

SEOUL FOOD

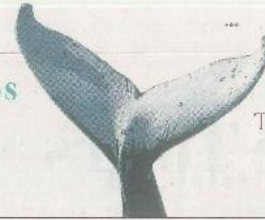
How South Korea became a go-to destination for foodies

page 8

LUXE FOR LESS IN BARBADOS

How to cut costs but not quality on a Caribbean escape

page 11

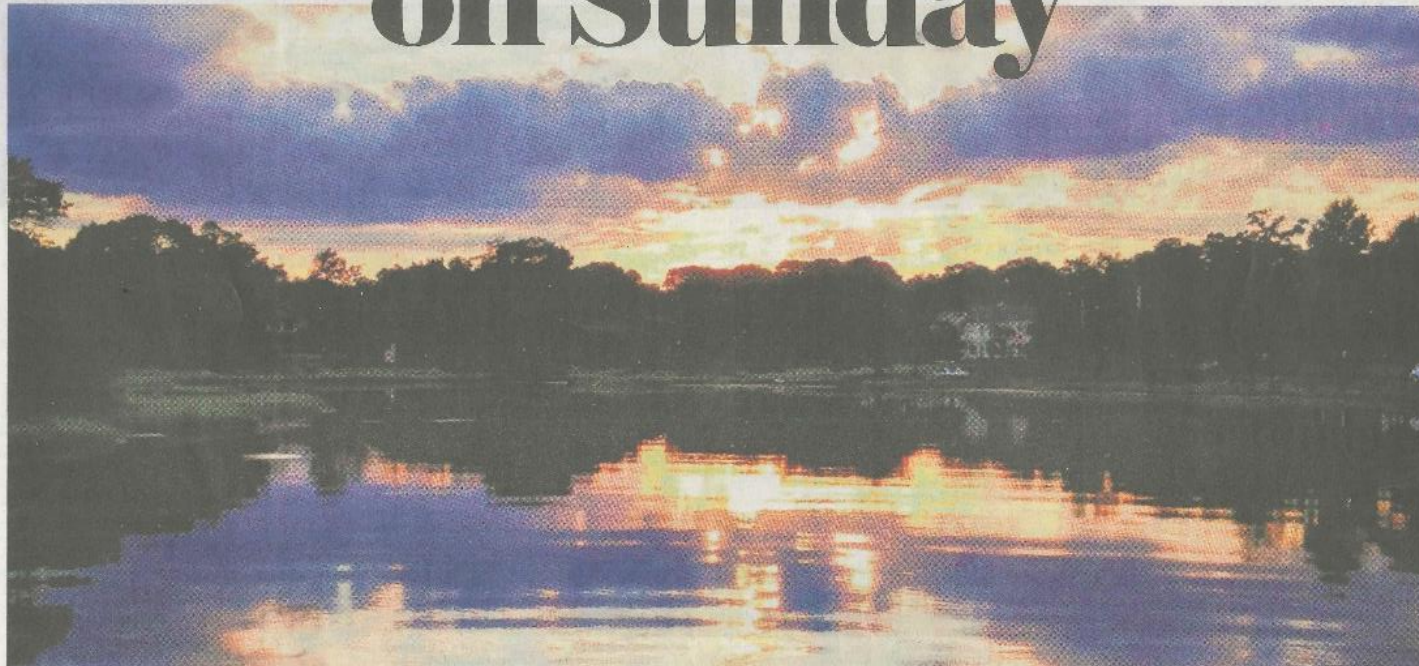


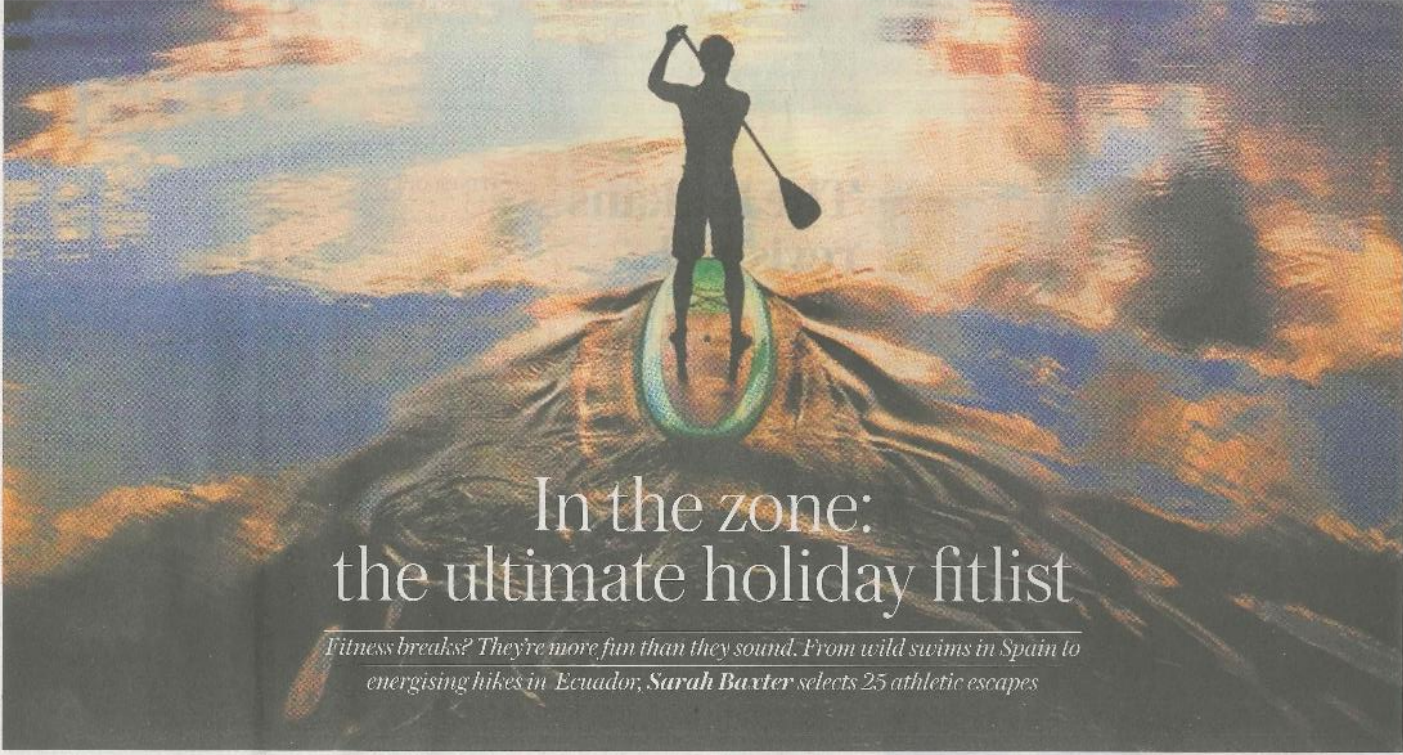
WHALE AHOY!

Touching moments with the mighty mammal in the Sea of Cortez

page 12

Travel on Sunday





In the zone: the ultimate holiday fitlist

Fitness breaks? They're more fun than they sound. From wild swims in Spain to energising hikes in Ecuador, Sarah Baxter selects 25 athletic escapes

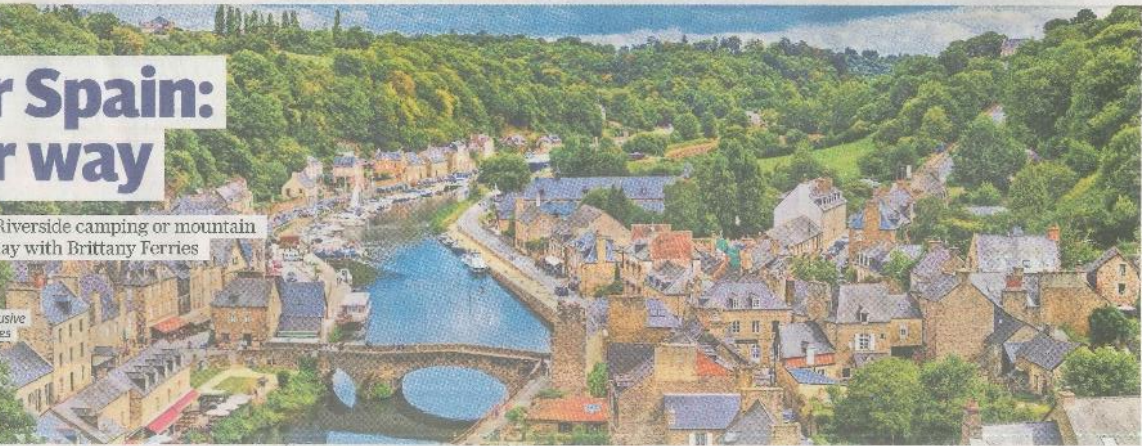
GETTY IMAGES

France or Spain: do it your way

Beach resort or medieval town? Riverside camping or mountain village? Create your perfect holiday with Brittany Ferries

To find inspiration for the widest choice of ferry-inclusive holidays and short breaks, visit tgr.phy/brittanyferries

Brittany Ferries



HOTEL HIT SQUAD SHERELLE JACOBS



MEET THE TEAM
Sherelle is *The Telegraph's* expert on the travel predilections of millennials. She can be found scouring the hotel lobby for hashtag fodder or drinking from a jam jar in the bar.

Modern life can leave you feeling so frazzled. Time for some 'energy healing' at Lifehouse Spa & Hotel ...

I've charged your water with chakra discs," Michael, my therapist, said as he handed me a bottle. "Oh right," I answered. Lengthy silence. I groped for an intelligent, journalistic question: "So how long does it take to charge an Evian?"

"About half an hour," was the response, deadpan. I was at Lifehouse, an Essex spa hotel near "Frinton, not Clacton", which offers guests serious wellness retreats at an affordable price. Options vary from juice cleanses to workshops on posture, but I was attending for a spot of "energy healing".

Such things aren't usually my bag. For me, meditation goes into the same category as cleaning out my kitchen cupboards (nice in theory; don't have the patience in practice). And the word "spiritual" is contaminated by the spiff smokers who sported "Hare Krishna is my homeboy" T-shirts at university.

But my resolution for 2018 is to be

more Zen. When an unanswered flirty text message is a tear-jerking tragedy, and a pistachio nut that won't open genuinely makes you feel stitched up by life, you know it's time to chill the heck out.

My session with Michael, the hotel's energy healing master, started with half an hour of meditation. This involved focusing on deep breaths and bashing away any random thoughts, like how early I'd have to get up the next morning, and whether I have a vitamin D deficiency.

It was 30 minutes of tortured struggle. But Michael insisted that doing it for three minutes a day could drastically lift my mood.

Next, chakra balancing. Michael told me to imagine being surrounded by pink light, while he put "meditation deepening" energy discs on my body. Though I may not quite have reached a state of conducting vitality from higher celestial realms, it did still feel rather nice.

The final part of the session was reiki. Michael put his hands on my head to tap into an unlimited supply of "life force energy".

"How do you feel?" he asked afterwards. My body seemed lighter than a bath sud; my brain as deliciously empty-headed as a Barbie doll's. "R-r-relaxed," was the only reply I could muster.

Michael mixed me a stress-busting flower remedy to take twice a day, made to a formula based on vibes he'd "picked up" from me. I tried not to take it too personally that the concoction included black-eyed Susan for impatience, jacaranda for those who never complete a single task, and boronia for those gripped by



obsessive thoughts.

After my treatment, I felt like the lady of the manor, strolling among the sunken gardens, ice-crustad lakes, and the charcoal silhouettes of the handkerchief trees. Interiors are more Scandi-chic: crackling fires in the grooves of granite feature walls, black kidney-shaped sofas and candles in flaking, "distressed" bowls. Fun prints of carrots ("the visionary") and ginger ("the soother") line the walls. In the bar, with its white orchids and walls inset with piles of logs, guests sip protein smoothies on retro chairs with tapered legs.

This not a flawless hotel. For a

tranquil stay, avoid busy Saturdays. Some hallways have purple-striped carpets that would better suit a head office in Staines. But the spa facilities are excellent. After my energy healing session, I let off steam ping-ponging between the sauna and the freezing plunge pool.

Food aims to please both alkaline dieters and the prosecco pampering brigade. I found healthy options tasty, from superfood salad with tenderstem broccoli, pomegranate and flaxseed crispbread; to courgette and carrot spaghetti with spirulina pesto.

Bedrooms are straight out of Swedish design central casting, all light woods, reed diffusers and fringed rugs. My lime swivel chairs were stained, however, and there was a charge for coffee pods.

That said, I loved the soaking tub. After a long bath and dutifully taking my flower fix, I had my best night's sleep in weeks; I sprang out of bed at 5.30am the next morning and was practically galloping through the corridors of my train back to London while finding a seat.

But how do I feel two weeks later? I'm taking my flower drops daily, and listening to mindfulness recordings from Michael every night. It's paying off; I'm already getting up an hour earlier. But am I calmer? Well, when my phone internet is bafflingly slow, and the shower handle at home keeps falling off, I can't honestly say I feel less irritated yet. But I am taking deeper breaths.

Doubles from £149, including breakfast; two-hour energy healing session £125. Disabled access rooms are available.

LIFEHOUSE ESSEX

8/10

Frinton Road, Thorpe-le-Soken, Essex (01255 860050; telegraph.co.uk/tt-thelifehouse)



PILLOW TALK

DIGITAL WELL-BEING SERVICE

Even at the best of times, being in London can be a stressful experience. With this in mind, the Great Northern Hotel in

King's Cross has collaborated with wellness guru Natalie Pennicotte-Collier to offer three digital mind coaching sessions: one for morning motivation, one to help power through the day,

and one for dialling it down before bed. All are available in-room via guests' smart televisions. Rooms from £189; gmhlondon.com

HOT HOTEL

High street retailer Muji has opened its first hotel in the Chinese city of Shenzhen: a new brand that defines itself as "anti-gorgeous, anti-



cheap". This marketing mantra doesn't exactly set the pulse racing, but lovers of Muji's minimalist design will undoubtedly feel at home in the hotel's 79 Zen-inducing rooms. Rooms £107 B&B; hotel.muji.com/shenzhen

PUPPY CONCIERGE

Meet Buster, the COO

(canine operating officer) at Hotel Nikko in San Francisco, California. He has many important duties but, provided he's not too busy, guests can ring down and book time for cuddles with the adorable pooch.

What's more, each room contains a stuffed toy version of Buster, which



visitors can take home for \$29 (£20), \$2 of which is then donated to a local animal shelter. Rooms from £187; hotelnikkosf.com

Tom Mulvihill

For more news from the hotel world, see telegraph.co.uk/tt-pillowtalk



EXCLUSIVE OFFER

THE GRANGE HOTEL, YORK
FROM £129 PER PERSON FOR A TWO-NIGHT STAY

- ◆ Two-night stay
- ◆ Breakfast
- ◆ Table d'hôte dinner on the first night
- ◆ Bottle of house champagne on arrival

Enjoy a luxury two-night stay in York, a five-minute stroll from the historic city centre - the perfect base for exploring what has been voted "best and most beautiful UK city", with the old city walls, the River Ouse and majestic York Minster the focal points.

Head for the high-end designer shops or explore the narrow cobbled streets of The Shambles, the pretty Museum Gardens, and the city's museums.

This boutique hotel is a Grade II listed building containing an original sweeping staircase, antiques and Regency-style décor. The hotel's Ivy Brasserie has been awarded two AA Rosettes for its delicious fusion of French cuisine with fresh local Yorkshire produce.

Rob Cowen, *Telegraph Travel's* Yorkshire expert, says: "A collection of horse racing memorabilia indicates the hotel's popularity among the affluent racing set."

Book by April 25 for stays until April 30. Quote: "TELP"; 0333 331 8529; see terms: telegraph.co.uk/tt-grange-york

10% OFF

