

Feelings

Z E N



Whether you're wanting to heal, energise or simply unwind, check out *Kate Farr's* picks for Asia's most fabulous spa destinations

Photos courtesy of Kate Farr

Rhassoul-clay detox, SO Sofitel Spa

Looking to regain your equilibrium now the kids are back at school? With some of the world's best spa destinations just a short flight from Hong Kong, getting your groove back couldn't be easier. Here are five of the best regional locations in which to revitalise your body, mind and soul.

Fusion Maia, Da Nang, Vietnam

Located just a short transfer from Da Nang International Airport, less than two hours' flight from Hong Kong, Fusion Maia's all-pool villa accommodation has you unwound faster than you can unpack your carry-on. But plush digs and private pools aren't the only things this beachfront resort has to tempt committed spa-junkies to book their break.

With a comprehensive menu of holistic therapies, Fusion Maia is an all-inclusive spa resort, meaning you can scrub, massage and stretch to your heart's content throughout your stay. This bespoke approach to guests' wellbeing is evident throughout the resort, with a dedicated Fusionista concierge team on call round the clock to cater to your every need.

Kamalaya, Koh Samui, Thailand

Located on the powder-white sands of Koh Samui, a three-hour flight from Hong Kong, this palm-fringed retreat is a sanctuary for both body and soul. There's a range of rooms, suites and villas to choose from – all designed to make the most of Kamalaya's lush natural setting. Spectacular views over the surrounding gardens or sea help you calm your thoughts and regain your Zen.



Rejuvenating steam, Kamalaya



Poolside massage, Chiva-Som



Aromatherapy massage, Fusion Maia

Drawing from both ancient and contemporary disciplines to offer guests a comprehensive wellness experience, this is where Ayurveda meets Traditional Chinese Medicine and naturopathy works with hydrotherapy to leave you perfectly in sync. If you're feeling burnt out and in need of some serious pampering, Kamalaya is sure to have the cure for what ails you.

SO Sofitel Spa, Sentosa, Singapore

Aiming to combine a family-friendly trip to Singapore with a little RnR? Then SO Sofitel Spa has you so covered. Sneak over to the spa, a lush tropical garden hideaway, while the little ones are kept busy at Villa Des Enfants – the resort's onsite kids' club – and they won't even notice you've gone.

Take the time to indulge in SO Spa's signature Five Elements Ritual, which draws on ancient Chinese wisdom to offer a full-body therapy that will leave you

floating on air. Post treatment, you can enjoy the spa's three inviting pools, an alfresco mud bath filled with detoxifying Moroccan Rhassoul clay and The Garden restaurant, which dishes up tempting-yet-healthy fare in a beautiful heritage building. With alfresco movie nights by the pool every Friday and Saturday, you should definitely plan a lingering visit.

Chiva-Som, Hua Hin, Thailand

Looking for something a little longer lasting than a massage or yoga class? Less than three hours from bustling Bangkok, Hua Hin's Chiva-Som resort has an award-

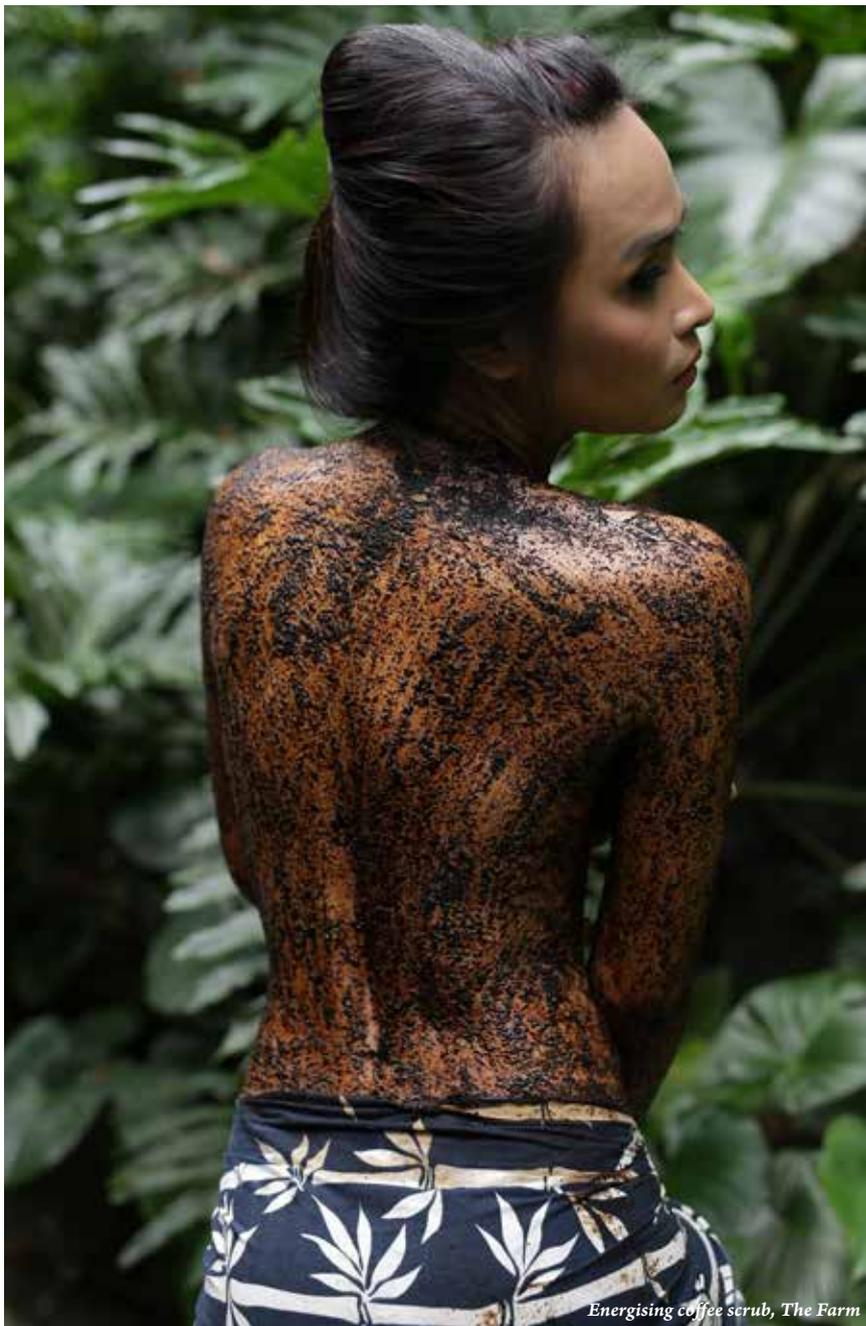
winning spa, mouth-watering dining options and a broad range of fitness activities to offer its health-conscious guests.

The resort is also home to Niranlada – Chiva-Som’s very own medi-spa – which offers a curated menu of both invasive and non-invasive treatments. Performed by a world-renowned team of dermatologists and surgeons, the wide range of peels, fillers, laser treatments and other procedures are guaranteed to give you a subtle, yet significant lift. And where better to sit out any downtime than on the resort’s spectacular private beach?

The Farm, San Benito, Philippines

Deservedly recognised as one of Asia’s best detox destinations for the last 15 years, The Farm may be less than two hours from Manila, but its tranquil rural setting makes it feel a whole world away. A working plantation, The Farm utilises its own coconuts in every aspect of its operation, from raw vegan ‘Sushi’ and ‘Bounty Bar’ cacao desserts at Alive! Restaurant, to coconut-oil aromatherapy massages at the onsite spa.

The Farm offers its guests a broad range of treatments, including fitness retreats, weight-management programmes and juice fasts using locally sourced, organic ingredients. These programmes are supervised by a full medical team, and are supported by a wide range of complimentary treatments that include hydrotherapy, reflexology, acupuncture, meditation, and, of course, plenty of relaxing and rejuvenating spa treatments too. The farmer’s life never looked so good... **B**



Energising coffee scrub, The Farm

FIND IT

- Chiva-Som, www.chivasom.com
- Fusion Maia, www.maiadanang.fusion-resorts.com
- Kamalaya, www.kamalaya.com
- SO Sofitel Spa, www.sofitel-singapore-sentosa.com
- The Farm, www.thefarmatsanbenito.com

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