

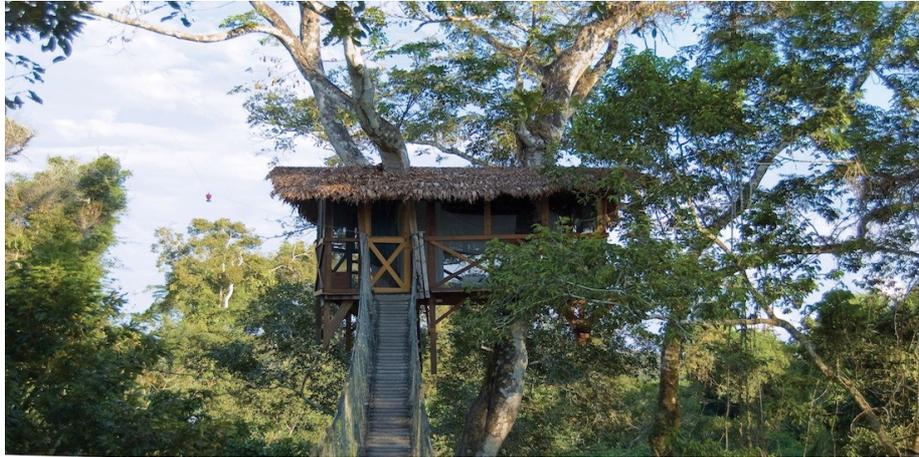
Relax, refuel and reconnect with Inkaterra

Mindfulness, and the ability to reconnect with your body in everyday life, is becoming increasingly important. Whether it's meeting deadlines at work, rushing to buy Christmas presents, or making enough time for our friends, there's always something on our mind. A travel trend predicted to soar in 2018 is the need for 'Break-up Breaks', holidays that, not only help to heal after hard times, but offer a detox from the digital world, enhancing mindfulness and boosting a sense of self. Whether they're taken solo, or with a friend, Inkaterra's excursions offer the opportunity for guests to retreat, refuel and reconnect.



A stay at the secluded [Inkaterra Canopy Treehouse](#) enables guests to

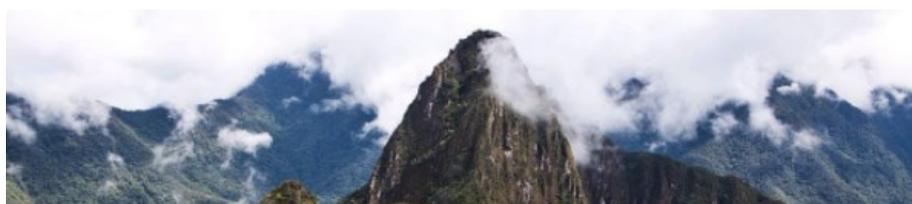
focus on increasing mindfulness, 85ft high-up in the heart of the Peruvian Amazon. Thanks to the vantage point of the Tree House, travellers can soak up the true essence of nature in the Amazon, with a privileged view of animals not visible on the ground. This position allows for no distraction and the possibility of a fresh perspective, encouraging individuals to reflect and gather their thoughts under the uninterrupted starry sky.



Waking up, with a fresh, new perspective, travellers can face their fears on the [Inkaterra Canopy Walkway](#), one of the largest tree canopy bridges in South America. Suspended 98ft above the ground, guests can walk through the treetops and spot animals and species not usually visible to the naked eye. Facing our fears allows us to move forwards, and take steps towards positive action and growth.



After facing their fears in the heart of the Amazon, guests can venture to [Inkaterra Machu Picchu Pueblo Hotel](#) to enjoy a new level of spiritual indulgence.





Set high in the mists of the Andean Cloud Forest, travellers are immersed in Peruvian nature, offering complete seclusion and the opportunity to rejuvenate both mind and body with a selection of immersive activities. The **UNU Spa** infuses rituals with traditional techniques and mystical Andean medicines, from the de-stress and tea plantation massages, to the Andean Sauna, whereby stones are heated in a specially designed Cloud Forest Hut, infused with the scent of eucalyptus.



Those who want to dive back into civilisation, reconnecting with the outside world, can head to Inkaterra La Casona in the heart of vibrant Cusco. Tucked away in one of Cusco's enchanting plazas, the 16th Century colonial manor house offers the chance for travellers to wander the cobbled streets, culture-brimming museums and Inca ruins; the ideal way to ease back into the hustle and bustle of everyday life.





Whatever might have caused their stress, guests at Inkaterra find themselves in a completely new setting, and return from their travels fully recharged. For more information, please visit our contact page on our website [here](#).

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