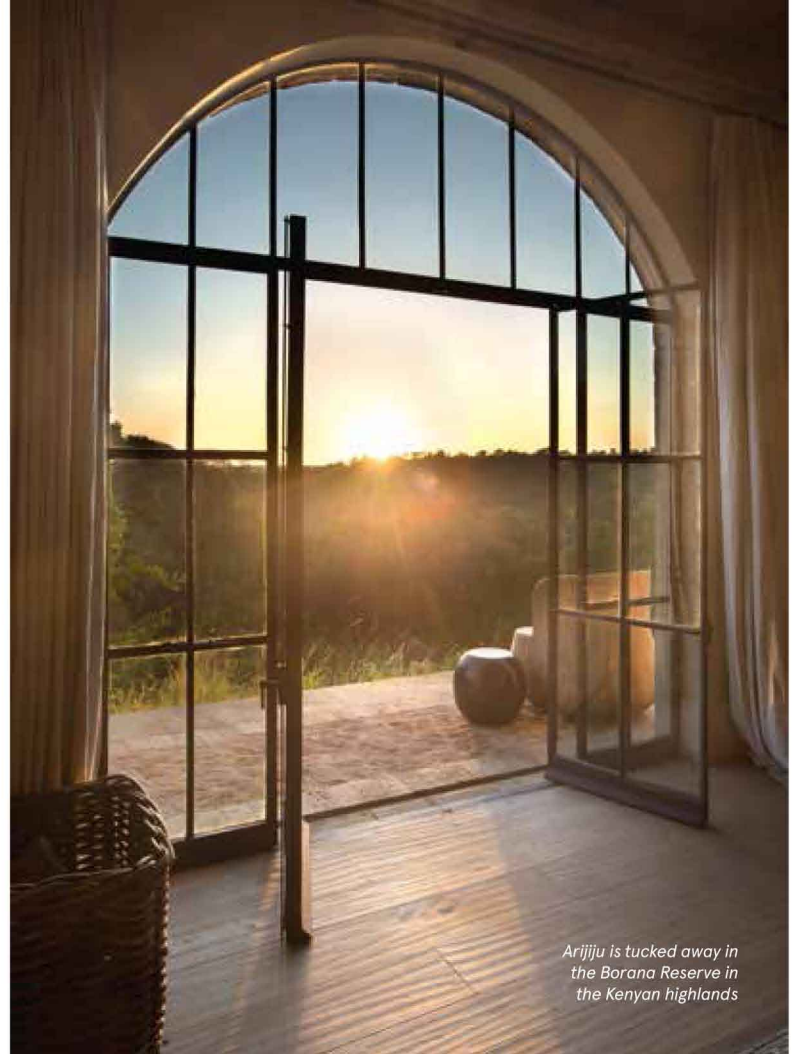




# Well and good

Wellness can be as elusive as it is multifaceted, but these restorative retreats will propel you to new heights of physical, mental and spiritual renewal



*Arijju is tucked away in the Borana Reserve in the Kenyan highlands*



## CLEAR SKY THINKING || Meditation under the stars in the Kenyan bush is a fine way to get perspective. By Lisa Kjellsson

Sometimes, when in need of some TLC, what our mind, body and soul call out for is somewhere to recharge from within. At Arijju, a private five-suite retreat hidden deep in the Kenyan bush, your wellness journey can involve anything from indigenous-inspired massage rituals and yoga in the wild to stargazing in absolute stillness. It's all part of the newly launched Soul Seeker programme, which is bespoke to each guest, as are the organic spa treatments with locally grown ingredients – try the body scrub with an uplifting blend of freshly ground coffee beans, brown sugar and orange, or the signature wild-honey facial.

Such is the soothing power of the Borana Conservancy, the setting for this exquisite hideaway, that time seems to slow down, creating space for reflection and healing. Being surrounded by awe-inspiring wildlife helps, too – nothing makes you marvel at the beauty of this world like meeting a mother and baby giraffe while exploring the wilderness on horseback, or seeing a family of elephants crossing the plains at sunset.

We all need reminding every now and then that we are not the only creatures on this planet, and the perfect place to let the bigger picture sink in is here, after dark, when the African sky is lit up by a million stars shining brightly in the absence of light pollution. Wrapped in a blanket on a hilltop with the Milky Way above, I take a few moments of undisturbed meditation: as I focus on a constellation I can't place, I feel immense gratitude and a deeper connection to my surroundings than I have in a long time. Something to remember: wherever we are in the world, on- or offshore, taking a minute to tune into the night sky helps us to uncloud our emotions and bring clarity of mind. [arijju.com](http://arijju.com)



### TECH SUPPORT

MUSE 2 HEADSET



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