



spadestination

TRISARA

This stylish resort of pool villas has a renowned spa, six double suites with steam, shower, relaxation and an alfresco balcony with views towards the sea, but new is their seaside pavilion for relaxing to the sound of the waves. Their signature Royal Trisara Massage is the mind-boggling six-hand massage of Thai, Swedish and acupressure techniques, or for a gentle pampering, the AyurLomi is dreamy, mixing body massage with a mini Shirodhara. Sodashi products are especially good during facials, indulgently hydrating and nurturing to the complexion. www.trisara.com

TWINPALMS PHUKET RESORT

Near Surin Beach, one of Phuket's most acclaimed beaches, Twinpalms is an uber-cool, white palette, high-tech resort with Palm Spa ready to wow even further. Using French product Phytomer in its slimming, scrub and wrap treatments, it is in the facials where the quality shines through. The Sea Water Pearl Ritual combines deep moisturising with a gentle face, head and shoulder massage. **To note is their Sun Spa Esthederm, whose therapists will analyse your body's tolerance for the sun, applying the most suitable sunscreen for you every few hours, finishing with an after-sun application.** www.twinpalms-phuket.com

THE BELL PHUKET

A resort of 16 one- to four-bedroom pool villas, The Bell melds extraordinary China-influenced design with total luxury – each villa comes with a personal butler. At The Heavens Spa, soothe a sun-baked body with the Aloe Vera Gel Massage, or if you're expecting, the Pregnancy Massage will ease any aches and pains. There are eight packages, such as the Jet-Lag Revitalization of foot bath, jet-lag massage and facial to bring you into the here and now. www.thebellphuket.com

THE WESTIN SIRAY BAY RESORT & SPA

The Westin's Heavenly Spa experiences start with a consultation. Herbal steam is a key part of Thai healing and here there are four flavours including the Balancing Thai with bergamot, lemongrass and camphor. As it's perfect pre-treatment to prepare the muscles, the Dream package of steam and bath, heavenly massage and renewal facial is a natural choice. The heavenly massage includes a hot compress on the back muscles, and the renewal facial's Pevonia mask directly addresses your skin's needs. www.westin.com

THIS PAGE: The Pavilions Phuket couples' treatment room. OPPOSITE PAGE: An Ayurveda Shirodhara treatment at The Westin Siray Bay Resort & Spa, a couples' Aromatherapy massage at Anumba Spa, The Racha.



off shore spas

SIX SENSES HIDEAWAY YAO NOI

This resort takes rustic to another level, cleverly mixing in luxury, but maintaining a wonderfully relaxing vibe, from the pool villas to the restaurants, to the spa. Simple spa suites are surrounded by water or salas for à la carte, and there's the Long House of treatment rooms, where the therapist guides you from room to room starting with steam and scrub, on to massage and facial, and finishing with a bath. Nutrition, Reiki, life coaching and self-enlightenment with master healer Nikorn add an invaluable holistic touch. www.sixsenses.com/sixsensesyaonoi

THE PARADISE KOH YAO NOI BOUTIQUE BEACH RESORT & SPA

Within Phang Nga Bay just off Phuket, Paradise is a tropical resort of pool villas with a private beach. The Tropical Spa experiences start in their Aromatic Steam Cave or under the Exotic Water-Fall within natural rock formations, and a large selection of massages, facials, scrubs and wraps follow. Relaxing days can include yoga and spa cuisine, and there are also wellbeing retreats like their four or seven-day stress-busting programmes. www.theparadise.biz

THE RACHA

Half an hour from civilisation, on Racha Island, 70 villas include those with private pools and sea views. Anumba Spa works on every aspect of your relaxation, from meditation in their Meditation Lane and yoga at OM Studio, to sauna and steam pre-Thai massage in one of their four alfresco salas. Serious pampering happens in one of four couples' suites for their signature Aromatherapy Massage, aloe or mud wraps, scrubs with orange, honey or tamarind and facials. Relax post treatment with a juice. www.theracha.com

listings

Atsumi Healing Centre www.atsumihealing.com
 Avista Phuket www.avistaphuket.com
 Ayara Hilltops Luxury Boutique Resort Hotel & Spa
www.ayarahilltops.com
 Ayala Kamala Resort & Spa www.ayarakamalaresort.com
 Centara Villas Phuket www.centarahotelsresorts.com
 Dusit Laguna Phuket www.dusit.com
 Hilton Phuket Arcadia Resort & Spa www.hilton.co.uk/phuket
 Mission Hills Phuket Golf Club Resort & Spa www.missionhillspuket.com
 Mom Tri's Villa Royale www.villarayalephuket.com
 Movenpick Resort & Spa www.movenpick-hotels.com
 Outrigger Laguna Phuket www.outrigger.com
 Rarinjinda Wellness Spa www.rarinjinda.com
 Sheraton Grande Laguna Phuket www.starwoodhotels.com
 Sukko Cultural Spa & Wellness www.sukkospa.com
 The Baray Villa www.thebarayvilla.com
 The Blue Marine Resort & Spa www.thebluemarine.com
 The Kee Resort and Spa www.thekeeresort.com
 The Surin Phuket www.thesurinphuket.com
 Vijitt Resort Phuket www.vijittresort.com