



## Como Shambhala Estate

LOSE  
WEIGHT!

BALI, INDONESIA

The queen bee of Bali's spas, oozing beauty, confidence and professionalism. The place itself is impossibly good-looking – no white walls or medical coats here. Instead, rest a while in a hanging chair looking out onto lime-green jungle and paddy fields. It's so quiet you can hear your own heart beating. In this spiritually reviving idyll, expert staff from all over the globe are handpicked by owner and yoga nut Christina Ong. Try any of the programmes – they're all hits – from detox and de-stress to de-fat. Not a trick is missed. Ayurvedic doctor, pilates, cookery, even an in-house shrink – it's all here at this extraordinary magical hideaway that will leave you humming with happiness. Juices appear just as your blood sugar is falling, along with delicious spelt pizzas that don't cling to your hips. And, after all, the rumour is that it's where Daniel Craig comes to get in shape. **Website** [cse.como.bz](http://cse.como.bz). **UK reservations** Cleveland Collection (tel: 0845 450 5732). **Rates** Double, from £260, including breakfast.