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Client Clipping

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Exploring Thailand's Spas

A visit to a stunning tropical location to indulge in some of the most indulgent and exotic spa treatments equates to tranquillity and relaxation.

Words by **Laura Bond**



rooms, four suites, and two VIP suites with ensuite jacuzzi. I opt for the aromatherapy massage, though the four-hour jet-lag reviver and volcanic-stone massage are also appealing. I make a promise to myself I'll make another trip back, other half in tow, for the couple's massage.

Despite being told I'd emerge feeling energised, the relaxing music, gorgeous surrounds and Pitehapa's soothing hands, leave me feeling decidedly relaxed and not at all like venturing out with the fashion hoards.

Back in my fluffy bathrobe, I pop down to the pool. This rare feeling of absolute tranquillity must be embraced and the shopping can most definitely wait.

I PENINSULA SPA BY ESPA, BANGKOK

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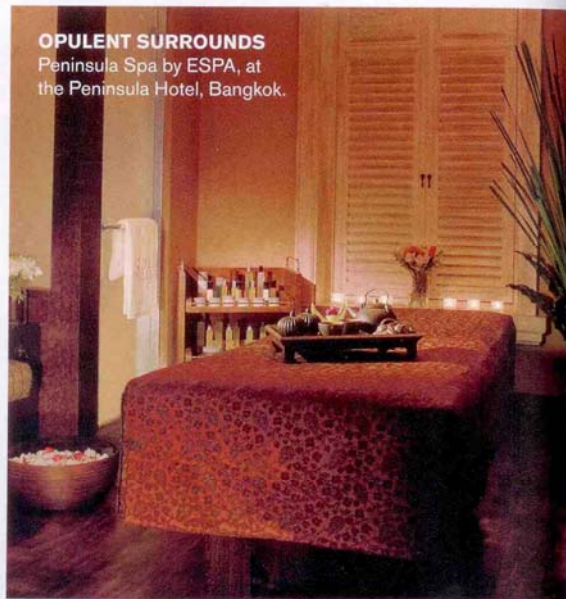
"Will you be spending the afternoon by the pool or out shopping?" Pitehapa asks. It's not a question I'm asked every day but it's certainly one I wished I was asked more often. As tempting as reading a book by the infinity pool sounds, I know my shopping time is limited and I must strike while the iron is hot. "Shopping," I reply. My response calls for an artful application of ESPA's

latest blend of pure essential oils – a fusion of cloves, peppermint, eucalyptus, rosemary and lavender, designed to energise me for exploring Bangkok's burgeoning fashion scene.

I'd been reticent to leave the plush surrounds of my room in the luxurious Peninsula Hotel, but when the spa staff greet me with smiling faces and a relaxing tea, I am glad I ventured out in my fluffy robe and slippers. One of six Peninsula Spas by ESPA, the recently refurbished building boasts over 5800 square metres of luxurious surrounds. Within the walls of the Thai-colonial building, the Peninsula Spa by ESPA features 14 treatment

OPULENT SURROUNDS

Peninsula Spa by ESPA, at the Peninsula Hotel, Bangkok.



2 ANANTARA RESORT, PHUKET
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After an evening at Anantara Phuket's The Tasting Room, indulging in the finest wines paired with head chef Justin Maiklem's exquisite dishes, followed by handcrafted chocolates and cocktails at The Tree House, my 6am yoga wake-up call was just what I needed to jolt me back to reality.

Looking out to the Andaman Sea, I am stretched and moulded by the yoga instructor, and then escorted to the spa complex where my wellness breakfast awaits. We're served fresh tropical fruit with local breakfast dishes in a thatched room perched on stilts over the water.

The grounds of the resort are just as beautiful as the garden villas, each boasting a spacious living area and a bathroom featuring a 'made for two' outdoor terrazzo tub, in addition to the private pool.

I'm booked in for the Anantara Signature Massage, a 90-minute massage combining Eastern



and Western techniques to stimulate circulation and deeply relax muscles.

Guests can opt for the three- or six-day Wellness 360 Revitalise Journey, which offers daily programs of exercise, massage and meals especially designed to restore, re-balance, rejuvenate, rejoice, release and relieve. Regretting only that my massage is over and my stay can't be extended, I opt to practise the six Rs in my own way, with a stroll along the serene Mai Khao Beach.



WELLNESS JOURNEY
 East meets West at the Anantara Resort, Phuket.



HOLISTIC HEALING
 The outdoor yoga pavilion at Kamalaya, Koh Samui.

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Translating to Lotus Realm in the ancient Sanskrit language and symbolising the unfolding of the human spirit, the Kamalaya in Koh Samui offers a holiday that is worlds apart from some of the island's tourist traps. The location alone is enough to induce tranquillity and relaxation, with tropical vegetation and cascading streams set on an idyllic lagoon.

The retreat's goal is to create holistic holidays that "bring together diverse traditions of healing, culture and spirituality in a nurturing environment from which people can explore and embrace life's potential".

A range of programs is available for detox, stress, yoga, weight loss and fitness, and can be tailor-made. The programs, which can run from three to 14 days, also feature a variety of consultations, classes and seminars.

There are more than 70 treatments to choose from, incorporating holistic medicine and complementary

therapies from Eastern and Western traditions. A series of swimming and plunge pools, a herbal steam cavern and a wellness spa sanctuary add to the healing atmosphere.

The resort's Soma Restaurant overlooks the lush tropical valley and the cuisine is a fusion of Eastern and Western culinary traditions using organic, locally sourced fresh, tropical produce.

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