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### Annabelle Hood rebalances her heart chakra at Heritage Le Telfair's new Seven Colours Millesime spa

Written by Annabelle Hood

When two smiling spa therapists accompany your airport transfer with a soothing hand massage, refreshing damp towel and a long cool drink, waves of relaxation kick in way before you've even checked in. Surely this is how every spa break should kick-off?

Arriving at the resort, I walked to my room through Le Telfair's bright bougainvillea-filled gardens, past clusters of handsome white plantation-style villas. Each one housed spacious old Colonial rooms; many with ensuite shutters offering honeymoon-blue seashore and pool views from the comfort of one's bath.



Later, as jetlag wooed me towards the revamped Seven Colours Millésime Spa (formerly Six Senses, so you can imagine the supreme standards), Mynah birds chirped in the trees and the sound of trickling water beckoned me through an archway to the Spa's open villa reception. A tour of the spa's relandscaped garden revealed nine treatment rooms of single and double size, and three competing VIP rooms: The Honeymoon Suite, and at the bottom of the garden, two private outdoor gazebos. From these havens of delight, loved-up honeymooners emerged woozily fragrant and dishevelled, before flopping down on one of six white muslin-curtained beds that surround the bubbling Vitality pool.

My spa ritual began when I was invited by the softly spoken spa receptionist to choose a colour (from a spectrum) that I was most drawn to. I chose green, which I was told relates to the Heart chakra, the colour of space and sociability, which can indicate a tendency to do too much for others. No chance of that I thought with glee, as I followed my spa therapist for a deeply self-indulgent 60-minute Stress Relief Massage. The chakra-balancing benefits of my treatment were enhanced with 'green chakra' music, a green colour therapy light, and a spritz of herbal 'green' room spray.

LUXURY SPA HOLIDAYS



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