





AMANOI

WEIGHT
LOSS

VINH HY BAY, VIETNAM

IMMERSIVE PROGRAMMES IN A CURATIVE SETTING

Imagine if your higher self sent a psychic email to a remote, faraway spa, detailing your physical and emotional state. A stellar healing team then created a treatment menu so finely calibrated that you were unaware you even needed it. This is exactly how it feels arriving at Amanoï, on the south-east coast of Vietnam. The hotel is in a national park, an area of preternatural beauty peppered with ancient boulders, so unspoilt it feels positively prehistoric. Inspired by this vision of nature, Aman has seriously upped its wellness offering. Last year, two new spa houses were added and an ingenious immersion programme tackling stress, weight loss and fitness was introduced, which only five guests can take at any given time. Aman's architects ensure that their open-sided, vaulted-ceilinged buildings reflect the majesty of the surroundings. Both here and at the beach club, the sea breezes and azure views of Vinh Hy Bay (meaning Place of Peace) are entrancing. Home is a vast suite edging a lotus-strewn lake, which houses your own spa below. Each has a private hammam, steam room, icy plunge pool, 15-metre lap pool and double treatment room. It's insanely spoiling. Following a consultation with the thoroughly intuitive Dr Shyam Mohan Goyal in an office filled with hundreds of jars of Chinese herbs, a bespoke and flexible schedule will be mapped out – he then reassesses you every half-day and treatments change accordingly. Each morning a flask of Chinese tea, made from specifically diagnosed herbs, arrives at your door. It could shift a 'stuck liver' or stimulate your gall bladder. Mellow sunrise yoga on the lake's floating pavilion is rewarded by a breakfast of spicy crab omelette and jackfruit-and-chia

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juice. The personalised menus are filled with fascinating nutritional details: at lunch there are dishes to cool the body and nourish yin, while at dinner the aim is to calm the mind. Each meal is sublime. Pomelo salad with poached scallops, prawn curries – the portions seem enormous but Dr Shyam reassures hesitant guests to trust that this is what their body needs. Back at the spa there is reiki so powerful it acts like a tranquilliser dart, exacting yoga, qigong, t'ai chi and top-notch allegro reformer Pilates. After early supper you have a Vietnamese massage in your villa treatment room, with cupping and acupressure, before slinking off to bed, oily and comatose. The combination of Ayurveda, Chinese and Tibetan medicine, plus therapeutic work on meridians and doshas, will plug your body back into its natural energy source. Feel that life-force fire up and return to your long-forgotten best self.

INSIDER TIP Meet up with Danny Woodbridge, the English chef. He works culinary magic and will show you how to recreate some of the more straightforward recipes.

BOOK IT Healing Holidays (+44 20 7843 3592; healingholidays.co.uk/condenast) offers a five-night Immersion programme from £4,950 per person, full board, including flights, transfers and all treatments according to the programme. Healing Holidays is the only UK tour operator that works with Amanoï.