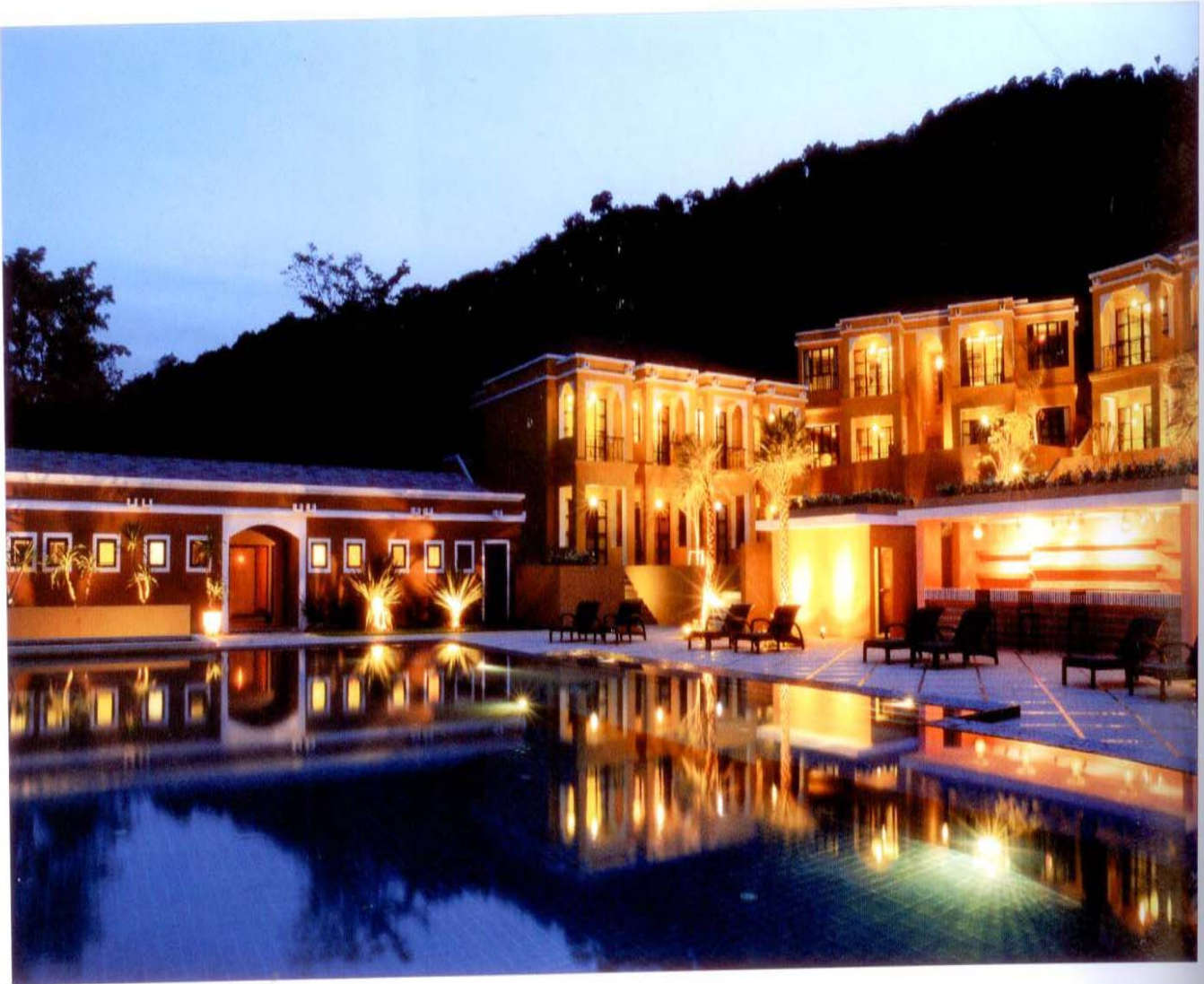


# SPA CHIC

## absolute sanctuary



*THIS PAGE* Spend a weekend, or better yet an entire week, at Absolute Sanctuary detoxing and rejuvenating.

*OPPOSITE (FROM LEFT)* The 38 rooms are painted in striking colour palettes and outfitted with a host of modern amenities; the use of high-quality spa ingredients combined with the therapists' skill ensure that guests leave satisfied.

Following the explosive success of Absolute Yoga studios in Singapore and Thailand, the Absolute group has now begun introducing the wonders of detoxification programmes to those in need of a healthy reset in their lives.

Enter Absolute Sanctuary. Situated on the island of Koh Samui, Absolute Sanctuary is a complete residential spa, detox and yoga destination. The resort's design takes its cues from exotic Moroccan architecture, with the

final result forming a remarkable interplay between the shape of the complex and the organic entropy of its tropical surroundings.

Even if a guest can only spare a weekend, one of the Detox Centre's custom-designed programmes will replace toxins, fat and waste with nutrients. The Ultimate Detox is the most effective, involving structured fasting and colon hydrotherapy, while the Living Foods and Vegetarian Detox programmes focus on the

# SPA CHIC

thailand koh samui

benefits of raw foods and healthy, vegetarian cuisine. Manual lymphatic drainage, an alternative to colon hydrotherapy, is also offered. Every visit begins with a consultation with a wellness consultant who will tailor the programme according to each guest's needs.

Yoga still forms the core of the Sanctuary experience, and in building the new Yoga Centre, the group has created their most impressive studio yet. Not only equipped with a heating system for Hot Yoga classes and separate male and female facilities, the large indoor studio is also fitted with floor-to-ceiling windows for a beautiful view of the peaceful greenery. A wide spectrum of yoga styles is taught here by some of the most respected instructors in the yoga world.

The third pillar of any Absolute Sanctuary rejuvenation is the pampering offered at the Absolute Spa. The signature massage, Tropical Indulgence, is a four-handed procedure that lasts an hour; it will knead out any trace of one's stressed-out life. Also popular is the 90-minute Healing Hands Massage, which is an exclusive Absolute Sanctuary creation that blends a sports or medical massage with *reiki* healing techniques for a spiritual boost.

Those not staying at the resort can sign up for the One Day Spa Sampler, and everyone can try The Love Kitchen, where vegetarian fare is served with healthy drinks. Nutritious meat and seafood dishes are now in the pipeline too. At the Absolute Sanctuary, the road to feeling good is finally as enjoyable as the results.



## rooms

hotel: 38 rooms and suites •  
detox: 8 private rooms with colon  
hydrotherapy equipment •  
spa: 4 indoor treatment rooms, outdoor  
massage area for 6

## food

The Love Kitchen: healthy meals, fruit juices,  
smoothies, 'Smart' Drink Boosters

## drink

Pool Juice Bar: Super Juices, shakes,  
'Smart' Shooters

## features

Detox Centre • Spa Centre • Yoga Centre •  
steam room • infinity pool • mini theatre •  
wireless Internet access

## nearby

Cheong Mon • Chaweng Beach •  
Samui International Airport • Crocodile Farm •  
Monkey Theatre

## contact

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