

## BEST FOR ZONING OUT IN THE MOUNTAINS

### UMA BY COMO, PARO PARO, BHUTAN

You won't find a spa with a more peaceful view. The snow-capped Himalayas and the glacial Mo Chu river gushing past are a sight to ease a troubled mind like no treatment ever could. The hotel is gorgeous, and the spa simple – just two buildings and a tiny menu that makes decision-making a cinch. Time your visit to join one of the yoga retreats, which takes over 11 suites, including two villas, and do your sun salutations while staring out over lime-green paddy fields. Or stay put in the spa with a traditional Bhutanese hot-stone bath, where fire-heated river stones are dropped into the tub to release minerals, like bath salts on steroids. Wallow in the water, and that view, while dreamily rubbing freshly-picked artemisia over your skin to relieve aches. Then it's off to the restaurant for glorious food: homemade muesli and banana bread for breakfast; Bhutanese curries with organic vegetables and herbs from local farmers; zingy guava sorbet. In Bhutanese terms, this is low altitude – a mere 4,300ft – so you can breathe easy in every sense. **BOOK IT** Cox & Kings (coxandkings.co.uk; 020 7873 5000) offers four nights as part of a six-night trip, from £3,325, including breakfast, flights, transfers, and two COMO Shambhala massages. It can also arrange the new six-night Yoga Retreat at Uma Paro, price on request.

{ Heads up Travel during one of Bhutan's many Buddhist religious festivals for supercharged spiritual oomph }

