

# Telegraph magazine

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TRAVEL

## Four of the best detox retreats, by Francesca Syz



**Absolute Sanctuary Koh Samui, Thailand** While Absolute Sanctuary isn't a glossy five-star affair, neither is there a whiff of the grungy backpacker. Instead this Moroccan-inspired hillside retreat on the Thai island of Koh Samui offers a first-rate, affordable detox experience in a comfortable, friendly setting. What makes it stand out is that while it's best known for its detox programmes, the other ingredients on offer – spa and yoga – are taken very seriously so are of an impressively high standard. First you have to choose your detox – Ultimate, Living Foods or Vegetarian, each customised to suit the individual but generally incorporating daily colonic hydrotherapy and nutritional supplements, massages and yoga. Those not so keen on hardcore fasting can opt for gentler 'rejuvenating packages' of massages, facials, body treatments, yoga and great food or even a straight yoga break. It is walking distance to the beach, but few stray far from the lovely large swimming-pool. **The details** Lotus Journeys offers an eight-night detox from £1,345 pp based on two sharing, including daily colonic hydrotherapy, yoga classes and three massages, excluding flights (0845-170 1747; [lotusjourneys.com](http://lotusjourneys.com)).