

coast CONFIDENTIAL

Our indispensable monthly guide to great things happening on our shores



A RELAXING RETREAT IN CORNWALL...

In partnership with luxury wilderness specialists RVIVAL, Senara's Return to the Wilds retreat invites guests to take a transformative journey on a wild stretch of the Cornish coast.

Surrounded by a patchwork of fields, with unrivalled views across St Ives Bay, this exclusive retreat has been designed with balance restoration, survival techniques, and eco-conscious culinary experiences at its core. All this, and a luxury architectural base camp.

It's the bespoke itinerary that makes this retreat so restorative: from beachfront yoga to packrafting, ocean freediving to coastal abseiling under the guidance of a ropes specialist. Come evening, sink into the hot tub, do laps in the garden pool, or have a detoxifying session in the sauna before watching

the moon rise from behind the sea... retreats at Senara put true wilderness experiences at your fingertips.

Even the menu has been rewilded: backwoods-style seasonal fare with imaginative flair will be prepared by sustainable-approach chefs in the outdoor kitchen. From beach campfire breakfasts to "eat what you catch" seafood foraging, you'll be immersed in the freshest of local fodder during the retreat. Days that commence with herbal fusions will end with fireside group mindfulness practices and wild cocktails. Here, crystal bowl sound baths before dinner are par for the course.

• More details here: uniquehomestays.com/unique-escapes/wellness-retreat-venues/uk/cornwall/all-towns/retreats-at-senara/