

Travel & Outdoors

WISH YOU WERE HERE



A dose of healthy hedonism

If you're looking for a quick escape to recharge, recalibrate, restore and return renewed? Ibiza is the answer, says **Mhairi Clarke**

Ibiza is the answer to many questions. Such as 'Where can I go to party for three days and nights on the bounce?' Judging by the demeanour of 80 per cent of our flight companions, they will also have asked themselves that question and found "Ibiza" to be the answer.

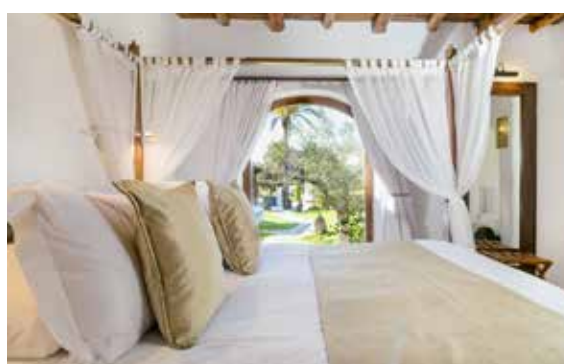
Ibiza is of course known for its dusk till dawn hazy hedonism but in recent years, the original spirit, soul and bohemian character of the island has drawn a new (or indeed, slightly older returning) visitor in search of a quiet, restful and distinctly more grown-up experience.

The goal of every holiday is after all, to leave feeling better than you arrived. So, with that in mind, we leave our four kids, dog, two businesses and full-on lives to escape to the white isle for a large dose of "healthy hedonism". For two days, we're going where the A-listers recharge and retreat; Atzaró Agrotourism Hotel and Spa.

An easy three-and-a-half-hour flight from Edinburgh, followed by a 25-minute whizz in a taxi to San Lorenzo in the north of the island and we've arrived at our heavenly hideaway feeling a million miles away from the beats and buzz of the dancefloors. Nestled at the foot of the Atzaró mountain, against a lush backdrop of Sabina and pine tree forests, the hotel is built on the site of a 300-year-old finca. The sprawling, secluded estate is 13 hectares of thriving farmland, fragrant orange groves, tropical palms and Mediterranean herb and fruit gardens.

The hotel is luxurious, serene and secluded; an under-the-radar destination which has made it a favourite of celebrities and A-listers

Cocoon yourself in the Atzaró spa for an other worldly experience



Atzaró Agrotourism Hotel and Spa, main; one of the vast but cosy suites, above

ranging from Rihanna and Shakira to actress Kate Hudson and the Fendi family.

There are 24 individual suites at the hotel; 10 are close to the original finca with a rustic, authentic Ibizan feel, the 14 hillside villas and suites which sit in a private, elevated position are more modern in design.

My husband and I have a vast but cosy suite (September in Ibiza can come with a slight chill at night), with a covered, private terrace shielded by an orange tree. Polished terracotta floors stretch from the suite's charmingly rustic lounge and fireplace past a four-poster

bed and beyond, into our natural marble bathroom. I'm gently struck by the intricate craftsmanship and authentic aesthetics of the interiors which pay homage to the hotel's rural heritage, creating the feeling of being somewhere back in time; the 300-year-old Sabina tree roof beams, teak four poster bed dressed in crisp white linen, the locally crafted furniture and lighting and mother of pearl in-laid doors.

The connection to nature is 360 degrees strong and a unique energy washes over each of the senses as you meander through the village like whitewashed pathways and tiptoe across the lilypond stepping stones. The air is filled with the tranquil sounds of palms swaying in the wind; a family of peacocks strut majestically across the gardens, rustling their tails and displaying their plumage. The soothing sound of trickling water is all around; there are nine pools dotted throughout the estate. Body and soul are filled with the gentle warmth from the fiery red earth as you wander through the three hectare vegetable garden, home to passion fruits, apples, avocados,