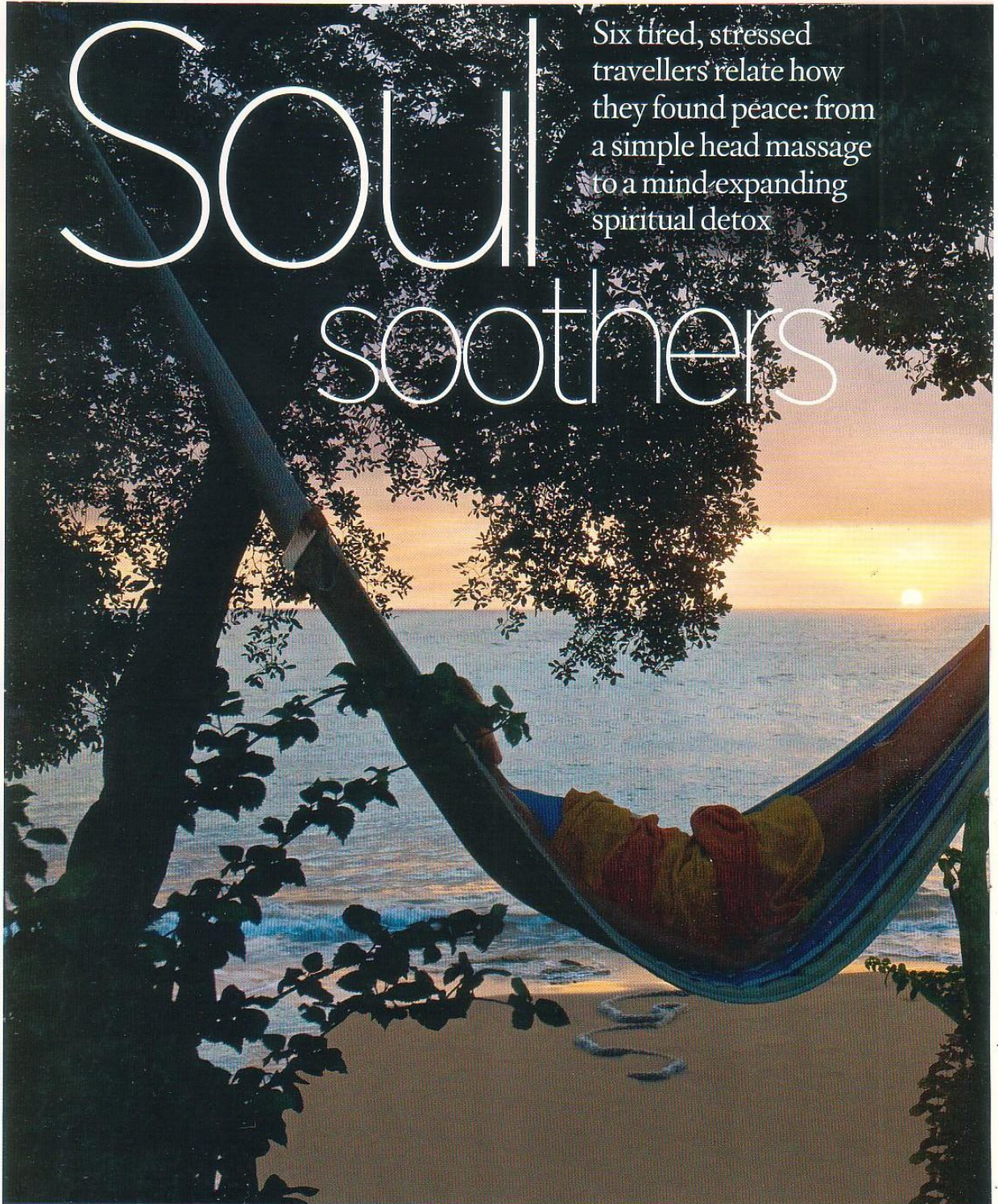# PSYCHOLOGIES

Soul soothers

Six tired, stressed travellers relate how they found peace: from a simple head massage to a mind-expanding spiritual detox

WILD JAMAICA
Driftwood Spa, Jake's,
Treasure Beach, Jamaica

By the time we arrive, I realise what keeps the tourists out of Treasure Beach: it is so remote. After a long flight, followed by a three-hour race from the island's capital, Kingston, I am twitching with pre-holiday burnout, and my body feels like a deckchair that's been taken out of the shed for the first time since the previous summer. This is not coconut-palm-and-white-sand Caribbean. It's wild: savannah, dark, rocky beaches, crocodile-filled rivers.

Jake's is a laid-back, family-run hangout that attracts those with a hippy, soulful bent. It's signposted by a graffiti-covered car with flat tyres. In a world claiming to be sustainable and community-minded, Jake's truly is. There are few televisions and little air-conditioning. Revenues from every spa treatment are ploughed back into the local foundation. And the place has something I want: calm. Everyone has it: owner Sally Henzell and her son, Jason; Dougie, the beatific rum-punch guru; the guy selling carved bowls on the beach.

The spa offers massages, facials and scrubs, and intuitive bodywork. I choose a Shirodhara Heavenly Head Massage, hoping it will calm my merry-go-round brain. I can report that there's nothing more heavenly than a massage to the soundtrack of real crashing waves. Never mind calming my brain – it dispels all thoughts whatsoever.

Those who prefer more structure to their wellness experience might be better off elsewhere – motley crews of friends sometimes club together to make their own yoga 'retreat'. But here, it's true Carib chill: after yoga class, yogis down a rum punch with Dougie, then head for seafood at Jack Sprat down the road, before playing dominoes with the locals as fairy lights twinkle in the trees. Where else can you get that? Jake's is the real, idyllic deal.
Lydia Bell

■ **From approx £66 per room per night, room only; treatments from approx £21 (01895 200034, islandoutpost.com). >**