

TATLER



IN ASSOCIATION WITH
Healing  Holidays
AND ESPA

SPA GUIDE
2016

SEVENTH HEAVEN

A week of blissed-out spa time – it's enough to recharge you for a lifetime



NEW PROGRAMME

Six Senses Yao Noi

PHANG NGA BAY, THAILAND

Emailing at midnight? Instagramming at dawn? We know it's hard to switch off, even though it's not good for us – the light emitted from our gadgets is said to disrupt melatonin levels, causing effects similar to jetlag. Add to that real jetlag and you're officially a zombie. Enter Six Senses Yao Noi's Yogic Sleep programme – they are *on* it. It's led by yoga master Dorelal Singh, and getting ready for bed starts first thing in the morning. Pranayama breathing sessions are held in jungle-shrouded tree pods, followed by qigong classes and yoga nidra, a meditation technique that leaves you feeling more refreshed than a full night's sleep. You emerge in a kind of waking-dream state, glassy-eyed, smiling a little too long at strangers. Spa treatments include traditional rubdowns, head massages and saunas scented with naturally healing pandan leaves that make you smell ever so slightly like you're supper – talking of which, you'll find comfort food given a healthy Asian makeover.

Go for seven nights to reset your system, or bed in for a habit-forming 14. **HEADS UP** Try the salty intestinal wash to take your cleansing up a notch. **BOOK IT** Ampersand (ampersandtravel.com; 020 7819 9770) offers seven nights from £2,690, including breakfast and three nights on the Yogic Sleep programme.



Those nature lovers at Wildfitness are launching retreats in the Alladale Wilderness Reserve in Scotland – there are 23,000 acres of mountains, moors, lochs and rivers to explore. (wildfitness.com)

Four Seasons Sayan

SAYAN, BALI

It's a bit Disney here, in a good way: beautifully manicured hedgerows with butterflies flitting about and the Ayung River babbling over rocks so perfectly you'll wonder if it gets switched off at night. But it has heart too – and not of the pink-princesses variety. Hang upside down doing anti-gravity yoga in the hotel's new Dharma Shanti bamboo yoga pavilion, set in a paddy field, or have a philosophical conversation about meditation, mindfulness or, heck, the meaning of life, with a former Buddhist monk. Or, for a once-in-a-lifetime healing session, try the traditional melukat – a water-purification ceremony held at the private home and temple of Bali's youngest high priestess, Ida Resi Alit. Go with an open mind and prepare to be intrigued, enchanted and have buckets of cold water thrown over you. Treatments back at base also have a spiritual persuasion: gongs, chanting and massages with divine-smelling wild basil are all part of the fairy tale. **HEADS UP** Stay in one of the hillside or riverbank villas – they're closer to nature. **BOOK IT** Cleveland Collection (clevelandcollection.co.uk/tatlerspa; 020 7843 3596) offers seven nights, from £2,340, including breakfast, flights and transfers.

