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TOP FLIGHT:

DETOX SPAS

The five best spots around the globe to reboot your life for 2015.

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— PHOTO BY KALLE GUSTAFSSON / TRUNK ARCHIVE

A new year, a new you, or so the saying goes. But as anyone from the Dalai Lama to your garden-variety life coach can attest, making meaningful and lasting changes in life is tough work. (Prevailing wisdom dictates that it takes 28 days to form a new habit, 1,000 hours to master a skill and immeasurable willpower to put down the Champagne flute.) The good news, however, is that you don't have to go it alone. With 2015 looming large on the horizon, VIOLET GREY has devised a roundup of detox programs that offers something for everyone, from the unhealthy eater who wants to rid their body of toxins to the tech addict who's finally ready to unplug.

The five spas listed below not only boast high short-term success rates, but they also equip you with the tools to go the distance. And if "travel more" is on your list of resolutions, they scratch that itch, too.

DESTINATION *DETOX*

*FIVE GETAWAYS TO CURE
WHATEVER AILS YOU.*



COURTESY OF SENSUAL HEALING HARMONY

FROM RELATIONSHIP WOES

THE DESTINATION:

Sensual Healing Harmony, Ibiza and the United Kingdom

This roving retreat is held in exclusive private estates (i.e., a hilltop villa in northern Ibiza and an 18th-century manor in Dorset, England). Exclusive to women, each retreat accommodates a maximum of eight guests and comes fully staffed with nine therapists, a private chef and a nutritionist.

THE PHILOSOPHY:

Contrary to what the name might imply, Sensual Healing Harmony, or SHH... isn't about sex. (Or rather just about sex). Co-founders Vikki van Someren and Lucy Arrowsmith want to help women "celebrate and connect with their femininity" and have devised a therapeutic program that addresses everything from self-esteem to relationships to abuse and depression.

THE AGENDA:

A mix of personal and group therapy, teary sharing circles, massage, meditation and healthful fresh meals.

THE DURATION:

Three or six days, depending on the retreat. sensualhealingharmony.com