

The *ultimate* recharge



"I've been dreaming about this detox holiday at the boutique resort Absolute Sanctuary in Koh Samui. It's a chance for us to relax."

One lucky reader of *The Weekly*, marketing manager Jasmine Yeo, 31, recently won a detox break for two to Thailand. We take a peek into her private travel journal...



"Our room's Moroccan décor is so pretty. We love how there aren't too many distractions around at night - no pubs, shops or restaurants - and that we can borrow a DVD from reception and watch it in our room."

SINGAPORE WOMAN'S WEEKLY



"This is our virgin yoga experience - I've been wanting to try it for the longest time. It's definitely not as easy as it looks because the moves really work up a sweat!"



"This is what I call a really good break over three days and four nights. I feel totally recharged and ready to take on the world again!"



"The resort's Love Kitchen had a super yummy spinach and veggie wrap."



"We had several heavenly massages. I liked the detox one: The strokes were so comforting and I fell asleep under the magical spell of the masseuse's gentle kneading."



Show off that detoxed bod. Left Swimsuit, £55, from Topshop; and (right) Bikini, \$38, from Dorothy Perkins.



HOW TO GET THERE

- Absolute Sanctuary Koh Samui is at 80 Moo 5 Bophut, Koh Samui, Suratthani 84323, Thailand. For reservations, call +66 77 601 205 or click on www.absolutesanctuary.com for details.
- Bangkok Airways flies daily to Koh Samui. Check out www.bangkokair.com for more.