

by private Air Wakaya plane, at a cost of \$US960 (\$1273) per couple, round trip. Bures range from \$US1900 to \$US2820 a night, double occupancy, with a minimum five-night stay. Rates are inclusive of all meals and drinks, two scuba dives per person per day, and all sporting facilities.

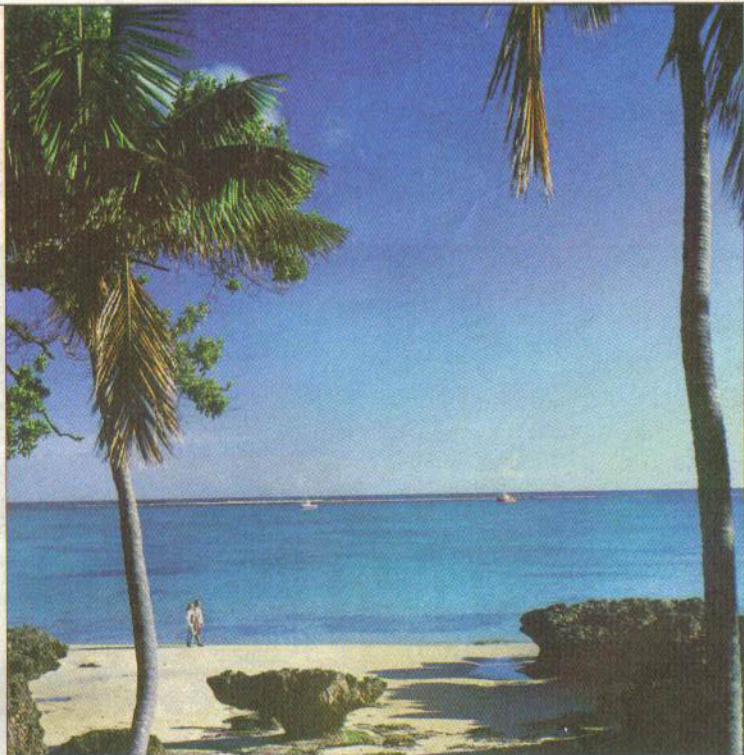
### Langkawi, Malaysia

With creamy sands, emerald green waters and lush rainforest, Langkawi comprises 104 islands off the north-west coast of Malaysia, each more beautiful than the last. They're peaceful, serene and picturesque, yet they also offer wonderful places to stay.

It's places like Langkawi that really refresh the senses and rejuvenate the soul, believes intuitive counsellor Tricia Brennan.

"People can choose to go on holiday in Paris or Florence, but islands are places to really disengage from the pressures of life," she says. "You need to get away from the hustle and bustle of cities and fast living. Everyone needs to slow down, recentre and reconnect with nature."

The Four Seasons Resort, a 25-minute drive from Langkawi's international airport, offers exactly that kind of tranquillity, with 91 guest pavilions and villas,



Lord Howe Island's Settlement Beach.

pool, spa, restaurants and lounges. Its glorious sunsets, views straight over the ocean and beachfront location make it the perfect kind of island base for total relaxation. "Regular meditation can give us that inner peace, calm and health the rest of the year around on a daily basis," says Brennan, who has her own range of guided visualisation CDs, such as The Stress First Aid Kit. "But it's so valuable to really

switch off without other distractions. Island holidays are perfect for that."

**Contacts:** The Four Seasons Resort on Langkawi is a 55-minute flight from Kuala Lumpur, then a road transfer from Langkawi Airport. Rates for bed and breakfast range from \$US500 (\$663) to \$US1150 for a beach villa per night, single or double occupancy. Details at [www.fourseasons.com/langkawi/vacations/](http://www.fourseasons.com/langkawi/vacations/) or call (0011) 60 4 950 8888, fax (0011) 60 4 950 8899. For information on Langkawi, visit [www.langkawi.com](http://www.langkawi.com)