



## A FRESH APPROACH

The benefits of breath work, icy dips, and conscious reflection come together on a revitalizing multiday hike through the Tasmanian wilderness. **By Kendall Hill**

STANDING at the top of one of Tasmania's highest sea cliffs, on the Australian island's southeastern coast, gave me a breathtaking sensation. A thousand feet above the surging Southern Ocean, there's nothing, except perhaps the odd albatross or migratory humpback whale, between you and Antarctica. Anything seems possible, which might be why this spot is home to a new holistic health offering.

**Wild Wellness**, a guided four-day program, leads hikers on journeys that incorporate cold-water ocean plunges; rhythmic, meditative Wim Hof Method breath work; and journaling to tap into their inner selves. Yoga and meditation can be included, too. The trip is centered around Three Capes Track, one of Australia's newest "great walks," which follows 29 miles of pathways via eucalyptus forests,

coastal heaths, and stunning capes and bays.

Humans come to this wild place to reconnect with nature's beauty and, often, themselves. "When you're out in that incredible environment, nature adds another layer of healing," Wild Wellness founder Alice Hansen said. "In their busy lives, people don't often get the time to look a little deeper and reflect."

Hansen partnered with the Tasmanian Walking Co., which runs guided hikes on the island, to offer an outdoor experience with a few key comforts thrown in. Guides cook restorative meals like roast chicken or coconut-braised beef cheeks, and each night participants sleep in strikingly designed modern lodges, many times accompanied by ocean views. [wildwellnessmethod.com](http://wildwellnessmethod.com); four-day hikes from \$2,605.

after the resurfacing facial she received, which incorporated an ultrasonic peel, lactic and hyaluronic acids, and three types of oils (sandalwood, thyme, and lemon), leaving her with a brilliant glow. We tiptoed past water-filled daybeds that cocooned meditative guests with ambient sound, and peeked into the Iyashi Dome, a Japanese-style sauna.

And we tried the Rainfall Water Therapy Room in the SEA Thermal Suite for ourselves. The experience started with a hot, heavenly downpour, then transitioned to an icy-cold shower before ending in a waterfall-like cascade of warm, soothing water. Each of these themed relaxation rooms—there are eight in all—were conceived by award-winning British interior designer Kelly Hoppen, and decorated in a calming palette of natural wood and marble that seemed to promote a sense of peace. At the end of our circuit, we rested on contoured, heated-tile loungers while looking at panoramic views of the Caribbean Sea. And then we held hands and enjoyed the silence. [celebritycruises.com](http://celebritycruises.com); nine-day itineraries from \$2,950.

CHRIS CRERAR/COURTESY OF WILD WELLNESS

▼ Wild Wellness hikers approaching Ellarwey Valley, in Tasmania, Australia.

