

asiaSpa

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7th
ANNIVERSARY
EDITION

THE NUTRITION ISSUE
HOW TO...
CHOOSE
A DIET

ASIA'S TOP 7
spas, retreats,
products, trends

enchanting maldives
finding balance in borneo
journey to rome

Hong Kong, China HK\$48 • Singapore S\$8 (inc GST)
Malaysia M\$20 • Thailand B200 • China Rmb60
Philippines P220 • Indonesia RP50,000 (inc tax)
Australia AU\$58 • New Zealand NZ\$8 • Japan ¥1,500 • South Korea W6,000
Taiwan, China NT\$300 • Rest of Asia US\$7 • USA US\$8 • Rest of world £7

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ABSOLUTE SANCTUARY KOH SAMUI, SPA

The colourful Moroccan-themed Absolute Sanctuary is in the north east of Koh Samui, and is devoted to everything healthy at its Spa, Detox Centre and Steam Room. Retreats here focus on detoxing (think The Ultimate Detox, The Living Foods Detox, and The Vegetarian Detox) or yoga with numerous styles and classes, offering a one-day sampler up to a ten-day yoga holiday. Guests are kept full of energy eating the light and natural cuisine at The Love Kitchen, the Juice Bar and of course by taking a dip in the pool. www.absolutesanctuary.com

ALEENTA PHUKET-PHANG NGA, KA SPA

White cubes of style make up this unashamedly modern resort, perched on the perfect beach-ocean combination of Khao Lak, so close to Phuket, yet infinitely more natural and deliciously quiet. Beachfront villas look straight out onto this panorama, and set back a little is the spa. KA Spa is small but just as modern-sleek, with a grassy space for alfresco yoga first thing in the morning before the temperature rises. Inside coffee scrubs, mud wraps, Thai massage and aftersun facials are pampering but also therapeutic treats. Ask your therapist to use the kaffir lime and lemongrass oil and you'll smell wonderful all day long.

www.aleenta.com/phuket

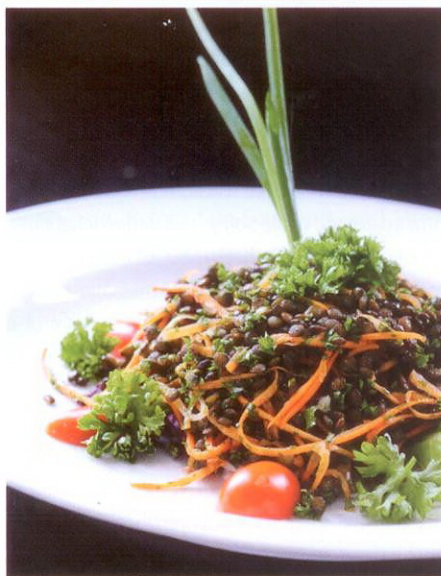
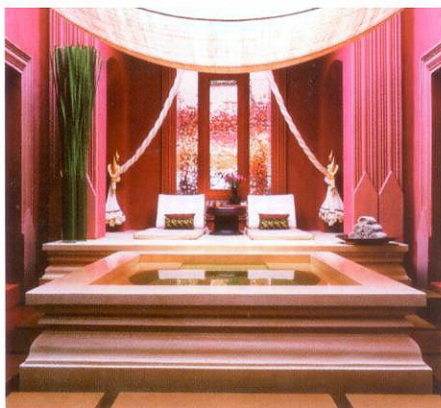
FOUR SEASONS CHIANG MAI, SPA

The pool villas at this divinely green sanctuary of a resort mean you don't necessarily have to venture out to the rest of the property, but you'd be missing out, especially if you don't walk the wooden skywalk over to the spa. The suites are beautifully created in dark wood with herbal steam and outdoor showers and baths, Ytsara products standing by to cosset you. The Lanna Thai Sampler is a fantastic journey through foot scrub, massage, herbal steam, shower and finally a cup of energising ginger and honey.

www.fourseasons.com/chiangmai

MANDARIN ORIENTAL DHARA DHEVI, DHEVA SPA

The Mandarin Oriental Dhara Dhevi is a fantasy colonial-Thai castle of a resort, buildings linked with organic gardens, terraced paddy fields, salas



and delightful details, and is making a name for itself for its retreats. The Burmese temple-inspired Dheva Spa and Wellness Centre offers Thai treatments, of course, the cosy hammam, even Watsu, but is renowned for its Ayurvedic doctor and huge menu of Indian treatments. Book in for Yoga, Women's Healthcare, Vedic Journey or For the Love of Water retreats and return home a changed person.

www.mandarinoriental.com/chiangmai

SALA PHUKET, SALA SPA

For something completely different, the divine villas at Sala Phuket are havens of designer

cool, open plan living areas next to an alfresco bathroom by the side of the central pool, as well as a main area of circular lounge beds around lap pools that stretch out of sight. SALA Spa is equally unusual, minimal chic in slate grey allowing tree shadows to create artistic designs as the sun arcs round, expanses of grey/black pebbles giving onto white curtains billowing in the breeze and a sleek interior. Products Pevonia and Jurlique cosset and caress the skin in treatments like the Jurlique Anti-Oxidant and Detoxifying Wrap and numerous facials, while massages include the Sala Selections Massage, and of course Thai massage. www.salaresorts.com/phuket

SIX SENSES HIDEAWAY YAO NOI, SIX SENSES SPA

This Robinson Crusoe style resort somehow brings rustic wooden design into a completely luxurious realm, cosy and casual and yet infinitely comfortable throughout the villas and restaurants, with views of the limestone peaks and Phang Nga Bay. The Six Senses Spa is a series of rooms within an indigenous longhouse, and the Signature Yao Noi Ritual makes use of every single room starting with a foot bath, steam and scrub, followed by a massage and facial, and finally a bath. Holistic treatments include Reiki and vibrational healing. And the ocean view platform for yoga is inspired. www.sixsenses.com

THE HYATT REGENCY HUA HIN, THE BARAI

The Barai has long been loved for its phenomenal design, courtesy of genius Khun Lek Bunnag, while its treatments after the elements of water (Soothing Facial), earth (Balancing Stone Massage), air (Harmony Four Hand Massage) and fire (Eucalyptus Salt Scrub). New are the eight beachfront Barai Suites, more spa residences for those who just can't bear to leave the spa's calming atmosphere, while there are 18 spa rooms for those staying in the hotel. One of their signatures is The Element Journey, four hours of bath, and your choice of massage, facial and spa cuisine. www.hyatt.com, www.thebarai.com

THAILAND