

TATLER[®]

A man in a light blue military-style uniform with gold buttons and a matching cap stands on a checkered marble floor. He holds a bouquet of red roses in his left arm and a leash for a small white poodle in his right. To his left is a gold-trimmed luggage cart filled with several Louis Vuitton trunks and a round suitcase. The background features a grand staircase with ornate balustrades and a large clock on the wall.

TRAVEL GUIDE 2024





Delilah on the balcony of the Romeo e Giulietta suite at Villa Treville, a dreamy cliffside enclave of three houses in Positano including Villa Azzurra (right)



RIAD MENA & BEYOND, MOROCCO

Philomena Schurer Merckoll is a properly enchanting hotelier with a flair for all things esoteric, so expect a programme of some of the most powerful healers around. The result of four days of kundalini yoga practice mixed with bodywork is a cathartic release that is as spiritual as it is sybaritic (with plenty of biodynamic wines on hand, too).

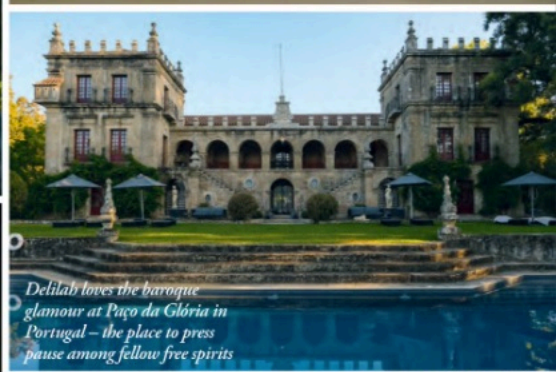
THE TRAVEL EDITOR'S *spiritual highs*

Could it be magic? Delilah Khomo on her memorable trips to some of the world's most spellbinding sanctuaries



Doors of a Buddhist monastery in Sikkim, painted by Lamas

VILLA TREVILLE, ITALY
I did not expect to have one of the most powerful craniosacral sessions imaginable in a 'greenhouse spa' housed in a set from *La Traviata* (below). But then the fantastical is the norm at the former home of opera and film director Franco Zeffirelli. Here, therapist Maimouna Seck is a quietly powerful healer with startling powers of perception.



Delilah loves the baroque glamour at Paço da Glória in Portugal – the place to press pause among fellow free spirits

WHAT DELILAH PACKED



- 1 Incense, £59, **ASTIER DE VILLATTE** 2 Cross pendant, \$14,750, **BENTLEY & SKINNER**
- 3 Candle, £103, **CIRE TRUDON** 4 Shirt, £1,160, **THE ROW** 5 Sandals, £930, **PRADA**

SHAKTI HIMALAYA ADVENTURE

You come to Sikkim for a life change. I'd always wanted to go to the Himalayas, especially with travel specialist Shakti, who can piece together harmonious healing programmes, complete with spiritual studies with a Lama. In this tiny former independent kingdom, orchids and waterfalls abound, as do sacred valleys, where prayer flags flutter over ancient monasteries. The mountainous terrain radiates an inexplicably therapeutic energy. An adventure here delivers a sense of peace and freedom from worldly cares that must make it the most healing landscape conceivable.

PHOTOGRAPHS: ARUTTHAPHON POOLSAWASO/GETTY IMAGES; EYE UNDOUTED/SALAMIN HANNAH DICE; MARK ANTHONY FOR SIMON WATSON