

MINEACSI

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TRAVEL
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The eye has to travel

SPA



LUXE FOR LESS

8 NAKED STABLES PRIVATE RESERVE *China*

Hidden in the Moganshan Hills, two hours from Shanghai, lies this magical retreat. A sustainable wellness resort and equestrian centre of 60 acres in its own private valley, it is surrounded by bamboo forest and tea plantations. Guests stay in glass and wood tree-houses or earth huts. The resort has a stable of 20 horses, three outdoor swimming pools, mountain biking and hiking paths, an organic farm and the Naked Leaf Spa and Wellness centre. The latter offers treatment rooms on stilted platforms overlooking the forest, along with hydrotherapy pools, a steam room and sauna, plus a menu of massages, scrubs and facials. Opt for the Chinese tui na massage: not for the faint of heart, but great for aching muscles. The spa uses its own products made from local herbs and plants.

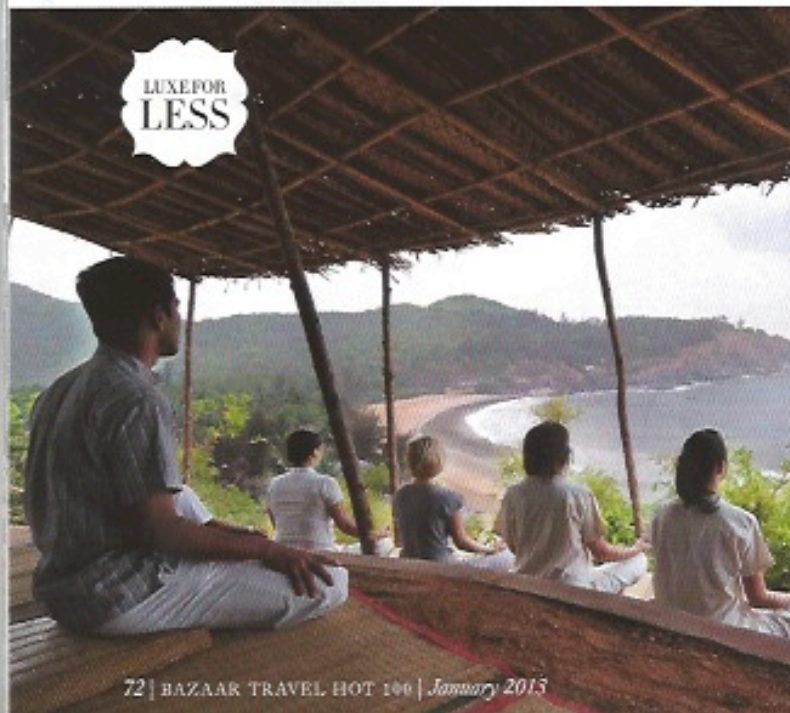
Naked Stables Private Reserve (+86 21 6431 8901; www.nakedretreats.cn), from about £150 a room a night B&B.

9 FIVELEMENTS *Bali*

Fivelements hugs the sacred Ayung River, enveloped by lush, green forest and paddy fields. Founded on Balinese spiritual traditions, which is all about balance and realigning chakras, the spa nurtures a sense of inner harmony through meditation, yoga, water therapies and deep massage with expert healers. In your sumptuous grass-roofed lodge, you will be lulled to sleep by the sounds of the forest. Suites open onto a riverbank verandah, where you can bathe in outdoor stone baths filled with the essences of lime, ginger and orange. The alfresco restaurant serves delectable vegan and raw food with flair. This is more a spiritual life-saver than a honeymooner spot; for yoga-loving couples and those who long to be early to bed and up with the birds, ready to start the day with a shot of wheatgrass. *Seven nights at Fivelements, from £1,986 a person, including flights with Emirates, with Ampersand Travel (020 7289 6100; www.ampersandtravel.com).*



LUXE FOR LESS



10 SWASWARA *India*

The drive alone, along the lively coastal road south from the international airport in Goa, past Portuguese colonial houses painted in brilliant emeralds, lilacs and pillarbox reds, lifts the spirits, making the world you leave behind seem dull and grey. This destination spa in the southern state of Karnataka doubles as a lovely tropical beach retreat. Doctors assess dietary needs and prescribe ayurvedic treatments, and naturalists take you hiking through the dense forest of acacia, cashew and date-palm, and around the five coves. Villas are open to the elements, with bedrooms air-conditioned and self-contained within glass walls. Pluck lemon balm, sweet basil and mint in your private garden to make tea. Yoga takes place in a stunning *shambhala* overlooking the forest canopy and the sea. Don't miss morning meditation on sunrise rock, when the epic Om Beach is still free of hippies and sadhus. *Free nights in a villa, from £1,699 a person full board, including yoga, ayurveda consultations and treatments, British Airways flights, domestic flights and transfers, with Greaves India (020 7487 9111; www.greavesindia.co.uk).*