

LIVING THE THAI LIFE

With its impossibly perfect beaches and tropical rainforests, Thailand beckons travellers to a haven of restorative purity. Seek adventure, seek relaxation – find so much more

Thailand has come to represent so many things. Adventure, soul-searching, opulence. Whether you're a thrill-seeking hedonist in bustling Bangkok or a chilled out yogi on the coast, be sure to make the most of all this varied country has to offer.

It's hardly surprising that Thailand is the go-to destination for spas and retreats. Here spirituality is so engrained in daily life, a visitor cannot help but soak up the ambience. The calming effect of friendly, hospitable people and magnificent surroundings makes Thailand a popular choice for those seeking to re-energise and recover. With an extensive collection of award-winning spas, Thailand has cemented its status as the home of health and wellness. Here we review three of the best spas – Chiva-Som, Absolute Sanctuary and Kamalaya. All sumptuous establishments offering a deliciously indulgent means of escape.

And for those who want more from their getaway than rest and relaxation? Thailand has it all. Why not let Healing Holidays put together a bespoke itinerary for you? Try kayaking. Go scuba diving. Or cycle through the beautiful countryside. There is so much to see and so much to do. Your adventure can be as big or small as you choose – whether its all day hiking or simply flip-flopping down to the nearest beach. Why not try a cooking class at the Love Kitchen at Absolute Sanctuary to really get a taste for Thai cuisine! Coordinate your trip with traditional Buddhist festivals to see national culture in an explosion of colour.

Thailand is a feast for the senses. Experience it.



CHIVA-SOM, HUA HIN

This paradise resort is celebrating its 20th anniversary and is still as impressive as ever. With an innovative programme that addresses diet, exercise, physical ailments and wellbeing, it's easy to see why Chiva-Som are considered leaders in the health and wellness world. Situated right on the beach and surrounded by tropical rainforest, this is a place of rest where real life troubles float away. With a fully appointed spa, physiotherapy centre, gym and medi-spa Chiva-Som will coax you into good shape. Why not opt for the signature body cleansing cocoon? Using coffee, it stimulates the lymphatic system to banish lingering toxins and leave you feeling completely refreshed. Or perhaps start the day with some aqua aerobics. What's more, the restaurant conjures up delicious low calorie food *and* offers cooking lessons so you can bring the healthy recipes home. **Healing Holidays offers a seven-night stay at Chiva-Som from £3,199 per person sharing. Offer includes flights, transfers, full board accommodation, a daily treatment plus a spa allowance.** Exclusive to *Tatler* readers: book a seven-night stay at Chiva-Som and receive a complimentary night and room upgrade, subject to availability. Terms and conditions apply.

ABSOLUTE SANCTUARY, KOH SAMUI

Breathe in, breathe out and picture yourself in a peaceful setting with calm waters and azure skies. It exists. Absolute Sanctuary is the quintessential paradise reimagined to suit modern needs for detox, weight management and stress alleviation. Inspired by traditional Moroccan architecture, and perched on a hilltop overlooking the sea, this stunning resort seeks to cleanse and revitalise with its extensive spa and lifestyle programmes. The Love Kitchen restaurant uses fresh, natural ingredients to create a menu that is enriched with superfoods. Famed for its pilates and yoga centre, Absolute Sanctuary delivers tip top schooling from renowned gurus. Chilled yet? Just wait for the spa. Try the 'Tropical Indulgence' signature massage – two therapists work to gradually unravel all those aching knots to leave you fully relaxed. **Healing Holidays offers a seven-night stay at Absolute Sanctuary from £1,655 per person sharing. Offer includes flights, transfers, full board accommodation and all treatments as per the Yoga programme.** Exclusive to *Tatler* readers: book a seven-night stay and receive a complimentary room upgrade and a complimentary massage per person, subject to availability. Terms and conditions apply.



KAMALAYA

KAMALAYA WELLNESS SANCTUARY & HOLISTIC SPA, KOH SAMUI

Located on the picture-perfect island of Koh Samui in the Gulf of Thailand, this is a sanctuary of tranquillity. Kamalaya's philosophy is very much about mind, body and spirit – encouraging guests to hit the pause button and to re-set and reconnect with all aspects of life. With a variety of treatment plans available, you can tailor your experience. Benefit from the special 'Embracing Change' programme designed to help achieve emotional balance and promote wellness on all levels. Holistic activities and nutritional guidance combine with herbal remedies to get you back on the right track. Whether you want to detox, improve your sleep pattern or greet each day with some yoga, you'll find the support to achieve your goals in this magnificent setting. **Healing Holidays offers a seven-night stay at Kamalaya from £2,510 per person sharing. Offer includes flights, transfers, full board accommodation and all treatments as per the Relax and Renew programme.** Exclusive to *Tatler* readers: book a seven-night stay with a pre-booked wellness package and receive a complimentary spa voucher. Terms and conditions apply.



ABSOLUTE SANCTUARY

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