



Below: exploring by helicopter in British Columbia. Right: dog-sledding in Norway's Arctic regions



PRESCRIPTION TRAVEL

Forget mindless indulgence. A new breed of travel companies are tailoring life-changing holidays that combine breathtaking luxury with state-of-the-art therapies. By Hayley Maitland

BEST FOR... HITTING RESET: BROWN & HUDSON

Brown & Hudson go to staggering lengths to help travellers correct imbalances in their lives – even developing psychological tests to customise trips. Its therapeutic voyages are as effective as they are decadent. Work on controlling anxiety with a Zen master in the furthest reaches of Japan; tackle fear of singledom by visiting a matriarchal society in the Andes; or undergo sleep therapy in the Arctic Circle, where locals contend with months of endless daylight. Brownandbudson.com

Right: wilderness kayaking. Below left: camping in Africa. Below right: a riad in Morocco. Bottom: Iceland's Gullfoss waterfall

