



Healing hands

Trasierra, Andalucía

All gentle warmth and intuition, Georgia Coleridge has carved a name for herself in the alternative-health world (some of her most fervent fans started out as sceptics). With an uncanny ability to read your thoughts, she lays on hands, soothing bad backs and busy heads (sore hearts, too) at her Chelsea practice and occasionally at the Bamford Haybarn Spa in Gloucestershire. From 3 to 6 October she's off to Charlotte Scott's Trasierra in Andalucía to run a healing-energy weekend alongside Charlotte's yoga-teaching daughter, Amber. Between them, Amber and Georgia will uncoil your body and spirit, covering issues such as why your family and friends can be so tiring, why focused breathing can help you de-stress, and how you can remove negative thought patterns. The realisation that you have the power to change not just your body but how you think is surprisingly empowering. Imagine smiling serenely every time your in-laws annoy



you – after just a weekend! Amber's yoga is the sort that leaves you inches taller. And there are few better places to stretch, swim and sleep. The food is homemade and wholesome, with no rules, booze if you want it and ridiculously good cakes. Trasierra is a gentle spot visited by all the most discerning travellers you know.

From £600 per person, all inclusive except for flights. +34 609 550 600; www.trasierra.eu; www.georgiacoleridgehealing.com DAISY FINER