GQ

NOVEMBER 2024

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TRAVEL FAR, LIVE LONGER: INSIDE THE LONGEVITY RETREAT BOOM



PAUL MESCAL

ARE YOU NOT ENTERTAINED?

How Far Would You Go To Live

LONGER?



If wellness is the new religion, then the quest for eternal life no longer involves prayer, but pricey cryotherapy treatments, genetic testing, and in some cases, a willingness to believe in the impossible.

Silicon Valley tycoons such as Bryan Johnson are spending millions on attempts to lower their biological age (in Johnson's case, he claims to have pulled off the lung capacity of an 18 year old). But you don't need such lofty goals or oligarch-priced equipment to dip your toe in the waters of everlasting life.

With the market for wellness tourism expected to reach a staggering £750 billion this year, today's health-conscious resorts have caught on and are offering tourists some of the most advanced treatments and tools on the market. Think celebrity-endorsed treatments like Cristiano Ronaldo's hyperbaric chamber, rather than blood transfusions. The number of treatments available can feel overwhelming, so we have scoured the world – from a coastal hangout in Mozambique where you can detox in your own infrared sauna, to a Swiss resort that wants to overhaul your microbiome – to find the retreats worthy of your next pilgrimage.

EDITED BY REBECCA DOLAN

MALDIVES

Soneva Jani



Sonu Shivdasani, who founded the popular Soneva resorts in the Maldives, was diagnosed with cancer in 2017. The experience of beating the disease into remission gave him a keen appreciation for the complementary therapies (alongside chemotherapy) that he felt helped him heal. Both his resorts on the archipelago have invested heavily in putting healthy ageing top of their agenda, offering comprehensive treatment options that include autohemotherapy (using your own blood to stimulate the antioxidant system), prolotherapy (for pain in joints, ligaments and tendons) and platelet-rich plasma injections (said to supercharge healing). Name a more picturesque place to convalesce. —NATHALIE KERNOT



KOH SAMUI, THAILAND

Kamalaya

IV therapy? Check. Hyperbaric oxygen therapy? Check. Enzyme testing? Oh, go on then. Kamalaya on Koh Samui brings the features of an Alpine medical centre to the more restorative climes of this mountainous island of rainforests and beaches. The Longevity House blends Ayurveda, traditional Chinese medicine, Thai massage and Western practices. The result is myriad offerings such as ozone therapy (meant to increase the amount of oxygen in your body), Chi Nei Tsang (a massage to detoxify organs and balance the gut), and energy-healing treatments. The resort is built around a centuries-old cave once used by Buddhist monks, which you can use for meditation and contemplation – proof some self-care practices are timeless. —NK



SYLT, GERMANY

Lanserhof

An island off the far north of Germany might not scream "hot holiday destination", but everyone from Kevin Costner to Karl Lagerfeld has developed a soft spot for this windswept island of buildings with thatched roofs. The über-high-tech resort (which also has centres in Tyrol, Lake Tegernsee, and a private club in London) focuses its attention on the stomach. At the heart of Lanserhof's concept is fasting: by cutting out ultra-processed foods and other irritants, the resort promises to revitalise intestinal health, which has been linked to everything from dementia to poor mental health. You are required to limit coffee, alcohol and sugar for two weeks before arrival – but you'll end up with a personalised guide on what works for you. —RD