

A vibrant tropical beach scene. In the foreground, clear turquoise water meets a white sandy beach. A person is swimming in the water. The beach is lined with several thatched-roof huts and colorful umbrellas. In the background, a dense line of palm trees and lush greenery stretches across the horizon under a bright blue sky with scattered white clouds.

DROP IT LIKE IT'S HOT

THE MOST KNOCK-OUT ADDRESSES ON THAILAND'S BEACHES

BEST SPIRITUAL HIGH

Scattered through dense bird-filled jungle on the edge of a boulder-strewn beach, Thai wellness institution Kamalaya changed the spa scene when it opened 10 years ago. This results-driven holistic hotspot on the island of Koh Samui is built around an ancient monk's cave, and its therapists are some of the best in the world. Recharge your physical and emotional batteries on one of three different stress- and burnout-therapy programmes, which include invigorating yoga, Chinese acupuncture, Ayurvedic medicine and Thai massage. www.kamalaya.com.
Doubles from about £140

