



Vitamin D hits

Sunshine – sometimes it's a cure all and, if it isn't, you can always take some serious spa time

1 KAMALAYA KOH SAMUI, THAILAND

This is one of the most legendary destination spas in Thailand, set vertiginously into a steep cliff face in a remote corner of Koh Samui and sandwiched between dense palm-strewn jungle and a tranquil cove perfect for dips in the warm, coral-fringed waters. The location is beautiful – peaceful and tropical, based around an ancient pilgrimage site for Buddhist monks, one that they still return to, which does add a certain authenticity to the resort's spiritual credentials.

Your stay begins with a consultation with a naturopath, as well as a body bio impedance analysis, which checks all those scary statistics: your BMI, the percentage of body fat you hold, how hydrated you are. Next, you'll be prescribed a schedule of treatments, involving anything from a traditional, oil-free, Thai massage (expect your every limb to be deeply stretched and lengthened) to traditional Chinese medicine treatments, such as cupping. The range of therapies is outstanding, and you can dip in and out, or opt for a more focused programme. There are a whole host of different packages, including



sleep enhancement, stress management, detox and weight. Days spin by in a flurry of divine appointments, sunbathing on the golden sand beaches, the odd swim and, perhaps, a little time in the gym.

Food is nutritious and light, indeed it is so delicious that it is easy to forget how good it is for you. Whilst you are allowed a glass of organic wine, and some seriously good steak, healthy options include

beetroot tartare with papaya dressing followed by black cod with wing beans.

It's worth mentioning that although this is a very much a spiritual and holistic resort, this way of life is not forced upon you and you can take as much from the experience as you are comfortable with. This goes a long way to explaining why many people return time and time again. A stay here is an all-round deeply nurturing experience.

BOOK IT Doubles from £130. kamalaya.com



3 MAALIFUSHI MALDIVES

Nothing will dispel stress and a lack of Vitamin D like ten days in the tropical paradise of Maalifushi. Other than the hotel, there is nothing else on the island, so this holiday is all about being pampered and well-rested. From the moment you arrive on the wooden jetty by boat from the airport, there is not a single blemish on the horizon. The view, like everything else, is flawless. Any jet lag is soon forgotten at the vast overwater spa, where you can get a rigorous massage with a sublime view. The heady scent of oils, sound of the sea and strong masseuses make the spa world-class. The food is certainly worth putting on a few pounds for, but there are wonderful healthy options too. With the option of the Como Shambhala spa menu, you can be as indulgent or well-behaved as you want. Before you leave, stock up on the in-house Como Shambhala products at the shop – they will take you right back... well, almost.

BOOK IT Doubles from \$650.
comohotels.com/maalifushi



2 THE GRAND VELAS RIVIERA MAYA, MEXICO

Set on the stunning white-sand Caribbean coast, in the midst of the lush Yucatán jungle, this hotel is the paragon of luxury all-inclusive. The hotel offers eight restaurants, one of which has received Five Diamonds by the AAA. If you are looking for a therapeutic and restorative refuge during your stay, the spa is the place to head. Each guest is greeted by highly skilled personal spa valets who take you on a magical mystery tour of hot and cold water therapies to prepare your body and mind for rejuvenation. Careful attention is paid to indulging every sense: colour therapy, the sounds of rushing water, delicious smells, contrasting temperatures and flavours to complement every part of the journey. The extensive menu of treatments creatively combines ancient traditions with modern techniques, each beginning with a Mayan ritual to honour your visit.

BOOK IT Double rooms from £503 all-inclusive including \$50 USD spa credit per adult per night. rivieramaya.grandvelas.com



4 THE TAJ LAKE PALACE UDAIPUR, INDIA

Among the world's constellation of luxury hotels, there is one that is – quite literally – set apart from the rest. The luminous Taj Lake Palace sits pretty in the centre of Lake Pichola in Udaipur, a vision of white sculpted marble encircled by water. On arrival you're showered with rose petals and gently ushered around the lily pond of the exquisite inner courtyard to your room. Yes, this was indeed the secluded lair of the eponymous babe in the James Bond film *Octopussy*, but there are many other things to get excited about: the delectable Rajasthani thali restaurant, the gem of a swimming pool or the Jiva spa boat, for example. If, to you, spa success means the sensation of floating out the door, then imagine floating from the start. The ritual here begins as you are shuttled in seconds by water taxi to your appointment – you can book the anchored boat for two, three or four hours – and the therapist welcomes you aboard a barge fit for a Maharaja. Afterwards, having been served white wine and fresh fruit, soak in the outdoor hot tub or doze on the daybed as a persimmon sun sinks on the horizon.

BOOK IT Original Travel offers three nights at the Taj Lake Palace as part of a longer Rajasthan itinerary, from £1,990pp including flights. originaltravel.co.uk

SPA JUNKIE

Carolina Bucci

JEWELLER



You'll find me every year... At the Four Seasons spa, in London and, in New York, the Aire Ancient Baths. It's great to visit spas when on holiday but there is nothing better than spending half a day winding down in the middle of a busy work week.

I go to... Reboot my brain.

I cannot go to a spa without having a... Head massage.

From being a regular spa junkie, I have learnt... That it's good for me.

My normal life pick me up is... My fantastic reflexologist, Taizir, who comes to my home.

If I have to snack, I reach for... Upcakes from The Good Life restaurant on Sloane Avenue.

You'll find me on the beach in... Zimmermann bikinis and beach dresses, Hampton Sun sunscreen and CB jewellery!

When I hit the gym I'm wearing... Simple Live the Process gym clothes.

My post workout beauty ritual is... Ren skincare scrub and Aurelia Probiotic dry body oil.

My guilty secret is... Watching episodes of *Nashville* on my iPad in the spa.

If I had to choose one part of my body I'm most proud of it's... My legs.

My secret to health and happiness is... Set goals, but be prepared to miss them and change them... and then enjoy the change.