

COSTA RICA

## HACIENDA ALTAGRACIA

### NEW YORK TRANSPLANT WITH LATIN SPIRIT

Founded by Rebecca Parekh, COO to California's favourite holistic guru Deepak Chopra, The Well was inspired by a craniosacral treatment she had at a spa in Sedona, Arizona. It first launched in New York, targeting high-flying, burnout clients, and its first international outpost, at Hacienda AltaGracia, an Auberge Resort surrounded by the Brunqueña and Talamanca mountains of south-central Costa Rica, has a Latin American accent. Regulars can still find mindful movements and infrared cabins, but the deep-rooted healing is drawn from integrative medicine, traditional Talamancan values and ancient Central American techniques such as maderoterapia, or "wood therapy" (massage using wooden tools). Plans are designed in advance, with every guest receiving a consultation before they've boarded the plane. On arrival, therapists are prepped and ready to roll out the hands-on, holistic experience, and this is where The Well excels. Having lived with chronic migraines for four years after a traumatic divorce, one client had tried every specialist in the US she could find, with no success. After a week of The Well's signature craniosacral therapy, which uses light touch to tap into the body's craniosacral rhythm, they had gone. Administered by craniosacral master Michelle Stoppi, lead therapist Karim Soto and a calendar of visiting specialists, such as yogi Dawn Feinberg and journaling expert Laura Rubin, the treatments here can be life-changing. While one parent grounds themselves at the spa, the rest of the family can explore 180 acres of ethereal hilly wildness. There's also five restaurants, hiking, abseiling, biking, rafting and ziplining, a serious stable and expert vaqueros who lead the rodeos and campfire gatherings. ANNA PRENDERGAST

Healing Holidays ([healingholidays.com/condenast](http://healingholidays.com/condenast)) can arrange a five-night stay with the Discover With Ease programme from £4,199pp, including transfers, full-board accommodation, daily activities and a dedicated concierge.



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