

*The pool wing,
Thanyapura*



THANYAPURA

Phuket, Thailand

Imagine an Olympic village hidden in the jungly heart of a spectacular tropical island, and you've got Thanyapura. The facilities are phenomenal: an athletics track, yoga, Pilates, tennis and volleyball courts, spinning studios, a Muay Thai boxing stadium, a mind-training centre, a spa and two competition-worthy swimming pools – perfect for some serious laps and serious people watching (the French and Japanese national teams are in

regular attendance). Dive into the classes (over 100 per week), or opt in to one of 10 wellness packages, which may combine physiotherapy, IV drips and health diagnostics at the medical centre. If the spa and fitness options fail to tempt, then Phuket's soft-sand, bright white Andaman-lapped beaches will...



Healing Holidays (healing-holidays.com) offers a seven-night Yoga and Pilates programme, full board, from £2,099, including British Airways flights and transfers.