

# THE BEST RESORTS IN THAILAND

Thai resorts we're dreaming of escaping to right now...

BY [REBECCA COX](#)

*Thailand reopens its doors to international visitors from 1 July, and while the UK's travel restrictions are open to change, a little dream destination planning won't hurt. Whether it's a family-friendly eco-trip or a post-lockdown Thai detox trip that you're seeking, look no further. We've found the most enticing luxury Thailand resorts and regional openings for 2021.*



## **Absolute Sanctuary, Koh Samui**

Head to the spa capital of Thailand and check into the simple but wonderful (or should that be simply wonderful?) Absolute Sanctuary. A perfect kick-start to that long-planned detox / health-kick, the yogis at the sanctuary are world-class (and train yoga instructors from around the

world). Also on the menu is Reformer Pilates, Box Fit, a host of other exercise options and a 7-night detox programme to leave you looking and feeling at your best.

BOOK:

*The [7 Night Detox](#) With Manual Lymphatic Drainage includes: 7 nights' accommodation, all meals, in-depth detox consultation with Bioimpedance analysis, 1x Manual lymphatic drainage massage therapy per day (60 mins), 2 x liver flush drinks (1 before and 1 after the programme), 2x detox meals a day, 2x detox drinks per day, 2x good green stuff shots per day, 1x coconut juice per day, unlimited broth soups per day, 1x group pilates reformer/core suspend class, final detox consultation, unlimited access group yoga, meditation & fitness classes and more | From £1,235 per person for double occupancy | 01 July – 31 July 2021 & 01 October – 26 December 2021 | [Healing Holidays](#) | 020 3372 6447 can arrange a 7 night Yoga programme from £1,749.00 per person sharing, including British Airways flights, transfers, full board accommodation and inclusions of the Yoga programme*



## Kamalaya, Koh Samui

Built around a tiny cave where Buddhist monks used to come to meditate, this is the perfect spot for some post-lockdown healing. This holistic spa offers uniquely-tailored programmes, delicious food and incredible treatments and its loyal clientele return year after year to relax and recharge. Sounds pretty appealing right about now, doesn't it?

BOOK:

*[Healing Holidays](#); 020 3372 6447 can arrange a 7 night Relax & Renew programme from £2,699.00 per person sharing, including British Airways flights, transfers, full board accommodation and inclusions of the Relax & Renew programme | [healingholidays.com](http://healingholidays.com)*





## RAKxa, Bangkok

This integrative medical retreat in Bangkok opened in 2020, providing high tech equipment and advanced medical treatments for the ultimate wellbeing break. RAKxa offers tailored wellness programmes from three days to two weeks long, designed by certified medical doctors that combine advanced medical treatments with revered holistic therapies. Alongside 27 villas and one restaurant Unam there is a high-tech medical gym with Olympic athlete training equipment, hydrothermal spa facilities, an anti-inflammatory food philosophy, a cleansing tea lounge, an organic garden, and plenty of workshops and activities to try.

### BOOK:

*Healing Holidays; 020 3372 6447 can arrange a 3 night Immunity Booster programme from £5,155.00 per person sharing, including British Airways flights, transfers, full board accommodation and inclusions of the Immunity Booster programme | [healingholidays.com](https://healingholidays.com)*