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Beauty expert **Karena Callen** unveils her A to Z of wellbeing news

A C G H I

Q is for quiet

Escape into ecclesiastical tranquillity – with all the luxuries of a boutique hotel – at Le Couvent d'Hérépian, a 17th-century former convent in France's Haut Languedoc region. Its subterranean spa has a bijou eight-person relaxation pool, and >

treatments use freshly made products from local, organically sourced ingredients, such as chamomile, lavender honey and grapes. garrigaeresorts.com/le-couvent