

★ DIGITAL DETOX ISSUE

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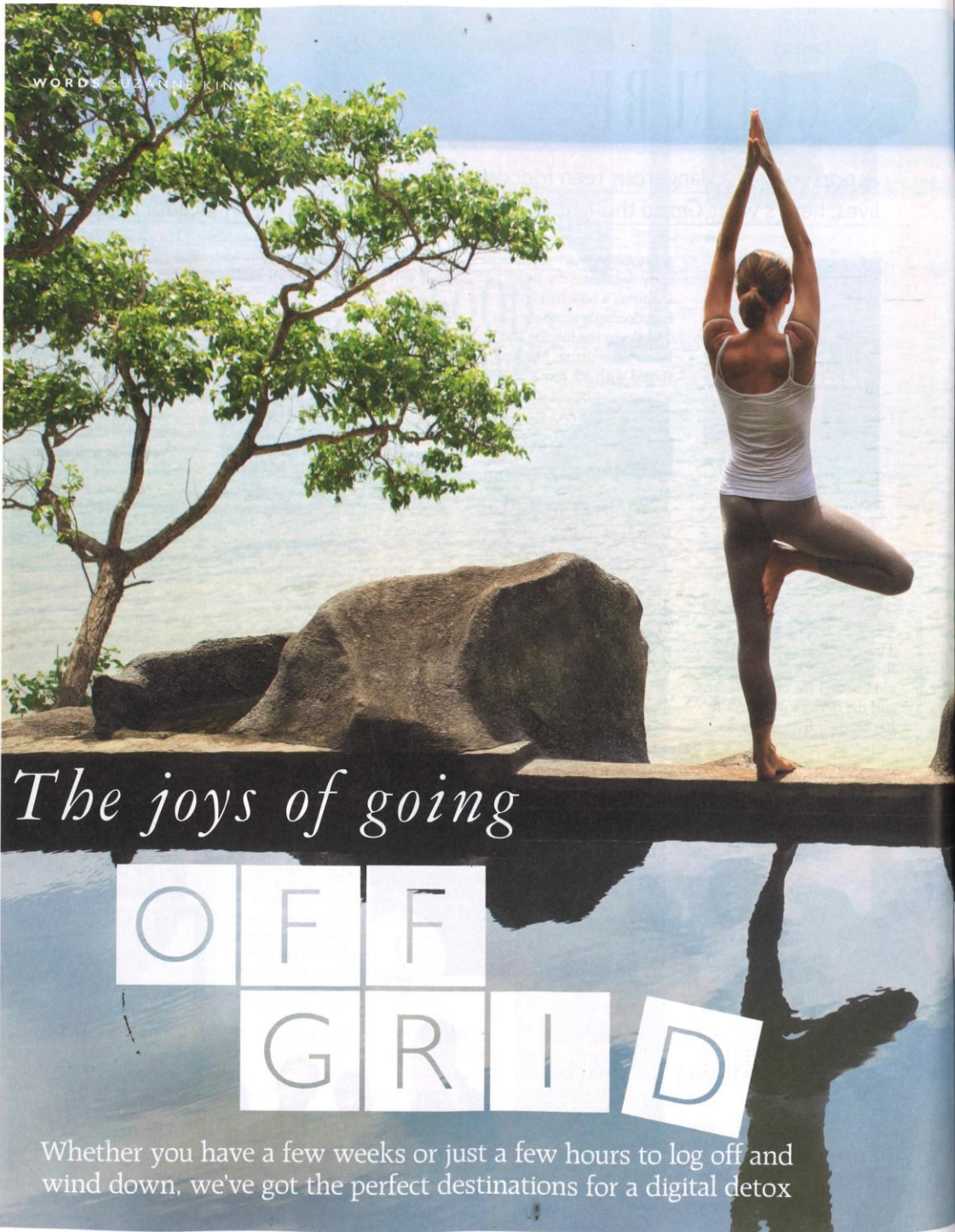
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**IS YOUR
IPHONE
KILLING
YOUR
SEX LIFE?**

**'WHY I LOVED
SWITCHING OFF
MY 7 MILLION
FOLLOWERS'**

WORDS SUZANNE KING



The joys of going

OFF
GRID

Whether you have a few weeks or just a few hours to log off and wind down, we've got the perfect destinations for a digital detox

GRAZIA UNPLUGGED

Right: who needs a screen when you have views like this, at Ibiza's Soulshine Retreats, to feast your eyes on? Below: a suite at Grand Velas Riviera Maya in Mexico – it will be digitally cleansed at the start of your stay

If you have: TWO WEEKS

A Digital Detox package at Grand Velas Riviera Maya in Mexico starts with the Detox Concierge 'cleansing' your suite (removing the TV and bringing in board games) and storing your electronic devices in the safe. In return, you get four bracelets, each one entitling you to a free (and tech-free) activity – a bike ride followed by an eco tour, then a combination snorkel and kayak adventure, and finally a relaxing spa treatment. You have to complete the first activity to do the second and so on, but they can be done on consecutive days or spread over two weeks with lazy tech-free days in-between. Carrier (0161 492 1354; carrier.co.uk) offers 14 nights at the resort from £4,870 per person, including flights, transfers, all-inclusive accommodation and four days' digital detox. +1 877 418 2963; rivieramaya.grandvelas.com

ALTERNATIVELY...

- Mirihi in the Maldives has no Wi-Fi or TV in its villas, offers only non-motorised watersports and organises after-dark activities such as night dives and full moon sails. +960 668 0600; mirihi.com
- On Jacada Travel's Digital Detox Safari in Botswana the abundant wildlife and wetlands of the Okavango Delta, lunar landscapes of the Kalahari and retro-glam camps more than make up for the lack of mobile and Wi-Fi. 02035 536906; jacadatravel.com
- Small group tour operator KE Adventure Holidays has launched digi-free versions of several trekking holidays, including two-week trips to Chile and India, where the guide collects everyone's mobiles on day one and hides them until the end. 01768 773966; keadventure.com



GRAZIA WEEK IN WEEK OUT



If you have: ONE WEEK

Soulshine Retreats is based in a luxury villa high in the hills of northern Ibiza, with glistening sea views and a secluded private beach. It lays on a daily programme of yoga, meditation and other holistic therapies to gently wean the digitally addicted off their devices. On arrival, guests take a photo of the team's contact details, send it to anyone they think should have it, then turn off their phones for the week. You won't even need them for time-keeping – staff use a gong to wake you in the morning and fetch you when it's time for therapy, meals, etc. A six-night Pure Ibiza Retreat costs from £845, including accommodation, food, activities and workshops and transfer from Ibiza airport. 0808 189 0279; ibiza.soulshineretreats.com

ALTERNATIVELY...

- At Gwinganna Lifestyle Retreat in Queensland, guests are urged to lock away the mobile and concentrate on nourishing mind, body and soul with health-focused activities and walks. +61 1800 219272; gwinganna.com
- Sykes Cottages has launched a JOMO (joy of missing out) Collection of UK properties with no Wi-Fi or phone signal where you have to switch off. 01244 356666; sykescottages.co.uk
- Beautifully converted by Vanessa Branson, the Old Schoolhouse on the private island of Eilean Shona, off the west coast of Scotland, is totally off-grid. No electricity, no Wi-Fi, no phone signal – just profound peace and glorious scenery. 01967 431249; eileanshona.com

If you have: ONE NIGHT

Not sure you're up to going cold turkey on the digital front? Test the water with a stay at The Scarlet, an eco-luxe spa hotel on the north Cornish coast. Wi-Fi is available if you must, but there's no phone signal, so many guests take that as their cue to stay disconnected while they're there. It helps that the hotel was specifically designed as a relaxing, adults-only escape, with diversions including cliff-top hot tubs, a natural reed-bed swimming pool and an Ayurvedic-inspired spa. Rooms from £120 B&B. 01637 861800; scarlethotel.co.uk

ALTERNATIVELY...

- Book a Digital Detox at The Westin Dublin – in exchange for your mobile (which you hand over for the night), you get an in-room massage and a Detox Survival Kit, including walking map and candle. +353 1 645 1000; thewestindublin.com
- The only thing about Witherdon Wood shepherd's hut in Devon that doesn't get stellar user reviews is the Wi-Fi – ideal when the whole point is to escape the virtual world and surround yourself with rural beauty, birdsong and spectacular night skies. pitchup.com
- Once or twice a month, Rockliffe Hall, south of Darlington, offers a Monday Motivation Digital Detox. The concierge stores mobile devices while you unwind with yoga and meditation and work your way round the spa facilities. 0808 163 9097; prideofbritainhotels.com
- It's no oversight that the robes at Center Parcs' Aqua Sana spas have no pockets – it's a deliberate move so there's nowhere to put your phone, which you're asked to leave in the locker. 03448 266205; aquasana.co.uk



If you have: A WEEKEND

Tucked away on the shores of Lough Erne, 100 miles west of Belfast, is Finn Lough Resort, home to two Forest Domes. Giant bubbles in a woodland clearing, they're filled with life's little luxuries (four-poster bed, waterfall shower, vintage record player, under-floor heating) but no Wi-Fi or TV. As well as star-gazing, go walking and cycling, enjoy water sports and make full use of the spa. Ryanair and Easyjet fly to Belfast International, from around £45 return, and you can pick up a hire car at the airport. Domes start from £175 per night including breakfast. 02868 380360; finnlough.com

ALTERNATIVELY...

- On a Digital Detox break at Healthouse Las Dunas in Andalucia you hand over your phone on arrival, then set about re-establishing a healthier life-technology balance via a mix of relaxing exercises, spa treatments, mindfulness and consultations. +34 951 082 090; healthouse-naturhouse.com

Left: stunning views come as standard at The Scarlet eco-luxe spa on the Cornish coast. Right: the Rosebery Lounge at the Mandarin Oriental, Hyde Park London, where you can digitally detox in the uber-luxe spa



If you have: A FEW HOURS

Most spa relaxation rooms come with herbal teas, glossy mags and maybe a little background birdsong. At Mandarin Oriental spas across the world, though, you'll also find a range of mindfulness activities such as colouring, journal writing and meditation. It's part of their recently introduced Digital Detox initiative, which has also seen them working with the renowned Mayo Clinic to devise tips and guidelines that will help digitally addicted spa-goers disconnect from technology and clear mental chatter. 00800 2828 3838; mandarinoriental.com

ALTERNATIVELY...

- Boundary-pushing Stockport restaurant Where The Light Gets In has been earning rave reviews for its food – and with a no-phones policy in place, you get to enjoy it without any digital distractions. 0161 477 5744; wtlgi.co
- No chance of Instagramming your food at Dans Le Noir in London – at this dine-in-the-dark experience, all sources of light are taken away, including digital watches, mobile phones and cameras. 020 7253 1100; london.dansle noir.com
- When it opened last year, the Gin Tub in Hove made more headlines than your average bar – thanks to the fact that its walls are lined with silver foil and copper wire, creating a Faraday cage that blocks mobile signals. 01273 772194; thegintub.co.uk
- Ventnor Botanic Garden on the Isle of Wight has 22 acres of subtropical gardens where The Wellbeing Experience offers classes and workshops (including yoga, tai chi and meditation) to soothe the mind, body and spirit. 01983 855397; botanic.co.uk
- Some bookshops are full of people browsing the internet on their laptop rather than the books on the shelves. Not Libreria in London's Spitalfields – they ban electronic devices so you can concentrate instead on the creatively curated selection of titles. libreria.io
- The French House was doing digital detoxes long before anyone put those two words together – this Soho institution of a pub is famous for insisting on no music, no TV and no mobile phones. 020 7437 2477; frenchhousesoho.com



- North Star Club's TV- and gadget-free cabins in the Yorkshire Wolds take inspiration from American luxury wilderness retreats. Think rustic glamour amid the woodland, with log-burners, fake furs on the beds and lots of candles. 0333 920 7234; bluechipolidays.co.uk
- Digital Detox breaks at Chewton Glen in the New Forest offer activities such as Nordic walking, yoga and meditation and encourage mindfulness with take-home treats including a colouring book and candle. 01425 282212; chewtonglen.com
- Designed to defrazzle your brain and reconnect you with the real world, the three-night digital detox package at Grand Hotel Kronenhof in Pontresina, Switzerland, is filled with activities, from ski yoga and sunrise hikes to massages and detox baths. +41 81 830 3030; kronenhof.com

Far left: switch off from the world in your very own forest bubble in Finn Lough; and drift through the beautiful countryside, above

Photos: Gaston Getty, Galicia, Jarrin Jon