DESTINATIONS OF THE WORLD



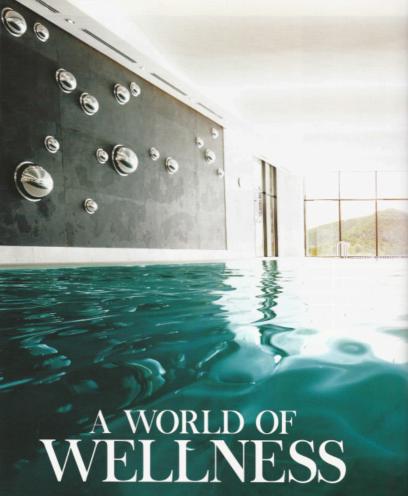
BELMOND GRAND HOTEL EUROPE

DREAM
Thundering
vistas in Zambia

ON THE ROA

WORLD TO WELLNES

LOIF DE VIVRE AT LOALL



New year, new you? It's becoming a tired cliché but the month of January is synonymous with health, wellness and good decisions, so here's a range of wellness retreats, spas and packages for you to pamper, preen and generally improve your wellbeing in 2019





4. ALL IS WELL IN AZERBAIJAN

Chenot Palace Gabala, Azerbaijan

Located just three hours away from Dubai, Azeribaijan's foremost wellness facility invites guests to retrain their palate, acquire a new outlook on health and wellness and elevate their mindset on a life-altering and detoxifying journey. A visit to Chenot Palace Gabala is the perfect way to kick-start the year and eliminate any sins from the holiday season, with several programmes on offer all providing different health benefits - top picks include the three-day active detox to a 14-day metabolic optimisation programme for weight loss, all created by Henri Chenot.

www.chenotpalacegabala.com