



CHIVA-SOM

Hua Hin, Thailand

Few places are as physically, mentally and spiritually nurturing as this oasis of birdsong, rippling water and teak pavilions. But now, fresh from its recent revamp, Chiva-Som delivers more than ever: its 70 treatment rooms have been refined and refreshed; a new Watsu pool gleams with jade tiles; its bathing pavilion is more exquisite and expansive than before. Though it's the naturopathic doctors here who really impress, and who know how to set guests on the path to wellness: whether the goal is to lose weight or to reduce stress levels. Recalibration takes place almost imperceptibly – lying beside the flower-garlanded pool, walking along the beach at daybreak with the tide washing over feet, or during full immersion in healing practices: from flotation therapy to calm mind and body, to colonic hydrotherapy that leaves one feeling tangibly lighter. Remarkably, its approach hasn't dated (in 25 years) thus it remains a classic: charged with an extraordinary power to shake off negativity and bring about positive, long-term, change.



Healing Holidays (healing-holidays.com) offers seven nights from £4,159, full board, including a wellness consultation, daily treatment, £625 wellness credit, British Airways flights and transfers.