





# Custom designed retreats

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Vair, the Borgo Egnazia resort's multi-award winning Spa, greets the arrival of spring with a programme of "event" retreats. An all-round wellbeing concept with yoga, therapeutic dance and open-air activities for a mind and body in perfect equilibrium - meals included

**T**he atmosphere and flickering amber light of hundreds of candles caress tuff stone walls and stone floors. The interiors are quiet and peaceful, and the waters at different temperatures are a beating heart that soothes and heals. The Vair ("true" or "real" in the Puglian dialect) Spa occupies around 2,000 square metres in the Borgo Egnazia. It's a place for body and soul where guests can discover themselves and feel renewed. Skilful therapists, experts in psychosomatic naturopathy, aromatherapy, Kneipp hydrotherapy and many other treatments, work with discretion and integrity, transforming even the simplest therapy into a unique experience. All

the Vair's treatments and programmes go beyond the conventional wellness offer, and take the form of beauty programmes, full of refined touches, designed to help guests achieve inner happiness through bodycare and sensual appeal. All the names are local Puglian words – the dialect terms may seem mysterious to guests of the Vair at first, but their meaning soon becomes clear during the unique, personalised programmes based on a light, playful view of life. Three special retreats are new this spring – programmes that are not available all year round but seasonal offers that include a bespoke dietary regime designed by a nutritionist, based on local



produce and inspired by the principles of the Mediterranean diet. The Tarant retreat, for example, is designed for women seeking to fulfil their feminine potential. It's inspired by the phenomenon of tarantismo, an ancient community ritual of the Puglia region. This involves an extraordinary mix of dance, spa treatments, traditional music and, of course, regional dishes that help create a profound physical and mental well-being. The list of activities intended to encourage guests to focus on their sense of taste includes tasting some "prohibited foods" that are especially fat or calorie-rich – these, however, are offered in combination with other foods or prepared with special knowledge and skill. Another, equally unique retreat exploits a combination of Mediterranean dishes, all part of a made-to-measure diet, and the original method developed by B.K.S. Iyengar – just two meals a day, followed by 16 hours of

fasting, to detoxify the body and re-establish harmony through yoga sessions and an intense Spirit purification ritual. Then, last of all, Fùre, perfect for those seeking to recover their fitness and free their mind. As its name suggests, the programme includes many open-air physical activities surrounded by the sea and olive groves, caressed by wind and sun, rediscovering an intimacy with nature. Guests jump over dry walls, climb trees, play table tennis or practise juggling. All this is combined with a tailor-made diet based on local produce and designed to provide the nourishment the body needs. This new well-being offer is supported by executive chef Domingo Schingaro and his team in the kitchens of the Borgo Egnazia. Their task is to transform all the finest products of Puglia's exceptional biodiversity, from vegetables to meat, fish and wonderful olive oil into exquisite dishes. [vairspa.it](http://vairspa.it)



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