





# FOR A GROUP PROGRAMME

HARNESS THE POWER OF STRUCTURED SET-UPS FOR TARGETED RESULTS



NEW

## ELEVEN LIFE AT DEPLAR FARM

ICELAND

### PUSHING THE LIMITS IN AN EXTREME LOCATION

The folk at Eleven Life – the new wellbeing arm of seriously smart adventure-travel and hotel company Eleven Experience – understand better than most that the ultimate life-affirming vim can only be achieved by being in the moment. So they've created monumental moments in stunning settings worldwide. Deplar, an 18th-century sheep farm turned elegant heli-skiing and fishing retreat in Iceland's far north, is home to their first wellness programme. Set in the bleak but beautiful Fljót Valley on the mountainous Troll Peninsula, it's so remote, so still, so silent it's like being air-dropped into a virtual-reality meditation simulation. The minimal exterior is a stylish adventurer's hideout, with stark black timber, tufty turf roofs, floor-to-ceiling windows and crackling outdoor fire pits over which an endlessly dazzling canopy of stars hangs at night. Inside, the 13-bedroomed den is moneyed and cool – tasteful mid-century furniture, thick rugs and an eclectic collection of art, books and antiques – but more cosy than showy. Eleven Life's principles are simple: marginal gains and stimulating challenges, outdoor

### EMOTIONAL RELEASES ARE COMMON AS ENDORPHINS RUSH THROUGH THE BODY AFTER THE ICY PLUNGE IN A VIKING SAUNA RITUAL

adventure, cultural spa therapies, fitness and nutrition. A personal combination is plotted out by an Experience Planner in advance, based on goal-orientated pre-travel conversations. The gung-ho guides, spa team and chef create a super-tailored itinerary with personal trainers, nutritional consultants, even dance instructors to hand. 'Habit-stacking' is central: lots of little transformational techniques that – and this is key – are realistic to put into practice back home. Nervous system calming and energising breathwork is taught on daily wilderness treks or sea-kayaking in the summer; hilarious strengthening and balancing exercises are conducted standing on one leg with eyes closed on a boat in between whale-watching; and walking in total silence. bar the sound of footsteps on a night stroll is sweet relief from unnecessary jabber. The spa is a stunner: a small slick gym, pocket-sized meditation room and glass-box studio where specialists, including the otherworldly Sigrún, teach restorative yoga classes and give gong baths against a craggy backdrop. Masseuses are skilled in Swedish, deep-tissue, shiatsu and – if you're not feeling spaced-out enough – can help you into the sensorial deprivation Isopod flotation tanks. The food is incredible: a flexitarian fanfare of modern Nordic cooking with legumes taking centre stage. Eat beetroot five ways: baked, poached, pickled, pureed, or raw with pan-seared kale and pecan nuts. Emotional releases are common as endorphins rush through the body after the icy-cold plunge following a steamy viking sauna ritual, and there are shouts of 'God, it's good to be alive!' These Eleven Lifers, they won't let you forget it.

**INSIDER TIP** Swallow your pride and strap on the unsexy leg and hat floats provided in the spa. Bobbing about on your back in the inky geothermal pool staring at the clouds is bliss.

**BOOK IT** Doubles from £1,750, full board, including wellness programme, guide service, gear for activities and transfers ([elevenexperience.com](http://elevenexperience.com)).



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