

The wellness issue

Being healthy has never
been so much fun

Is travel the key to
longevity?

3 Wellness retreats

What really happens at a
wellness retreat

What's inside this titillating issue?



Welcome to the second issue of the Fluffy Towel Travels newsletter. Thank you so much for your support, it means the world to me that you're finding my content useful, entertaining or inspiring, and hopefully all three.

You might be intrigued by the image on the cover. I took this photo several years ago during a Breastique Art workshop in Perth to support Breast Cancer Care WA. The empowering workshops were designed for women to create beautiful works of art with paint and their boobs. Sadly, Breastique Art is no longer running but given October was Breast Cancer Awareness month, I thought it was the perfect opportunity to shed some light on this awful disease and embrace our bodies.

With that in mind, this issue delves into the concept that travel could be key to our longevity, I revisit some wellness retreats and share some free side flights with you.

Thank you for coming along for the journey,
may your travels be fluffy.

Carmen Jenner



What's inside



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Show your support for Breast Cancer Care WA

Did you know breast cancer affects one in seven women? That's an alarming statistic and the odds are high that you will know someone who is living with breast cancer or you might have received a diagnosis yourself.

You might feel helpless, but there are many ways you can show your support through [Breast Cancer Care WA](#).

Fluffy Towel Travels

Airlines

Free side flights with VietJet



VietJet Air is offering complimentary domestic flights for Australians travelling from Perth to Ho Chi Minh City (HCMC) until 5th December, 2024. The three side flights including Da Nang (pictured), Hanoi and Phu Quoc Island. With four flights between Perth and HCMC each week, Vietnam has never been more appealing to visit. In case you're wondering what VietJet is like, you can read all about my experience [here](#).



More free flights with Malaysia Airlines



Did you know that when you fly with Malaysia Airlines, you can also enjoy a free side trip from Kuala Lumpur to seven destinations on the Malaysian Peninsular? You could be exploring Penang (pictured), Langkawi, Alor Setar, Johor Bahru, Kota Bharu, Kuala Terengganu and Kuantan on the [Bonus Side Trip](#) offer. Click [here](#) for more information and could put those savings towards your holiday or upgrading to business class and perhaps my [review](#) will tempt you to treat yourself.

Special fares from Perth to Japan with ANA

By the time you're reading this, I'll have already flown from Perth to Japan with [ANA](#) (All Nippon Airways). The direct flights resumed 14th October 2024 and there's never been a better time to visit Japan on this non-stop flight. You can read all about my experience in an upcoming issue.

Healthy inspiration

Is travel the key to longevity?

Is travel the key to longevity? I'd certainly like to think so. Ultimately, good health contributes to longevity – so if travel is your passion, why not indulge and defy premature ageing in the process? I'm more than happy to continue "researching" this concept. In fact, I'm so invested that I called in the experts and you can listen [here](#) to my interview on Travel Writers Radio or read my [Is travel the key to longevity?](#) post.

How to stay fit while travelling

Sometimes, I struggle with making healthy choices while travelling. In fact, I struggle to find time to stay fit even when I'm home and not on some overseas adventure, which plays havoc on any fitness regime. I think its safe to classify Chris Hemsworth as fit (in more ways than one) and an inspiring ambassador for Centr, who have launched a fitness kit for a full body workout anywhere in the world. You might enjoy this post I wrote about [how to stay fit while travelling](#).

Redefining wellness at three retreats

Fivelements, Ubud



On a trip to Ubud several years ago, I channelled the famous *Eat, Pray, Love* trend. I didn't find myself, or even Javier Bardem frolicking in the rice paddies, sorry girls, but I did discover many enticing ways to eat, lay, bend and write, with a few naughty detours along the way, including a stay at Fivelements Wellness Retreat, a raw living vegan retreat in Ubud. Years later, I'm still reliving the spa treatment I had by the rapids followed by a dip in the above bath.



Shreyas Yoga Retreat, India



Once you're safely cocooned in Shreyas Yoga Retreat, you'd never believe that the wonderful madness of Bangalore is just an hour away. The service was so discreet that whenever I entered a building and removed my sandals they were magically facing in the right direction for me to slip my feet into. This wasn't a deed of subservience but instead a belief that no-one is superior or inferior and this act of kindness is only performed if someone happens to walk by and notices the shoes are facing the wrong direction. You can read my full review here.

Barberyn Ayurveda Retreat, Sri Lanka

One of the oldest forms of holistic healing in the world, Ayurveda promotes natural beauty, positive health and a long life. Sri Lanka heaves with Ayurveda practitioners, and treatments vary from wandering into a centre for a relaxing massage to an intensive stay at an Ayurvedic retreat in Sri Lanka where you'll be revived physically, emotionally and spiritually. Here's What to expect at an Ayurveda Retreat in Sri Lanka.



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Fluffy Towel Travels

What else is happening?

A funny thing happened during an Ayurveda session



A Greek, an Australian and two Swedish women wandered into an Ayurveda centre in Sri Lanka. We bonded over an assortment of smoking herbs and hysteria. You can read all about it [here](#).

Uma's endorphin boost, Pan Pacific Perth



I popped over to Peru the other night to sample the new menu at [Uma](#) in the newly refurbished [Pan Pacific Perth](#). I can't wait to go back and try the rest of the menu. Did you know that Peruvian food is one of the healthiest and tastiest cuisines on earth?

Vegemite travels



You can take the girl out of Australia... Who else travels with Vegemite?

Hotel Babylon



I think we can all agree that this isn't a good use of fluffy towels. Sadly, these towels weren't even remotely fluffy, but they did come in handy. I won't name and shame the hotel, but I will say, management deemed that some towels and a dirty mop were all that was needed to fix the leaking shower.

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