ISSUE 110 MAY 2026

PORTFOLIO



PORTFOLIO GETS PERSONAL

EMMANUEL STROOBANT I CHAN SOO KHIAN I NOBU MATSUHISA I DR VARUN REDDY I NINA SEKIGUCHI

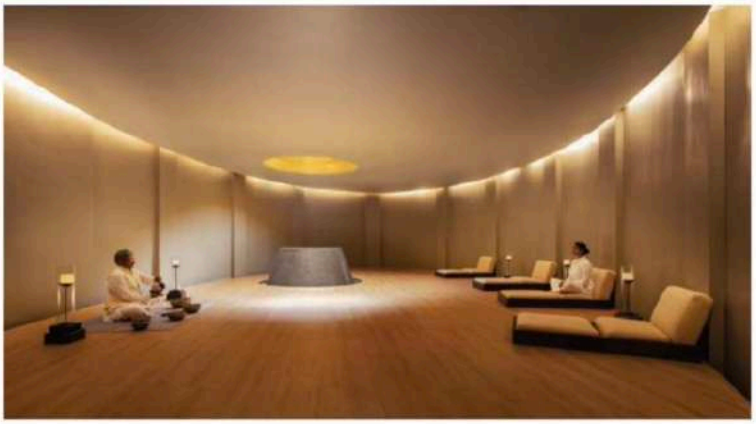
True luxury isn't just about having the best creature comforts money can buy. Sometimes, it's about being able to slow down and digitally unplug from the increasingly chaotic and connected world.

By Priyanka Elhence



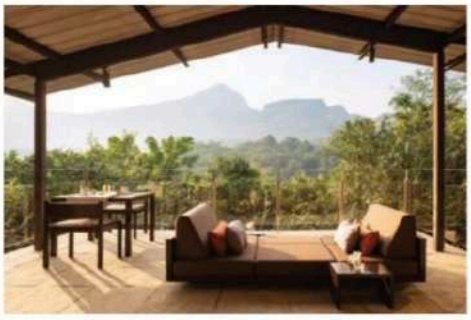
DIGITAL DETOX AND HOLISTIC **HEALING DESTINATIONS**





We've grown accustomed to the unnatural state of constant connectivity in today's fast-paced, tech-driven world. Can you actually remember a time before our phones and laptops felt like an extension of ourselves and social media reigned supreme?

Consider these off-grid destinations for an almost naturally "forced" digital detox, giving yourself a complete wellbeing reset in nature. Whether it's the untamed wilderness of Mongolia or a holistic sanctuary in the Dolomites, hitting the reset button has never been this stunning.



Dharana at Shillim, India

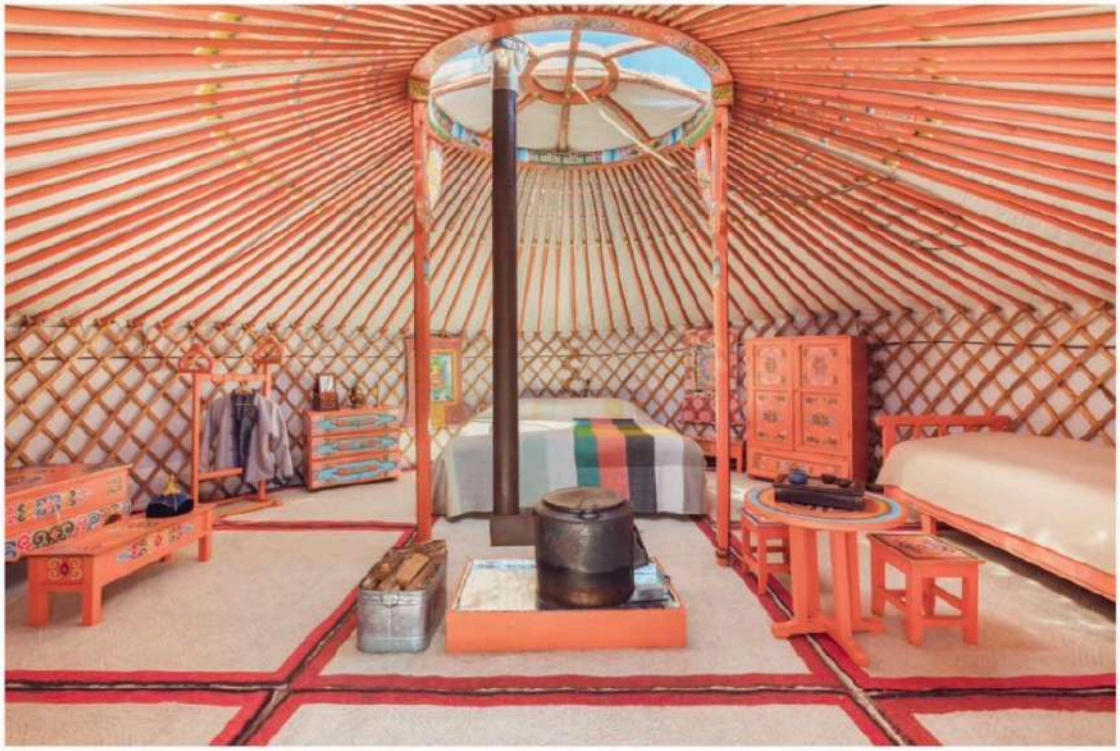
Dharana at Shillim, an award-winning luxury wellbeing retreat, is immersed in the tranquility and healing atmosphere of the Sahyadri Mountains in Maharashtra, located in India's Western Ghats.

Sitting on a 2,500 acre reforested estate ecosystem in a UNESCO world heritage site, Dharana is carved into the landscape without felling a single tree and is renowned for its remarkable biodiversity and panoramic views of the surrounding forest and mountains. Each of the 99 villas and three Grand Residences are of minimalist design, toned in earthy greens and creams, built from coconut wood, cane, bamboo, banana fibre, and terracotta accessories sourced from marginalised groups.

A cornerstone of Dharana's philosophy is the healing power of nature. Blending ancient Ayurvedic and Naturopathic wisdom with cutting-edge diagnostics, the property creates deeply holistic and seasonally aligned wellness programmes for a transformative wellbeing experience designed to deeply revitalise and rejuvenate the inner self. The research-led, personalised care programmes translate into the Journey to Conscious Being, taking guests on a journey to optimal health, vitality, purpose and meaning.

Dharana's wellness programmes take place across various healing spaces including a tranquility pool, a Physical Restoration Lab, consultation rooms, and 17 Healing treatment rooms with private gardens and five types of IV Drip Therapy Sessions.

dharanaretreat.com







The Pavilions Mongolia

A journey off the beaten path amidst one of the world's last surviving nomadic cultures, The Pavilions Mongolia is the ultimate off-grid destination for a digital detox, an unparalleled adventure steeped in authenticity, and cultural immersion.

An understated luxury glamping camp in the pristine wilderness of Mongolia's UNESCO-protected Orkhon Valley National Park, the retreat operates exclusively from June to September. Kayaking, mountain biking, rock climbing, archery, fishing in the Orkhon river, field excursions to the ancient city of Karakorum, as well as horseback riding are all on offer here.

Stay in traditional, spacious gers with specially crafted beds, traditional furnishings, and a glass ceiling to gaze at the vast Mongolian night sky. Thick layers of sheep wool line the walls and floors of the gers to insulate from the harsh Mongolian winds, along with wood-burning stoves, hot-water bottles, and fine cashmere blankets (Giercke also supplies cashmere to Hermès). The bathing gers are fitted with traditional Japanese wooden bathtubs, making it one of the very few remote destinations in the region for a luxurious hot bath. With no electricity and a no-phone policy in the gers, guests can truly switch off from the digital world and be present in the moment.

pavilionshotels.com





Four Seasons Tented Camp, Thailand

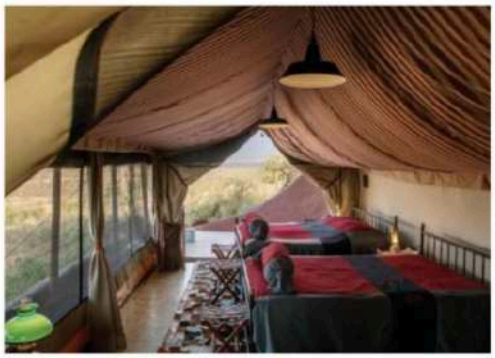
Tucked away in the bamboo forests at the confluence of Myanmar, Laos, and Thailand, the luxurious Four Seasons Tented Camp in Chiang Rai is a secluded jungle sanctuary built entirely on stilts. With uninterrupted views of the surrounding mountains and rivers, disconnect from devices and reconnect with oneself through the simple luxury of peace and stillness.

Pioneering luxury tented hospitality in Southeast Asia, the Camp is a purpose-driven destination rooted in culture, flawlessly weaving together the spirit of adventure with the comfort of luxury glamping for over 20 years across its 15 tents and Explorer's Lodge. Natural grounding, jungle preservation, and local culture lie at the heart of the Camp, designed by renowned architect and designer Bill Bensley. Raised walkways protect the forest floor, while bamboo and reclaimed wood reduce the environmental footprint. Meanwhile, original elements including handcrafted furnishings and curated antiques seamlessly balance wilderness and elegance as the Camp's signature.

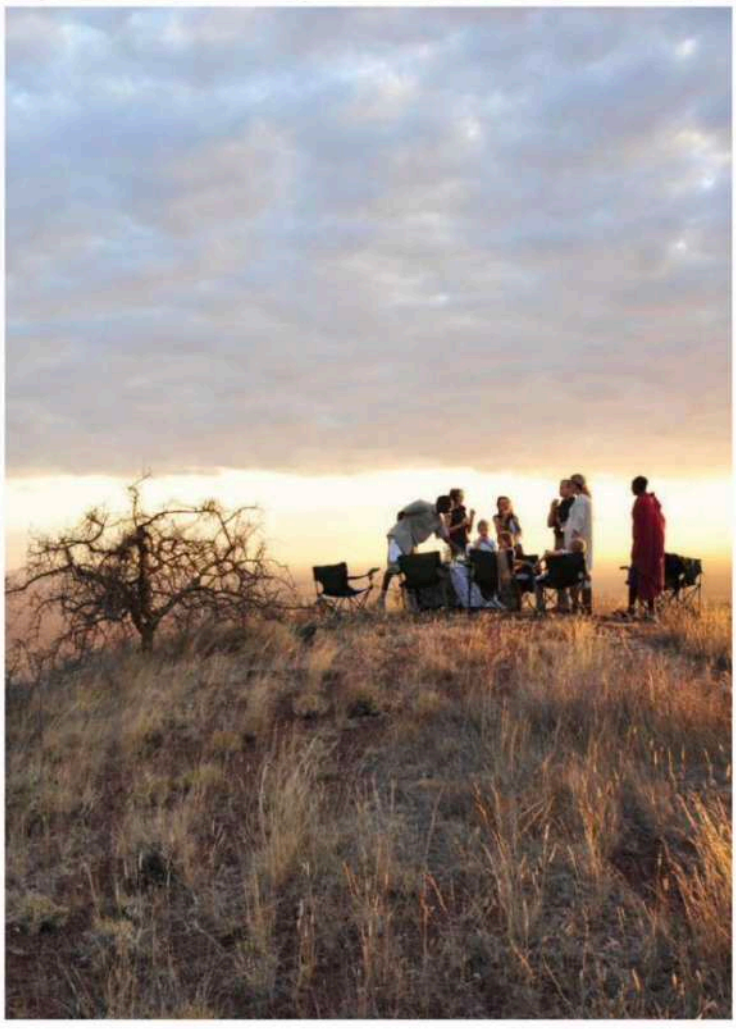
Built to offer a true wilderness experience, there are no walls here, no in-tent TVs, and no air-conditioning in public areas. There couldn't be a better backdrop to swap the laptop for the open-air spa ritual, using homegrown herbs, natural clays, and natural healing ingredients (think bamboo, lemongrass, and moringa).

fourseasons.com









Shu'mata Camp and Hatari Lodge, Tanzania
Located in northern Tanzania, in the shadows of Mount Kilimanjaro and Mount Meru, Hatari Lodge and Shu'mata Camp offer the ultimate functional digital detox: Finding Your Frequency – a sensory recalibration that replaces digital noise with quiet vibrations of the wilderness.

Perched on a hilltop in the 40,000 km² Maasai Steppe, indulge in high-altitude serenity at this 7-luxury tented retreat Shu'mata Camp (Maasai for heaven or elevation), where the only 'notifications' are the distant rumbles of elephants or the wind through the savanna grass. Experience the Savanna Silence Detox – stargazing into the Milky Way, with zero light pollution. Guests can also book the Hemingway Stay for circadian realignment. Imagine sleeping under canvas with no glass between you and the wild, totally free of artificial blue light, allowing the body to naturally sync back to the African sunrise and sunset.

Complementing the Camp is Hatari Lodge, a boutique heritage retreat set in the heart of Arusha National Park. Once the setting of the iconic 1962 John Wayne film Hatari!, today it is a stylish safari lodge where history, design, and conservation come together, offering a unique combination of forest, crater, and savannah landscapes. There are no TVs here – only the crackle of a personal stone fireplace, the sounds of the montane forest, and a mental presence that naturally clears the digital fog, be it through canyoning in the hidden volcanic gorges of Arusha National Park or an expedition to the Shira Plateau at 3,800m.

Both camps also practice the importance of internal restoration, providing a grounded sense of 'purpose' that is often lost in a digital world through the Slow Food Detox, which highlights the holistic African Wondergarden initiative. It's not a restrictive diet or a separate wellness menu; it's eating better through a systemic internal reset that comes with 90% local sourcing within a 50km radius.

hatari.travel

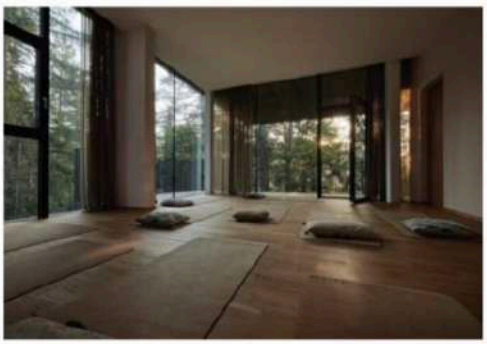
Hotel Saltus, Italy

Hotel Saltus was conceived by three visionary women – sisters Claudia and Nadja Mumelter, and their mother Hedwig – after their great grandfather first opened it in the 1950s. The 26-room holistic sanctuary, set in the mountains above Bolzano and framing the UNESCO World Heritage Dolomites, aims to connect guests with the natural world.

Imagine this setting: Rooms and suites feature limestone flooring and clay walls, porphyry stone from the excavation, and beeswax sealants. The soothing space – crafted from locally-sourced materials, such as stone, larch, and clay – is cleverly designed to mirror the cinematic landscape, as nature and aesthetics are masterfully combined at 1,100m above sea level.







To aid with digital detox, Wi-Fi is turned off every evening for guests to switch off completely and indulge in quality, device-free sleep. The Forest Spa further promotes relaxation and time away from screens with a hay sauna, steam room, and a treetop relaxation space. Finally, a team of experts are on hand to tailor personal homeopathic wellness programmes and guests have direct access to hiking trails, as well as yoga, pilates, Qi Gong, and meditation exercises. P

hotel-saltus.com