



Spa Village Tembok Bali has launched a women-only Return to Yourself yoga and wellness retreat (minimum four-day stay). It includes a temple visit, where you take part in a purification ceremony. (spavillageresort.com)

NEW PROGRAMME

Kamalaya

KOH SAMUI, THAILAND

This rambling tropical hillside spa has natural springs, the dinkiest palm-fringed beach AND a bona fide Buddhist monk's cave. Yes, the spiritual vibes run high, but it's not all chanting and raw food. Take the new Optimal Fitness programmes, where workouts meld sports science, integrated medicine, healing foods and spa treatments. The light, airy gym, which overlooks the ocean, has every conceivable workout station (TRX, rowers, reformer pilates), and terrific trainers who do stellar stretching sessions. Everyone from lapsed/injured runners and lackadaisical (lazy) exercisers to budding triathletes are catered for. The goals set are realistic and achievable in as little as a week and a half. First stop is an assessment with a nurse. Measurements are recorded, electrodes attached and fitness is evaluated. All the dots are then joined up, and the result is a genuinely holistic combination of training, nutrition and bespoke treatments. Don't swerve the personal mentoring session – your spiritual teacher will share techniques that will change the bad habits and flimsy willpower you arrived with.

Try to fit in as many of the group classes as you can: the de-stressing Yin & Yang yoga, the powerful pranayama (breath control) and the meditation sessions. The Super Stretching is a must-have – a medley of muscle- and joint-freeing massage topped and tailed with a foot and head massage. Rooms are an eclectic mix of Asian textiles and art, and modern comforts. We like the spacious new suites on the hilltop. The food and drink options are refreshingly easygoing. Cappuccinos with your choice of dairy or nut 'mylks', meat and – gasp! – wine are all on the menu. Even the detox-labelled foods are deliciously satisfying portions of veggie/vegan salads and delicately spiced soups and curries, which can be boosted with prawns, salmon or local white fish. Kamalaya is a place after our own heart: it gets results through abundance, not denial. **HEADS UP** On the Optimal Fitness programme, your shoes are on and off all day, so rather than faff with laces, pack a pair of stretchy pre-laced Nike Free Flyknits. **BOOK IT** Healing Holidays (healingholidays.co.uk/tatlerspa; 020 7529 8551) offers the seven-night Basic Optimal Fitness programme from £2,300, full board, including flights, transfers and all treatments. **TATLER EXCLUSIVE** For the most up-to-date offers at Kamalaya, visit tatler.com/spaoffers.