name, as you could find yourself in "Courage", a masculine suite with muted browns, or "Transcending" with an old-fashioned blue quilt on the bed. Depending on which side of the cluster you're in, you will have a balcony - with wonderful ocean or river - or a small garden.

Suites are larger with four-poster beds and entrance outside swinging doors. I would opt for "Pacifica" for its ocean balcony with lounge and deck, even looking the yoga garden and the hills. There is a terrace, but, this being a health retreat, you will only find the Body Balance classes, BIC World and some stretches. There is also a slim selection of herbal teas and a glass of fresh fruit, milkshakes and lattes are encouraged.

INNE ANDERSON

The writer flew with BA 0844 472 5587 to Málaga from London City to Málaga.

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Shanti-Som Wellbeing Retreat
Llanos de Puerto Banus, Marbella, Andalucía, Spain
0844 472 5587
shantisom.com

Rooms
★★★★★

Value
★★★★★

Service
★★★★★

Double rooms start at €675, including breakfast. Two- and four-night packages start at €795 per person. See web for yoga programmes from €1500 per person, full board.

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24-Hour Room Service: Shanti-Som, Málaga, Spain

Asian wellbeing arrives in Andalucía

Reviewed by Jane Anderson

Saturday, 2 July 2011

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You don't have to go all the way to Thailand, Bali or India to have your chakras realigned: the new Shanti-Som Wellbeing Retreat brings all the wisdom and atmosphere of an Asian health retreat to the hills of southern Spain. So there's no long-haul jet lag to disturb your pranayamas (that's yogic breathing to the uninitiated).

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Andalucía. The Shanti-Som Wellbeing Retreat combines its Spanish setting with Asian traditions.

SEE MORE PICTURES

Consequently, her heart and soul has gone into making this a special place. Guests are greeted on arrival by a stone-carved Balinese reclining Buddha. The inspirational staff have been carefully chosen. They include yoga teacher Petra Lindros – who practises an energising, Anusara-inspired yoga – and a detox expert, Cristina Azcárate Hane. Kezia has also attracted high-profile instructors such as Maya Fiennes, who is hosting a Kundalini yoga week at here from 16-23 July.

While the hotel is not part of a spa chain such as Banyan Tree or Six Senses, Kezia visited several for inspiration. She was particularly taken with the Four Seasons Resort Sayan and Como Shambhala Estate, both in Bali.

Set among the fragrant pine, almond, lemon and olive trees of the Sierra de las Nieves natural park (a world away from nearby Marbella), Shanti-Som offers yoga, detox or weight-loss programmes. Gentler treatments are also offered in the spa, such as an hour-long Thai massage (€75) or lavender herbal repair facial (€60). More unusual treatments include a sound massage that uses Tibetan singing bowls.

You can also come for a relaxing break without a yoga mat in sight, instead treating the place as a five-star sanctuary.

Shanti-Som was previously a two-star rustic hotel. Now, the existing 10-year-old structure has an impressive, vaulted thatch roof and an overall style that is an eclectic mix of Balinese, Moroccan and Indian – though not overwhelmingly so.

Non-detoxers can also indulge in the top-notch food at the Amrita restaurant, whose name translates as "nectar for the soul". The head chef, Ben Hayes, was previously executive chef of a Spanish health food restaurant chain. He focuses on nutritionally balanced meals. If there was ever proof that healthy food can taste wonderful, it's in his Asian-Med fusion menus. My asparagus frittata starter was delicate and delicious. Mains include pan-roasted fillet of sea bream, and rib eye steak; Ben even manages to make tofu appetizing in a coconut milk-based yellow curry with green beans, pumpkin and coriander. He has also worked out the secret to a tasty wheat- and gluten-free chocolate cake.

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Fabulous



FAKE-ATION ANYONE?

Budget Brit breaks got you MISSING long-haul luxury? Well, prepare for a trend alert, people, the FAKE-ATION has arrived! Check out the hols that look and feel EXOTIC, but are just a SHORT hop away by **LAUREN LIBBERT**

Feels like... THE HAMPTONS

It's really... Artists' Beach House, Whitstable, Kent
Pasty weatherboarded houses with wrap-around wicker porches for front gardens and to-die-for seafood here made the Hamptons in Long Island, New York, the second home of A-list dynamos like the Falcons/Martins and the Haines. And this stretch built here in fashionable Whitstable has all of the above (plus 180° views and instant access to Tarkenton Beach). Plus, with rooms for eight, it's big enough for all your rite-in-two. Much like its American doppleganger, Whitstable is famous for oysters, so try Wheeler's Oyster Bar in the High Street to check that a done-in-08. There's no Tommy Hilf or Ralph Lauren to perfect your New England look, but The Whiting Post stocks preppy Norelve, or for a seaside vibe, try White Stuff (both in Harbour Street). **Get me there** A four-night stay costs from £1,250 for eight people. Visit longwhitstable.com.



It's the ocean's view, at least you'll be comfy



The view will never get old

It's not unless you're looking at the ocean



Feels like... THAILAND

It's really... Siam-Siam Wellbeing Retreat, Andalusia, Spain
Siam-Siam is the long-awaited Siam-Siam at the foot of the Sierra de las Nieves mountains and you'll think you're still asleep on the plane and wake up in the Parthenon. From the giant reclining stone Buddha to the tropical garden and indoor fountain, this is an Asian retreat with serious Thai as standard. Continue your retreat with a meal at the Asuka restaurant – try the delicious rolls without yolk or carry with yolk – and you'll be craving for a hot tub back in your cabin. Meanwhile the Eastern healing therapies at the spa – yoga with meditation and chakra balancing – will leave you "amazing" all the way home from Málaga. **Yes, Málaga** **Get me there** One night at Siam-Siam (Siam-Siam, www.siam-siam.com) costs from £124. Return flights from London to Málaga cost from £99 with easyJet.com.



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Feels like... BALI

It's really... IC Hotels Residence, Kandıra Tourism Centre, Turkey
Rather than enduring an 18-hour flight for Balinese bliss, we've found heaven less than five hours from the UK. The 44 chic villas are an amazing value-for-money gem, with a lake, five pools and a private beach. The ultra-inclusive service means five courses, à la carte food, spa, facials, manicure, massage, Turkish hammam and fitness classes – hello, paradise! Plus there's a plush five-course restaurant and a year-round 25°C climate. **Get me there** A junior villa (sleeps two) costs from £294 per night and includes breakfast, a massage and a cocktail (call 0800 424 212 900). Flights to Antalya with Thomas Cook cost from £47.99 each way. Visit book.ic-hotels.com.



Massage, pools and the sea? Go on for



Travel

Feels like... THE CARIBBEAN

It's really... Royal Caribbean, PortAventura, Costa Brava, Spain
With its white sands, turquoise pools, palm trees and lush setting up a Caribbean along with the main coastline, check in to the Royal Caribbean and you'll be dreaming of island life. You're in Mallorca, rather than a two-hour flight away from Brighton. The hotel's situated in the PortAventura resort. Ocean's answer to Hilton Towers, as if you're travelling with the nippers, enter the world of the Caribbean after weather at the sea and with Aquatic Park show your teeth on the beach and water-chase 10 Tides if you dare. **Get me there** Seven nights (B&B plus entry to the park) and return flights from London to Palma cost from £1,099 based on two sharing. Visit PortAventura.com.



Feels like... AFRICA

It's really... Legacoast Beach Resort, Malakout, Green Casaria
With playgrounds, grassy grounds, the meadows and urban trails on the coast, the 677-room resort definitely feels out of Africa. The bars and casinos are all under a spectacular 27m-high African hat surrounded by beautiful landscaped lawns. While the Henry Stanley bar is made in cork, water is warm. Evening entertainment includes spectacular live shows and traditional dancing, or for some real wildlife, hire a car and head to the nearby savanna park (Casaria park). **Get me there** Seven nights, room-only with flights (depart from £27) with easyJet (visit www.easyjet.com). **13**

Photo: iStockphoto.com

travelista

Wander woman **Sophy Roberts**
fast-tracks international intelligence
on where to be and what to see.

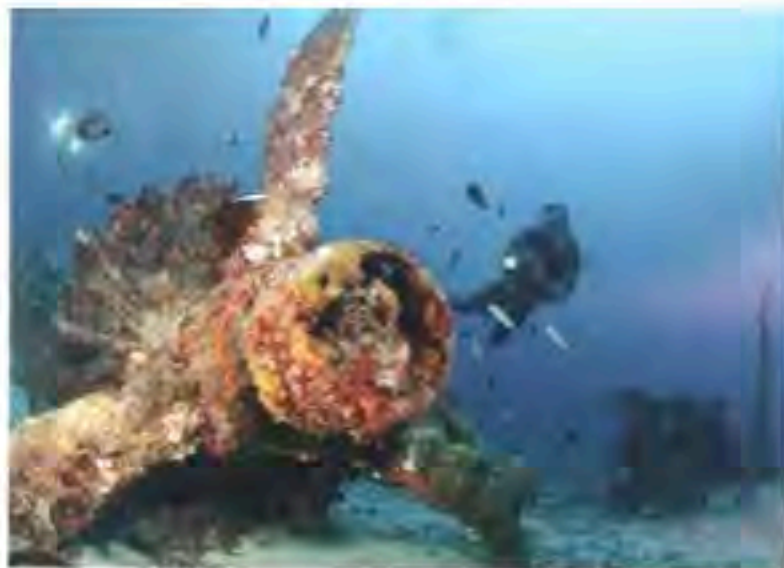
→ AA, or *After Aman*, marks the epoch beginning 1988 when the first Amanresort opened in Phuket and changed the hotel landscape forever. (I look to **ANDALUCIA** for this month's example of Asian-inspired luxe, **Shanti-Som** - www.shantisom.com; from €175 - a new, Thai-style, 14-room "boutique" spa resort.) Cut to 2011 and Aman has arrived in **TURKEY**: **Amanruya** (www.amanresorts.com; from €944) is on the Bodrum Peninsula. I've heard everyone, from New York supervagent Bill Fischer to style arbiter Chiara Ferragamo talk well of this Aegean outpost, with **Maçakızı** (www.macakizi.com; from €385) the address to beat. However, this month all eyes are following Aman's arrival on a quiet hillside with a winding pathway to a pebble beach, boasting 36 pool cottages.

→ With Turkey marking Aman's 24th property, it is surprising the company hasn't yet laid roots in **FLORENCE**, where Four Seasons, Orient-Express (a table on the Loggia at Villa San Michele remains unbeatable) and Rocco Forte (The Savoy) are among the luxury behemoths battling for their share of the euro. Now it's the turn of the new **St Regis Florence** (www.stregisflorence.com; from €439) - centrally located on the Piazza Ognissanti, occupying the requisite palace with Arno views. And while I'm not suggesting anyone of sane mind would visit in August, I'd recommend putting this address away for autumn, when you might not have to queue as long for the Uffizi (where the Francesco Clemente exhibition opens on

September 8) or, more importantly, that perfect *panino pecorino e finocchiona* at nearby *Trio*.

→ Talking of autumn: it's never premature to think about skiing, even if you're reading this with sand between your toes at **CORNWALL**'s new **Ticket to Ride Kitesurf Academy** (www.ticketto ridesurfing.com; courses from £50) in Perranporth.

An intriguing development is the **Powder University** (www.cmhski.com/powder-u; from C\$6,579, about £4,149) in Banff, **CANADA**, headed by Roko Koell, the so-called Professor of Powder behind its inception. His Powder 707 course in the Bugaboo range starts in December, and programmes carry on into April, when the five- or seven-day Powder 505 launches in the Cariboo. It is serious business, seeking the most challenging terrain available on any given day; only confident skiers or riders - comfortable on double black diamond runs at resorts such as Whistler and able to cope with couloirs - should apply. Weeks are limited

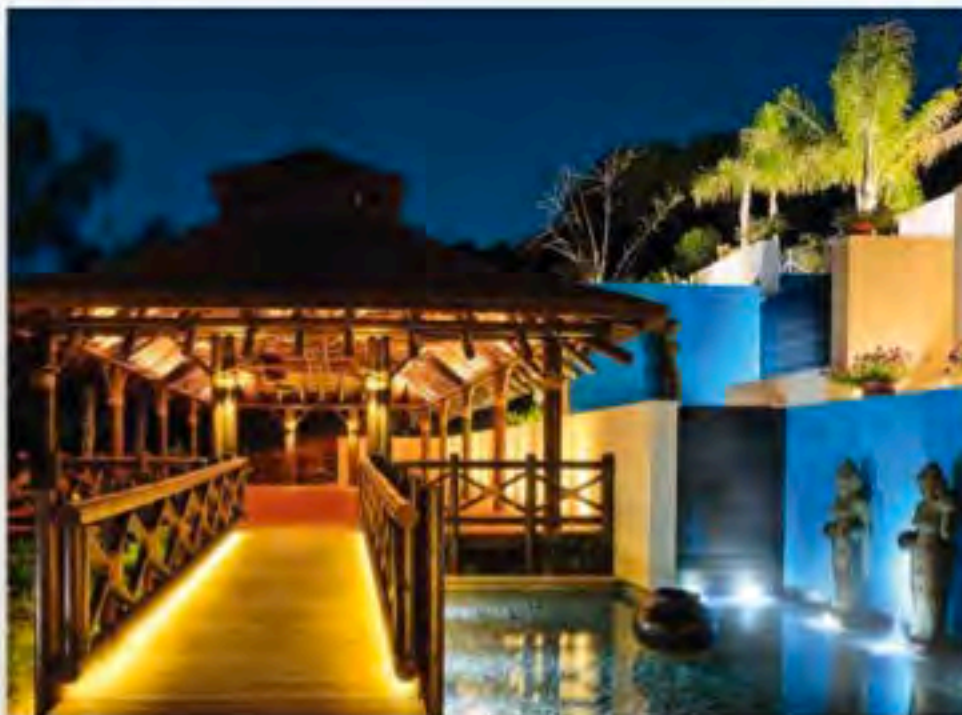


→ Investigating the wrecks off Kalkan, **Pagan Sea Galley**, with *Sea in Style*.
→ Aman: the new resort of a pool terrace cottage at **Amanruya** on Turkey's Bodrum Peninsula.



→ The sunlit spa studio at the **Shanti-Som Wellness** retreat in Andalusia.





July 28 2011

A new resort opens in Anadaluca - but all eyes are on Turkey

AA, or After Aman, marks the epoch beginning in 1988 when the first Amanresort opened in Phuket... [Read more](#)

PHOTO: I KADII

A new resort opens in Anadaluca - but all eyes are on Turkey

July 28 2011
Sophy Roberts

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Cut to 2011 and Aman has arrived in Turkey; Anasuruya (third picture, www.amanresorts.com; from €944) is on the Bodrum Peninsula. I've heard everyone, from New York super-agent Bill Fischer to style arbiter Chiara Ferragamo, talk well of this Aegean outpost, with Maçakızı (second picture, www.machakizi.com; from €385) the address to beat. However, this month all eyes are following Aman's arrival on a quiet hillside with a winding pathway to a pebble beach, boasting 36 pool cottages.

[Click here to read about the new ultra resorts that are giving Aman a run for its money.](#)

CONFESSIONS OF A YOGA TEACHER



THIS MONTH... Catherine Annis

What do you love most about your practice?

That there is always something new to explore and learn. With Scarweil-inspired yoga particularly, the work is constantly changing and evolving. It's such a positive influence. People often come to class feeling stressed and worried but by the time we finish a class, there's a sense of calm in the air. They leave with smiles on their faces and often say how grounded and peaceful they feel afterwards. It's immensely rewarding.

What lessons has yoga taught you?

Yoga is about increasing our understanding and awareness of ourselves and our actions. It helps us to accept and adapt to the inevitable challenges life brings. On the physical side, it's great for posture and for keeping mobile and supple.

How do you complement your practice?

Scarweil-inspired yoga is frequently meditative, but I also try to sit quietly for a few minutes each day. My husband is a massage therapist, so I'm lucky and have regular treatments from him, which are invaluable.

What advice would you give to anyone wanting to improve their practice?

Find a teacher you like and commit to a regular class. This way you benefit on so many levels - the teacher gets to know your practice and can help you to work more deeply and you become part of the community (I call it my yoga family). Catherine Annis is an independent practitioner of Scarweil-inspired yoga. For more details visit relaxandchillase.co.uk



YOGA News

We learn about knees-to-chest pose and chat to Catherine Annis about her yoga practice

Full of Eastern promise

The private (and secluded) hills of Arribakuta, Spain, are home to Shanti-Som, a new luxury wellbeing retreat specialising in tailored yoga and detox programmes. Set within the Sierra de las Nieves Nature Park near Marbella, the retreat is inspired by ancient Eastern philosophy. Shanti-Som's yoga teachers offer a variety of practices including hatha, ashtanga, vinyasa, restorative, jivamukti and pranayama. Visit shantisom.com



Reader offer

For yoga, plates or simply everyday living.

Asquith London offers a range of ethically produced clothing made from soft, breathable organic cotton and bamboo fabrics. This month, Natural Health readers can enjoy an exclusive 20 per cent discount off the Asquith range until 31st July. Simply visit asquith-yoga-clothing.co.uk and type NATURAL HEALTH00 into the promotional code box. Please note that this offer is not applicable to sale items.



GEMS OF WISDOM

ASANA OF THE MONTH APANASANA

This gentle pose is open to almost everyone. Benefits include soothing lower back tension and easing digestive problems. Lie down on your back, drawing your knees towards your chest and holding your feet above, or underneath, your knees. Soften the shoulders and allow the back of your body to rise and melt downwards. Enjoy the sensation of being held. Then cup your hands over your knees, fingers pointing towards your feet, a little way above the ankles. As you inhale, straighten the arms and bring your knees away from your head; as you exhale, soften the knees towards you. Continue moving gently with this pattern of breathing, aiming to tidy the breath and movement exactly. Keep your pelvis square and your tailbone away from the crown of your head.





YOGA RETREATS

Relax and unwind your body and mind on these luxury yoga holidays...

Want to improve your downward dog or sun salutation? Treat yourself to a rebalancing stay at one of these retreats and expand your yoga knowledge. It's time to stretch it out with some daily yoga and Pilates sessions to lengthen and strengthen your body. You can combine your break abroad with these soothing workouts, so you can return home feeling refreshed and revitalized. Give one of these body and mind holidays a try...

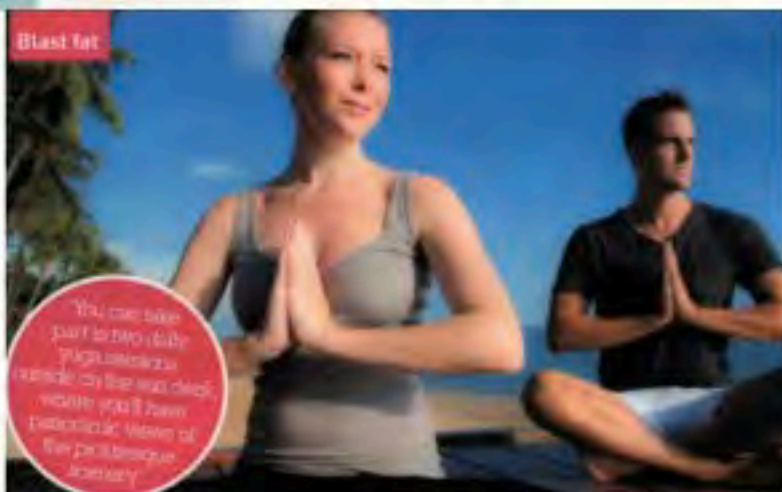
THE WELLBEING BREAK

WHERE? Marbella, Spain

WHY? Jet off on this relaxing getaway to enjoy a short break away from the stresses and strains of day-to-day life. Shanti-Som is a luxury resort, nestled in the secluded hills of Andalucia, Spain, and is inspired by ancient Eastern philosophy. Here, you can choose from a range of tailor-made, rejuvenating programmes to address your individual needs. The yoga retreat involves daily morning meditation and classes in either the indoor or outdoor studio, and sundown yin yoga. There is a wide variety of practices available, including hatha, ashtanga, iyengar, restorative, jvamukti and pranayama. Plus, you'll have full use of the oriental steam room, sauna, swimming pool and gym suite. The boutique resort has only 14 luxury rooms, and each one boasts a private balcony or garden. You can also sample some deliciously fresh, cleansing cuisine throughout your stay.

HOW? Prices at Shanti-Som start from £152 per night, and seven-day programmes costs from £1,300. For more information, visit shantisom.com

BEST FOR: Relaxing body and mind



Blast fat

You can see part is two daily yoga sessions a week by the end of month you'll have noticeable tone of the pilatesque journey



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Seven day transformational wellbeing retreats at Shanti-Som, Marbella

Posted on July 8, 2011 by Barefoot Buddha

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Seven day transformational wellbeing retreats at Shanti-Som, Marbella



The private and secluded hills of Andalusia, Spain are home to the new luxury wellbeing retreat – Shanti-Som which opened in June 2011.

The retreat, inspired by ancient eastern philosophy incorporating the respected traditions and rituals of the Far East, is set within the Sierra de las Nieves Nature Park near Marbella. The spacious grounds of the retreat offer guests the chance to escape their hectic, fast-paced lives and explore a more harmonious way of living.

Shanti-Som is the realised dream of Kasia Jacobson, a certified Raja Yoga Teacher and Reiki Master with over 25 years of

experience in health, beauty and holistic therapies, whose ambition was to recreate the renowned Far Eastern wellbeing retreats of Thailand in the heart of Europe. Kasia's inspiration came after years of extensive travel throughout Asia combined with her passion to create a retreat to help, encourage and educate people to rediscover their natural state of joy, empowerment and purpose.

Kasia says "Our aim is much more than to give back some of what life takes away. At Shanti-Som we will introduce you to a new, healthy lifestyle that will reconnect you to your inner strengths".

"Although there is a full yoga and detox programme that addresses our clients' physical needs, a further aim of Shanti-Som is to allow you time for personal reflection, self understanding and your ongoing personal development. We offer lifestyle solutions that will leave guests renewed and re-inspired as they learn more about how the positive effects of a more balanced lifestyle can help you to "Live Your Best Life" continues Kasia.



Specialised Programmes

Of the wide range of treatments and programmes available, the jewel in the Shanti-Som crown is the seven day transformational programme. The programme is designed for people in need of the time and place to step back from their life and recover balance, relax, renew their energy and replenish their spirit. Using a variety of personal development tools, the aim is to encourage, inspire and help you reconnect to your power and live your best life.



7 Day Transform Your Life Retreat: Reconnect with Your Soul

Run by Dr. Gabriela Kortsch, who guides participants towards deep personal psycho-emotional understanding that literally brings you to a reconnection with your soul, resulting in a profound and lasting transformation in their life.

As well as the daily sessions from Dr. Kortsch, guests are able to make use of the full range of spa facilities on offer and relax and enjoy the tranquil surroundings of the Shanti-Som retreat.

For more information visit www.shantisom.com

This entry was posted in [Retreats](#) and tagged [retreats](#), [shanti som](#). Bookmark the [permalink](#).

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Shanti - Som

Relax and unwind at this beautiful retreat, set in a quiet valley only a stones throw from Malaga airport and the stunning beaches of Marbella. The retreat has a restaurant featuring authentic cuisine from Thailand, bringing together the best of East and West.

For more information on the services they offer please visit their website:

[Shanti-Som.com](#)

or visit their Facebook page

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SHANTI SOM

POSTED BY LIZ BONNEY ON AUG 27, 2011 IN RETREATS & SPAS | 0 COMMENTS

Shanti Som is a new wellbeing retreat in the hills of Southern Spain. Founded by Kasia Jaroszewska her wealth of knowledge in the wellness industry with over 25 years of experience in holistic therapies, beauty and spa treatments.

Kasia created Shanti Som after her car was involved in a serious accident, she put her heart and soul into creating a harmonious space for health and wellness, the result is an absolutely stunning retreat with the atmosphere of some of the world's most beautiful wellness and yoga retreats. Kasia is well travelled and was inspired by the Four Seasons Resort in Gstaad and the COMO Shambhala Estate in Bali.

This tranquil retreat will give you time to revitalize your being and reflect and unwind. There are several wellness programmes that are run on the first week of each month including yoga retreats, weight loss retreats, detox retreats, transform your life retreat, intensive retreats, golf and spa retreat and it is also available for private hire to create custom retreats. The Spa treatments include body treatments, relaxing and wellbeing massages, facial treatments, day yoga and spa, spa rituals and packages, healing therapies.

The interiors are very tastefully decorated and a well balanced mix of east and west, creating an embrace of understated luxury. The rooms are designed according to Feng Shui from local materials. All rooms have a jacuzzi and balcony with stunning views. The facilities include a swimming pool, well equipped gym, luxury spa and tranquil areas dedicated to yoga.

Shanti Som also provides a unique and inspiring service for those less fortunate by creating a not for profit foundation, raising funds so that children, cancer patients, the elderly etc can all experience the Shanti Som experience.

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Shanti-Som Wellbeing Retreat opens its doors



Located in the hills of Andalucia, Shanti-Som, a new luxury wellbeing retreat, has welcomed its first guests.

Inspired by ancient Eastern philosophy, the retreat unites the serenity of the Far East with the natural beauty of the South of Spain enabling guests to experience the ancient traditions and tropical spa rituals of Thailand, just a short distance from the UK.

Hidden by fragrant pine, almond, lemon and olive trees, the tranquil haven is ideal for those wanting a secluded

getaway thanks to its setting within the Sierra de las Nieves Nature Park. With lagoons, waterfalls and fountains onsite guests can enjoy a slower pace of life in a calming environment.

The selection of tailor-made programmes, such as spa, yoga, detox, and weight-loss, are designed to attract guests from all walks of life; anyone hoping to feel completely rejuvenated. Facilities at the retreat include an outdoor swimming pool, indoor and outdoor yoga studios, a gym, sauna and steam hammam.

There are just 14 bedrooms, including 12 premium rooms and two luxury suites, and each is individually designed and themed, some even featuring hand painted wall murals by local artists.

The Shanti-Som Wellbeing Retreat is a 45-minute journey from Malaga airport, which has a flight time of three hours from London.

For more information visit www.shantisom.com

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SPANISH SHORTS

Happy is the holidaymaker who can spend a fortnight, or even a week, in Spain. But such is its proximity to the UK – and so numerous are the flight options between the two – that it's also the perfect choice for tourists with less spare time.

A long weekend in Madrid or Barcelona rarely fails to please, but for those looking for something a little bit different – or to suit a particular special interest – here are some short-break inspirations.

● MUSIC

Hardly a surprising choice for nightlife, but Ibiza is increasingly becoming an island for those who love the music, rather than just the opportunity to party. The Ibiza Rocks festival has been running since 2005, with a big name playing every Wednesday night between June and September at the Ibiza Rocks Hotel in San Antonio. This year's line-up included Plan B, Friendly Fires, Tinie Tempah and Dizzee Rascal.

The popular Ushuaia Beach Club in Playa d'en Bossa – this year hosting a range of stars from Sasha and Pete Tong to The Human League and Kool and the Gang – now offers a similar chance to stay where you play. The Ushuaia Beach Hotel opened in May and is a high-end spot with suites with indoor Jacuzzis and swim-up rooms with direct pool access. The restaurant is Asian-themed with teppanyaki tables, and the facilities even include a professional recording studio. The rooms are white and minimalist – perhaps a good thing for a soothing morning after the night before. **Sample package:** Flexible Trips offers three nights on a B&B basis at the Ushuaia Hotel from £476,

flying with easyJet from Stansted on June 6, 2012.

flexibletrips.com
0800 916 0656

● GOLF

The Costa del Sol hasn't been nicknamed the Costa del Golf for nothing. There are 45 courses along this Spanish coast, and four of them are ranked among the top 10 courses in Europe. The climate is golf-friendly: mild for most of the year but not too sweltering even in summer. And with a myriad of flights to Málaga it couldn't be easier to pop down and tee off for a long weekend.

The Hotel Almenara is a great choice for a golf-focused short break. There are three nine-hole courses on resort – the Oaks, the Lakes and the Pine Trees – and each offers a very different challenge. As well as being regarded as offering the best in-resort golf in Spain, it's also in the perfect location for some of the Costa del Sol's best championship courses, including the Robert Trent Jones-designed Sotogrande Old, both San Roque courses and Ryder Cup course Valderrama.

The hotel has 148 spacious rooms spread across one and two-level villas, which are set in gardens with views of the golf course and the sea. For any non-golfers who want to top along,

there's a beach club, a spa, and activities such as tennis, sailing and horse riding. For sightseeing, Jerez and Gibraltar are nearby. **Sample package:** Medhotels.com offers 30% off at Hotel Almenara until October 17, starting from £46.75 per person per night on a B&B basis in a twin or triple room. **medhotels.com**
0844 875 3466

● SPA

Spain is home to some lovely spas, from well-established players such as the huge Asian-style Oriental Spa Garden in Tenerife's Hotel Botánico to new kids on the block, namely the boutique **Shanti-Sam** Wellbeing Retreat, which opened its doors in the Sierra de las Nieves Nature Park 45 minutes from Málaga airport earlier this year.

Regularly name-checked as one of Spain's finest destination spas is the ultra-luxe SHA Wellness Clinic. It's a serious spa, with focused programmes for health goals, but this doesn't mean pampering is off the menu. The roof terrace, with panoramic views of Benidorm, the mountains and the sea, is home to a huge infinity pool, a vast Jacuzzi and sun loungers, and treatments include everything from facials and massages to Batax and yoga. Guests stay on a full-board basis and most are stunned by how tasty a macrobiotic diet can prove. **Sample package:** Wellbeing Escapes offers a four-night SHA Wellness Discovery Break from £1,599, including flights, transfers, full board, access to a schedule of activities and treatments. **wellbeingescapes.co.uk**
0845 602 6202

● HERITAGE





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For more information visit www.shantisom.com



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You don't have to go all the way to Thailand, Bali or India to have your chakras realigned: the new Shanti-Som Wellbeing Retreat brings all the wisdom and atmosphere of an Asian health retreat to the hills of southern Spain. So there's no long-haul jet lag to disturb your pranayamas (that's yogic breathing to the uninitiated).

Opened in May, Shanti-Som is the fruition of a long-held personal ambition of its founder, Kezia Jacobsen, who has more than 25 years' experience in health, beauty... [read more](#)

2 July 2011 in Travel, Views: 1

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Podlings

TUESDAY, 14 JUNE 2011

***Lifestyle Media News**

Amanda Pauley has joined *Practical Parenting & Pregnancy* magazine as writer. Amanda will be responsible for the following pages in the magazine: new product pages, lifestyle shots, food news, celebrity news, the 'try this' section for mum's tips and the letters page. Please send all relevant product news, press releases and invites to Amanda.

[Contact.](#)



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***Beauty Who's Whose**



Grayling has been appointed by new health and wellbeing retreat **Shanti-Som** launched by holistic therapist Kezia Jacobsen. Situated in the Andalusian hills, the retreat opened on 28 May 2011. [Contact.](#)



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Nancy Brady,
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MOT
MODELS





Grayling wins new health and wellbeing client

(Account Wins, Beauty, Launches/Relaunches, PR)

Recently opened Shanti-Som retreat in Malaga has appointed Grayling to handle all press activity surrounding the launch. Shanti-Som was founded by holistic therapist Keda Jacobson and it offers traditional spa treatments developed in Thailand.

website: www.shantisom.com

website: www.grayling.com

Published: 16 Jun 2011



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CONTACTS PEOPLE

Nasima Hussain

Grayling (Executive Beauty Director)

tel: 020 7025 7500

email: nasima.hussain@grayling.com

CONTACTS COMPANY

Grayling

(PR Consultancy, Beauty, Lifestyle)

website: www.grayling.com

tel: 020 7025 7500

email: firstname.surname@grayling.com

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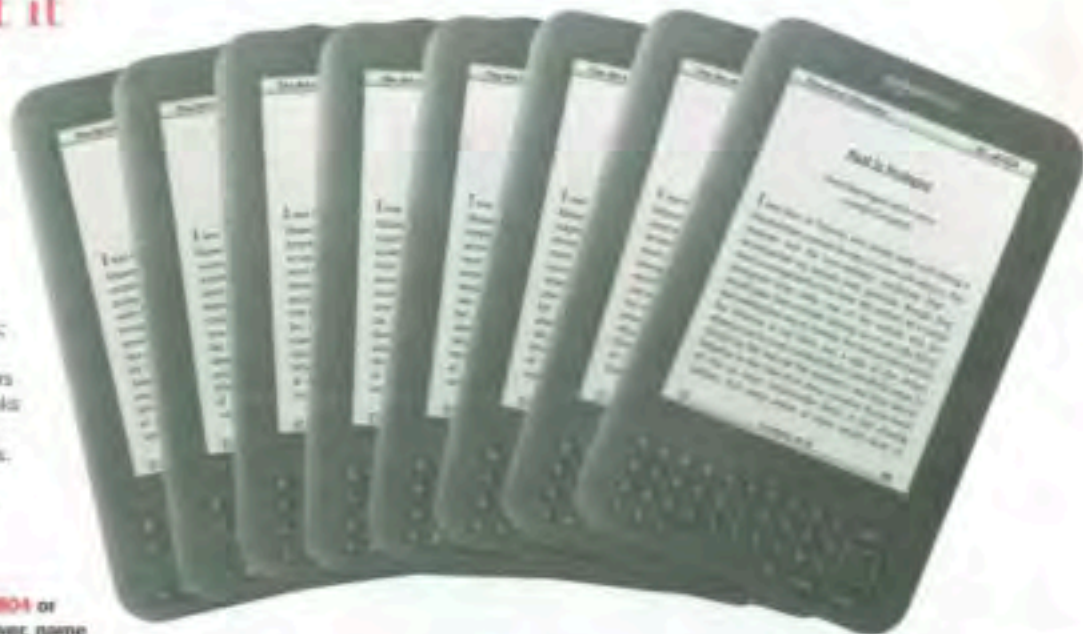
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First of the summer wine

This summer, one of the UK's best-loved wine brands, Echo Falls, wants you to embrace all that is spontaneous in life. To celebrate, Echo Falls and Mandara Spa have joined forces to offer one winner the ultimate last-minute summer spa getaway. You and a guest could win an overnight stay at the four-star deluxe Park Plaza Westminster Bridge London hotel, including breakfast and two luxurious massages at the newly opened Mandara Spa. For more top tips on how to live for the moment, check out the ultimate Summer of Spontaneity with Echo Falls at www.facebook.com/echofallswine. Echo Falls encourages you to drink responsibly this summer. To book at Mandara Spa, call 020 7620 7300. The prize must be booked to take place by December 2011.

Call **0907 181 2729*** or text **SMAG2** to **86660*** and leave your name, address and daytime number. Competition code: **22616**



Spa and away

Win a three-night break for two at the Shanti-Som Wellbeing Retreat near Marbella, including a tailor-made detox, weight loss and yoga programme. You and your guest will receive two spa treatments. Visit www.shantisom.com. Subject to availability. Full terms and conditions apply. This prize is non-transferable and there is no cash alternative available. The prize includes return flights and return transfers. The prize must be taken after August 2011 and before July 30, 2012 with dates of travel subject to availability.

Call **09071812730*** or text **SMAG3** to **86660*** and leave your name, address and daytime number. Competition code: **22617**



* Calls cost 17p per minute from a BT landline (average duration 2.5 minutes). Text cost £2 plus your usual network rate. Winners will be selected at random from all entries received by 23:59 on Saturday August 13. You can enter to share this or that. To enter by post, send a postcard with your name, address and phone number and Competition Code on top of the postcard PO Box, 4007, Sutton Coldfield, B66 2DF. Some competition entry post postcards. Your Sunday Express rules apply. For all 3450 services, you may receive other related promotional offers/services. To stop receiving, send STOP to 86660. Customer support: 0807 100 9456 (national rate). For further terms & conditions go to www.express.co.uk/competitions. Express Newspapers/Postnet & Intel reserve the right to offer these promotions to its profiles of publications.