

FATFLEET[®]



SPA GUIDE 2013

IN ASSOCIATION WITH HEALING HOLIDAYS

ALL CHANGE!

Body rehab from top to toe



CHIVA-SOM

HUA HIN, THAILAND

The mother of them all, Chiva remains triumphantly at the top of its game. Come here to scrub your chakras, give up sleeping pills or smoking (or both), lose your post-baby blubber or have accelerated subdermal therapy (ultrasound does battle with cellulite) in the medi-spa. There's a daily schedule that's more tightly packed than a tin of chickpeas, from vinyasa flow yoga to gyrokinesis (pilates meets ballet). Plus it's all run with Swiss-style efficiency. The wellness consultants are big on diagnostics and prescribing what's right for you. To feel any more nurtured, you'd have to return to the womb. There are enough hydro and plunge pools to fill an ocean, and as for the food – who'd have

thought that buckwheat pancakes or spirulina bread could taste this good? Work your way through the mile-long organic, low-sodium, low-sugar buffet and sip the lemongrass tea that Elizabeth Hurley loves more than life itself. Technology isn't allowed in public. There's no alcohol before 6pm. It's maiden-aunt quiet. Rooms could do with a paint polish but, hey, you'll wake up to cheery cicadas. One man adores the place so much he's returned 59 times. For real. They even threw him a cocktail party – with booze. In the land of soya milk and honey. So joyous. **Website** chivasom.com **Book it** *Healing Holidays* (020 7529 8551) offers seven nights from £4,055, full board, including flights, transfers and treatments. ▷



ALL CHANGE!

IN:SPA

MARRAKESH, MOROCCO

A total kick up the backside. Or thighs, arms, stomach... you name it, these guys will sort it out. In:spa remains the health-holiday pioneer. Intensive weeks of exercise, nutrition advice and so-good-you-can't-believe-it's-healthy food are held in fabulous hotels dotted about the world – including this divinely boho villa in Marrakesh. Orange, lemon and apricot trees waft their scent. The sun rises up over mountains. A nearby fountain provides the ridiculously tranquil soundtrack. And then the hard work begins. Four-hour hikes, circuit training, yoga and swimming all feature in the bespoke programmes. Factor in some much-needed massages and informative one-on-one nutrition and you have the recipe to this company's inimitable success. It's a thorough education that will set you on the road to priestly perfection. Oh, and you even get time off to go shopping. Could a health week be any better? The finest all-rounder out there. **Website** inspa.co.uk **Tel** 020 8968 0501 **Book it** Seven nights from £2,195, full board, including transfers, treatments, consultations and activities.



KAMALAYA

KOH SAMUI, THAILAND

Whatever you think you'll address – weight loss, seismic destressing, grief, mental detox – think again, as you'll end up on a completely different journey. Everything is geared to transformation, from the stellar near-vegan food to the vibe of emotional safety that instantly cocoons. Kamalaya is wrapped around a cave where Buddhist monks once hung out, and the energy of change pulses through the air, along with butterflies the size of birds. Soothing counsellor Smitha, once a monk himself, will guide you towards lightbulb moments for life's weighty decisions and there are ingenious vitamin packs to boost flagging adrenals for stressy worker bees or the hormonally challenged. The rooms are a bit tired, the beach so-so, but you'll emerge fit, sleek and connected – to yourself, your hopes and your dreams. Corny but true. **Website** kamalaya.com **Book it** Healing Holidays (020 7529 8551) offers seven nights from £2,950, full board, including flights, transfers and treatments.

KEMPINSKI HOTEL BARBAROS BAY BODRUM, TURKEY

A tackle-it detox that's fabulously user-friendly. Get ready for unending sunshine and buckets of sleep in staggering surroundings – manicured lawns and an infinity pool with huge white columns. Think Turkish tradition meets the American Dream. Kick-off is at 7am, with a Green Smoothie (kiwi, kale, Swiss chard, parsley, apple, avocado, mint, basil) delivered to your door, and after breakfast there's a breathtaking mountain walk/run. Personal instructor Hilal Cakaner (a sweet Turkish girl whose idol is Cheryl Cole) is available to tutor you in anything from gym work to t'ai chi. The spa is by Six Senses, so you know the score: cracking results and original holistic charm. Highlights include a freshly harvested warm liquid algae wrap. Cleverly, the team quietly tailors your timetable – you won't feel cross, unfit or inadequate. You'll leave clean outside and in, but, crucially, not exhausted by the effort. **Website** kempinski.com **Book it** ITC Classics (01244 355550) offers seven nights from £940, including easyJet flights, transfers and breakfast.

