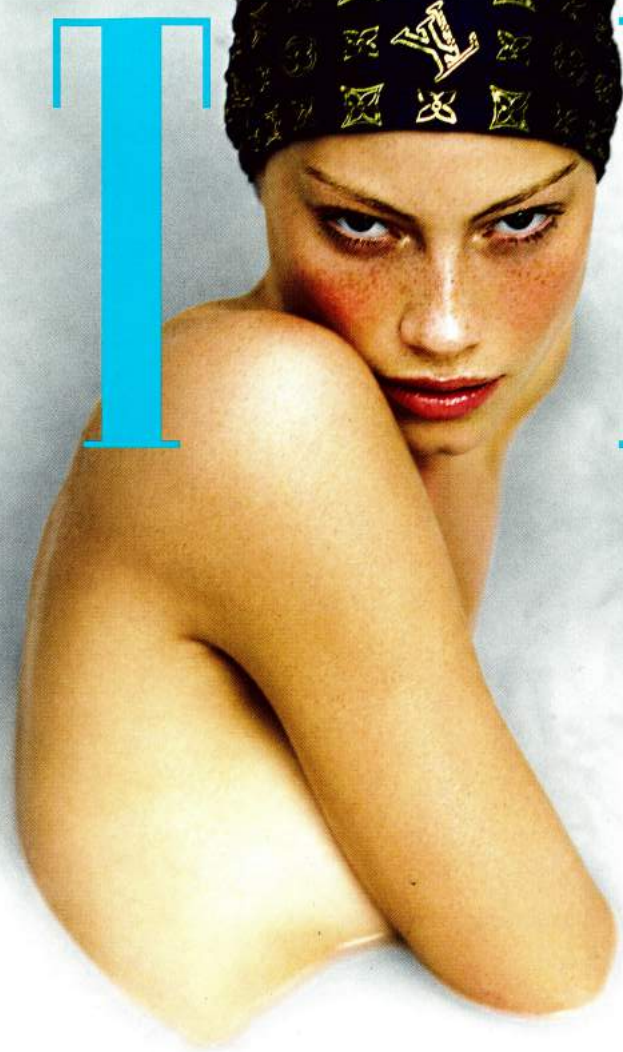



TATLER®



SPA GUIDE 2019




IN ASSOCIATION WITH Healing  Holidays AND ESPA



COMO UMA CANGGU

Bali, Indonesia

Set back off Canggu's main drag with its trendy boutiques and smoothie shacks, Bali's hippest beachfront hotel is making waves. Industrial-chic beach bar? Check. Instagrammable juice cafe? Natch. And it's a surfers' paradise: book a private lesson in the Lagoon pool where you'll learn to paddle, find your balance point and steer before heading for the ocean. Waves conquered, aching triceps are remedied in the breezy, whitewashed COMO Shambhala spa with the Taksu massage – a combination of limb-stretching, acupressure and serious deep-tissue work (yogic breathing required). Still not feeling the burn? Pay a visit to the enormous gym with its airy studios, top-notch equipment and a blood-pumping roster of classes (dynamic Rocket Yoga with Emma has a cult following among locals). The Balinese thirst for adventure is infectious: before you know it, you'll be up at sunrise, joining the surfers who appear like seals in the rolling swell.

 *Healing Holidays* (healing-holidays.com/tatlerspaguide; 020 7529 8551) offers seven nights, half board, from £1,830, including flights, transfers, and one 60-minute spa treatment a day.


THE SIAM

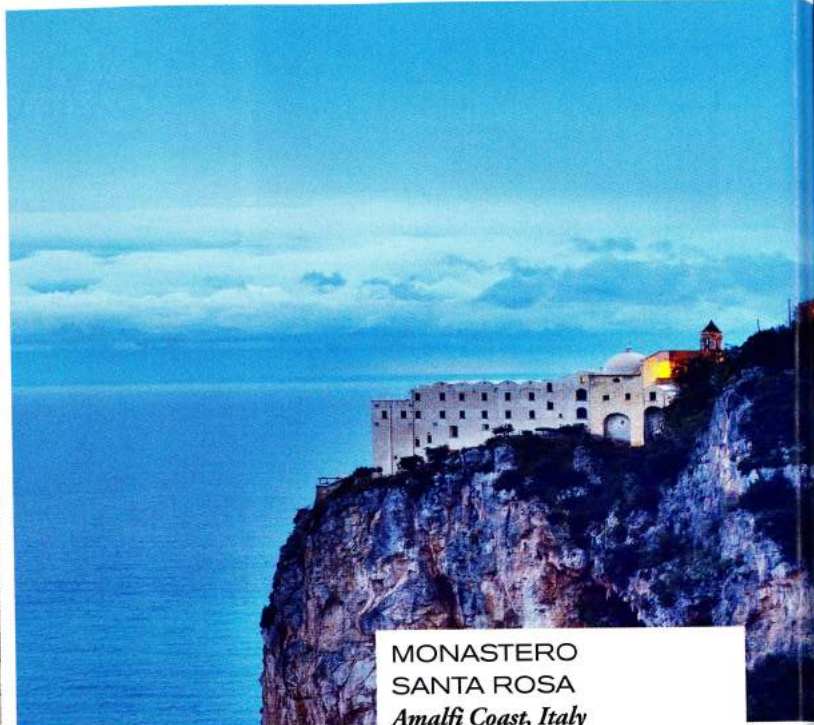
Bangkok, Thailand

This art deco delight cuts a sharp figure in Old City Bangkok. Pool villas come with shady courtyards; the greenhouse-style atrium twitters with birds; intricate Sak Yant designs are inked in the sacred tattoo studio. And the monochrome gym is just as stylish. Here, you can learn Thailand's national sport, Muay Thai, over a day- or week-long course with professional fighter Kru Yim (he also trains the Crown Princess). You'll master moves like high kicks, elbow chops and jabs ('Grab me by the neck then kick me! Harder!' instructs Yim) and you'll practise entering the ring (under the rope for girls,



over for boys). Sequences test your agility – and your reflexes. But they also become more hypnotic the faster you get and by the end you'll be sweating profusely. Your reward is the sultry, low-lit spa, where tiny (yet surprisingly forceful) therapists deliver deep-tissue massages using hot herbal compresses.

 *Healing Holidays* (healing-holidays.com/tatlerspaguide; 020 7529 8551) offers a three-night wellness programme, half-board, from £2,000, including flights and transfers.



MONASTERO SANTA ROSA

Amalfi Coast, Italy

High on a cliff on the Amalfi coast, its fragrant garden terraces spilling into the sea, this former 17th-century monastery is picture-perfect. And thanks to its new wellness offering, you can tuck into bowls of truffle-laden pasta at the Michelin-starred Il Refettorio with a clear conscience. The brilliant Health & Hike programme takes you on a guided ramble through the Amalfi valley past lemon groves, waterfalls and the ruins of medieval paper mills. Back at the hotel, treatments using healing Santa Maria Novella oils and tonics take place in the spa's aromatic, vaulted rooms or under a pergola overlooking the sea. The arnica massage relieves aches and pains and is muscle-meltingly good, while the refreshing aloe facial is a skin-brightening marvel. Also blessed with a sea view is the verdant outdoor gym, kitted out with the latest Technogym technology. Then there's the cliffside pool – but that's better suited to some well-deserved lounging. *Double*, from £350, including breakfast (monasterosantarosita.com; +39 089 832 1199).

LEARN THAILAND'S NATIONAL SPORT,
MUAY THAI, WITH A PROFESSIONAL FIGHTER