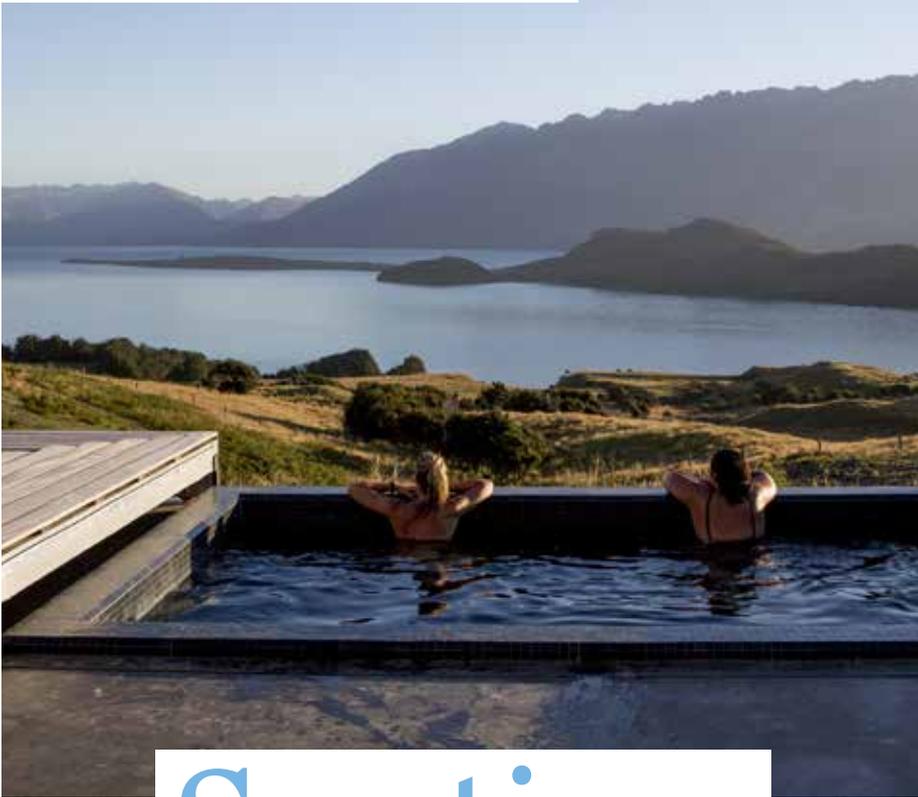


For advice on travel to New Zealand, visit [newzealand-indepth.co.uk](http://newzealand-indepth.co.uk), call 01298 74040 or email [explore@newzealand-indepth.co.uk](mailto:explore@newzealand-indepth.co.uk)



# Spa time

The latest pampering places, products and treatments

Wellness  
spa

## SPA OF THE MONTH Aro Hā, New Zealand

Located in New Zealand's atmospheric Southern Alps with expansive views over Lake Wakatipu, Aro Hā offers life-shifting, spirit-provoking living that honours the Island's rich past. Merging ancient traditions with modern technology, it uses the ambient temperature of the earth to refrigerate food, while state-of-the-art building techniques help harness sun and water power for energy. As for the guests? Expect to become lean and strong in both body and mind.

### THE EXPERIENCE

Aro Ha believes the decisions you make every day about what to eat and how to live directly affect everything from longevity to happiness and memory. Consequently, your days will be packed with yoga, hikes, spa treatments and functional training. All fitness levels are welcome and you'll be well supported but also challenged. Accommodating no more than 15 people, the experience is a personal one. Evening chats about mindful eating or what you hope to get from your stay will bring you

together like a group of old school friends. There's plenty of downtime too, where you can get creative in raw-food classes, take a dip in the plunge pool or lose yourself gazing into the majestic mountains. Everyone is offered a daily spa treatment and, after a day's hiking, a full body massage is a must-try.

### THE ROOMS

The Zen-inspired Eco suites are located just a few steps from of the main house in two buildings. They're basic, but with clean lines, minimal fuss and great views. Your water comes fresh from the glaciers and heating (if needed) is generated on site.

### THE FOOD

It was a real eye opener to see what you can achieve with so few ingredients. Aro Ha believes 'a healthy gut is required for a healthy body and mind' – something you'll want to practise once you leave.

### PRICE

A four-night Wellness Adventure retreat to Aro Ha with New Zealand In Depth ([newzealand-indepth.co.uk](http://newzealand-indepth.co.uk)) costs from £2,250pp full-board with a full wellness itinerary, excluding flights.

**'With its own vegetable garden, Aro Ha provides guests with a rainbow of delicious, inspiring vegetarian cuisine.'**

## 'IT WORKED FOR ME'

XXXX

What? x

Where? Tx

## TRY THIS...

xxx

xx