

MANDARIN ORIENTAL

Bangkok, Thailand

It has long been a Bangkok landmark – but fresh from its refurb, this grande dame is positively resplendent. The lobby sparkles; silk-draped suites are adorned in Jim Thompson fabrics; and the riverside restaurant hums. To really imbibe the magic, head to the Oriental Spa. A boat trip across the water, its setting inside a wooden traditional Thai house is utterly transporting, with bougainvillea spilling over balconies and screens of exuberant vegetation. The spa is unforgettable: for the brilliant manager, Khun Banchong (who helps clients blend a scrub of black sesame and tamarind); for the patience of the Muay Thai boxing coaches (who deliver a superlative workout) – but mostly for the massages. A lick of liniment oil, plenty of elbow-digging and canes of bamboo realign and rebalance bodies. Otherwise, try the Tok Sen treatment: a beautifully synchronised sequence of tapping using wooden hammers, which helps clear blocked emotional energy.



Healing Holidays (healing-holidays.com) offers three nights from £2,225, including breakfast, flights and transfers.