

# Time IS Luxury

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Our relationship with time is a complex one. It doesn't matter how much money, opportunity or know-how we have, none of us can buy, trade or create more time. Long before the MacBook, we dreamed that a digital age would make our lives efficient and allow us to recoup the time spent doing manual work. These promises have not materialised as we had hoped, and time relentlessly continues to slip away.

**W**e all have 24 hours in a day, but how many hours (or minutes) are we actually really here? Travel has long been revered for its ability to take us from the routines of our daily life, bring us a fresh perspective and back to the elusive present moment. Discover the luxury of time and journey to some of the most unforgettable places in the world, where your spirit is nourished and time stands still.

## 1 DAY

Imagine a place where sky and mountains meet, where there is a

world class spa, award-winning cuisine and a day ahead of you. Located 1,800 metres above sea level in the Swiss canton of Graubünden, the Tschuggen Grand Hotel indulges nature-lovers who are seeking both sun and snow. Enjoy breathtaking mountain views from your suite, before taking the Tschuggen Express railway up to the skiing/hiking area for an afternoon of alpine activity. Back at the hotel, the crème de la crème of Swiss spas, the Tschuggen Bergoase, beckons you. The beautifully designed 5,000-sq-m facility preserves the natural surroundings with what appear to be glass sails on the exterior that skillfully shed light on the

subterranean fourth floor interior. Enjoy numerous saunas, steam baths and pools before settling in for a luxurious Ultimate Tschuggen Sensai Facial, designed to relax and soothe. The hotel has four exceptional restaurants to suit your mood, including the Michelin-star La Vetta, which delights with informal, gourmet dining using locally-sourced ingredients, rare international and national wines and a creative menu that includes a six course vegetarian menu. Close your sensational evening with dessert and a glass of champagne in the new Tschuggen Bar, where you relax to live music whilst star gazing from your mountain sanctuary. [www.tschuggen.ch](http://www.tschuggen.ch)



unlimited meals, snacks, beverages, spa treatments, nature and game activities, a waterfall picnic, a private guide and late check-out (8pm). The eco-conscious spa hosts 17 spacious treatment rooms with spectacular valley views where rhino, hippo or giraffe roam and refreshments at the cafe can be enjoyed at any time. During your stay, relish the unlimited use of the spa's hydrotherapy facilities, mani-pedi treatments and signature facials, body wraps, scrubs and massage treatments. With nature as your wake-up call and the freedom to choose how you schedule your own activities, it's best to leave your watch at home.

[www.karkloofsafarispa.com](http://www.karkloofsafarispa.com)

Like an emerald in the middle of the Indian Ocean, The Rania Experience in the Maldives is Asia's first and only

OPPOSITE PAGE: Sun and snow at the Tschuggen Grand Hotel. THIS PAGE: Relaxing amid the wilderness of The Blancaneaux Lodge. OPENING PAGE: Experience Cappadocia in Turkey as part of the Cultural Tapestries journey by Intrav

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exclusive island sanctuary. Escorted by your butler to the private island by seaplane, your personal chef prepares the finest cuisine to your specification for dining anywhere and at any time on the island. The island has a master Rania Suite surrounded by plunge pool and deck, three Beach Villas, the Waters Edge Bar and an entertainment lounge. Feel the warm sand between your toes as you cross the intimate island in minutes to your private yacht for island hopping and dolphin watching. Sun-kissed from a

day of yachting, indulge in unlimited spa treatments with professional therapists in the privacy of your room or ocean-side with the setting sun. On the island of 'no time', life becomes simple and moves just as you want it to.  
[www.raniaexperience.com](http://www.raniaexperience.com)

## 1 WEEK

From a perch overlooking the beach-fringed Abel Tasman National Park in New Zealand, Split Apple is a luxury wellness retreat that aims to inspire positive lifestyle changes during your one-week stay. You needn't be concerned that wellness means deprivation; in fact, quite the opposite. Your hosts aim to provide you with a personalised and unforgettable wellness experience that includes gourmet food, using produce from their organic garden and locally-sourced small farms, a world class wine cellar, a heated salt water infinity pool, secluded golden sand beaches and ocean kayaking in the Tasman Sea. Traditions

Located in the Belize Mountain Pine Ridge Forest Reserve, the Blancaneaux Lodge was discovered by Francis Ford Coppola in 1981 when searching for a rumoured lost tropical paradise. The 20-room luxury lodge marries jungle paradise with modern luxury, whilst actively preserving and conserving the pristine environment. Arriving at Blancaneaux, you settle into your spacious stand-alone luxury cabana on stilts, embellished with furnishings featuring indigenous Mayan designs. Fall into a rhythm with the sounds of the jungle and enjoy a waterfall swim, mountain biking, horse riding, exploring the rare flora and fauna or indulging at the

eco Waterfall Spa that uses only locally-sourced organic ingredients.

Leaders in sustainability, the lodge uses renewable hydropower and has a two-acre organic garden that supplies most of the two restaurants' vegetables and fruits. The poolside Guatemalteca Restaurant specialises in the mildly-spiced cuisine of Guatemala; while the Montagna Ristorante features many of the Coppola's traditional Italian family recipes. By night, the guided Moonlit Jaguar Quest reveals the nocturnal animals of Belize, including the majestic jaguar in its natural habitat.

[www.coppolaresorts.com](http://www.coppolaresorts.com)

## 1 WEEKEND

The words 'wellness' and 'wildlife retreat' are not often seen together, but the award winning seven-star Karkloof Safari Spa has set the bar with a safari experience that is personalised on every level, from dietary consultation with the chef, to personal villa attendant and butler service. The South African boutique lodge is unsurpassed in luxury and offers unlimited opportunities to relax and explore 3,500 acres of vibrant game park. Generous in every detail, your weekend stay begins with 8am check-in to your luxury accommodation and includes





OPPOSITE PAGE: See beautiful Bhutan at the Uma by COMO, Paro. THIS PAGE: The seven-star Karkloof Safari Spa; beach bliss at The Rania Experience; Split Apple's al fresco luxury



from Japan are celebrated from the moment you step through the 300-year-old temple gates and can be seen in the Japanese-inspired architecture, antiques, onsen-style baths, fragrant rose-garden tea house and calligraphy lessons by a Japanese Grand Master. With three spacious guest rooms, your week-long experience at the boutique retreat is rejuvenating and intimate. All rooms have private decks overlooking the ocean and gardens with jasmine, lavender and gardenia. The spa has the simple aim to heal and relax using FAR-infrared sauna, deep tissue and aromatherapy massage, reflexology, acupuncture and facials. [www.splitapple.com](http://www.splitapple.com)

A land of mysticism and majesty, Bhutan measures the country's wealth according to Gross Domestic Happiness (GDH). This wish is extended to all who visit the award-winning Uma by COMO hotels, retreat specialists in creating quiet comfort in culturally-rich locations. Divided between two beautiful lodges in Paro and Punakha, the seven-night Himalayan Explorer will guide you to the heart of the kingdom of Bhutan, where you go back in time with spectacular mountain passes (3,140 metres), awe-inspiring nature hikes and unforgettable monastery visits. The three rich and distinct valleys will awaken your senses with the vibrant history and culture of Bhutan's ancient monuments, Buddhist traditions, village marketplaces, and cliff-clinging

monasteries. At night, you return to the simple luxury of your indigenous Bhutan-inspired lodge, where delicious, organic and traditional Bhutanese-Indian cuisine are revived and celebrated. Adventure is not complete without soul transporting Asian-inspired holistic therapies that include Ayurveda, reflexology, facials, yoga, private hot stone bath treatment rooms and indoor pool with outdoor decks. After your spectacular week, you can be sure the GDH of Bhutan went up. [www.comohotels.com](http://www.comohotels.com)

### 1 MONTH

Situated on 400 acres near the Santa Catalina Mountains in Tucson, Arizona, the Miraval Resort & Spa was founded with a

simple yet powerful vision that 'life is more meaningful and enjoyable when physical, emotional, social, spiritual and intellectual components are in balance.' With a month in this desert paradise, you always have the freedom to do as much or as little as you like, although with a wealth of creative, healing and educational programmes on offer, you can't help but be inspired to step into the unknown. Every class and programme at Miraval, from their movement and wellness programmes to their pioneering culinary clinics, equine experiences and blissful spa treatments at the 1,500-sq-m facility, expertly weave mindfulness and integrative wellness, creating a sense of balance in life. The heat of the Sonoran Desert has a healing magic of its own and during your one month stay you will live in a community of well-





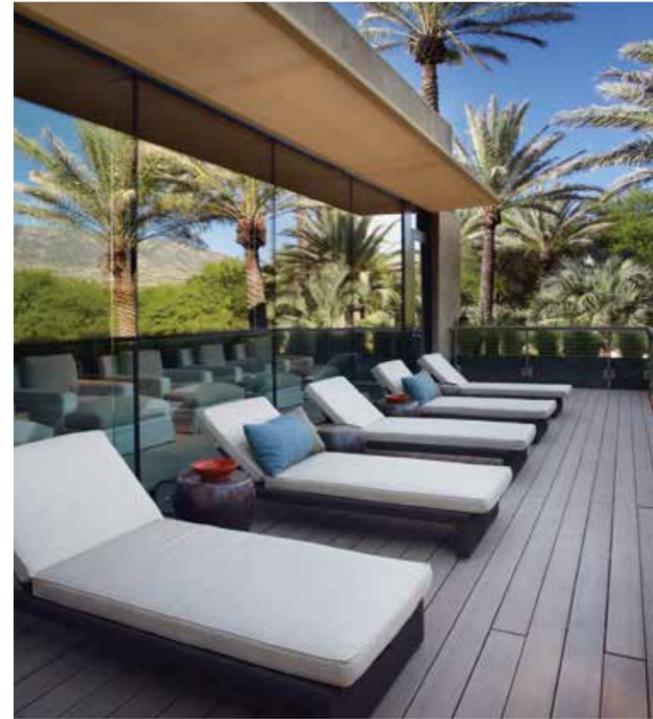
A land of mysticism and majesty, Bhutan measures the country's wealth according to Gross Domestic Happiness (GDH)

OPPOSITE PAGE: Enjoy unparalleled, globe-spanning travel experiences with Intrav. THIS PAGE: Relax in the sun at the Miraval Resort & Spa, before indulging in a little spa pampering

seekers and become increasingly mindful of the only time there truly is: the present moment. This is your time; be open to all possibilities and savour every moment of it.

[www.miravalresorts.com](http://www.miravalresorts.com)

For the ultimate in luxury, Intrav has created an unparalleled travel experience with Cultural Tapestries: A Journey Around the World. You, along with 50 elite travellers, will fly by private jet to some of the world's most culturally-rich destinations, stay in luxury accommodation and customise your itinerary to create the most unforgettable experiences. Starting in Seattle, Washington, the inaugural voyage on May 3-27, 2014 will take you to some of the world's most spectacular destinations in the span of 25 days. From a tea ceremony in Tokyo, Japan to a hot air balloon ride over the canyons of Cappadocia in Turkey, you will also visit the beautiful lands of China, Thailand, Bhutan, Croatia and France. Priding themselves as the dream-makers, Intrav offers their elite clientele customised journeys, unrivaled access and personalised service. Thousands of years of history



captured in one incredible month. [www.intravjet.com](http://www.intravjet.com)

Take a moment to re-examine your relationship with time, and whether you have a day or a month, be inspired by the exquisite words of Mark Twain, "Throw off the bowlines, sail away from the safe harbour. Catch the trade winds in your sails. Explore. Dream. Discover." The time you have is not important; what is important is that you do it. The world awaits you. Happy healing and magical travels to you. 🌿

