

Condé Nast Traveller

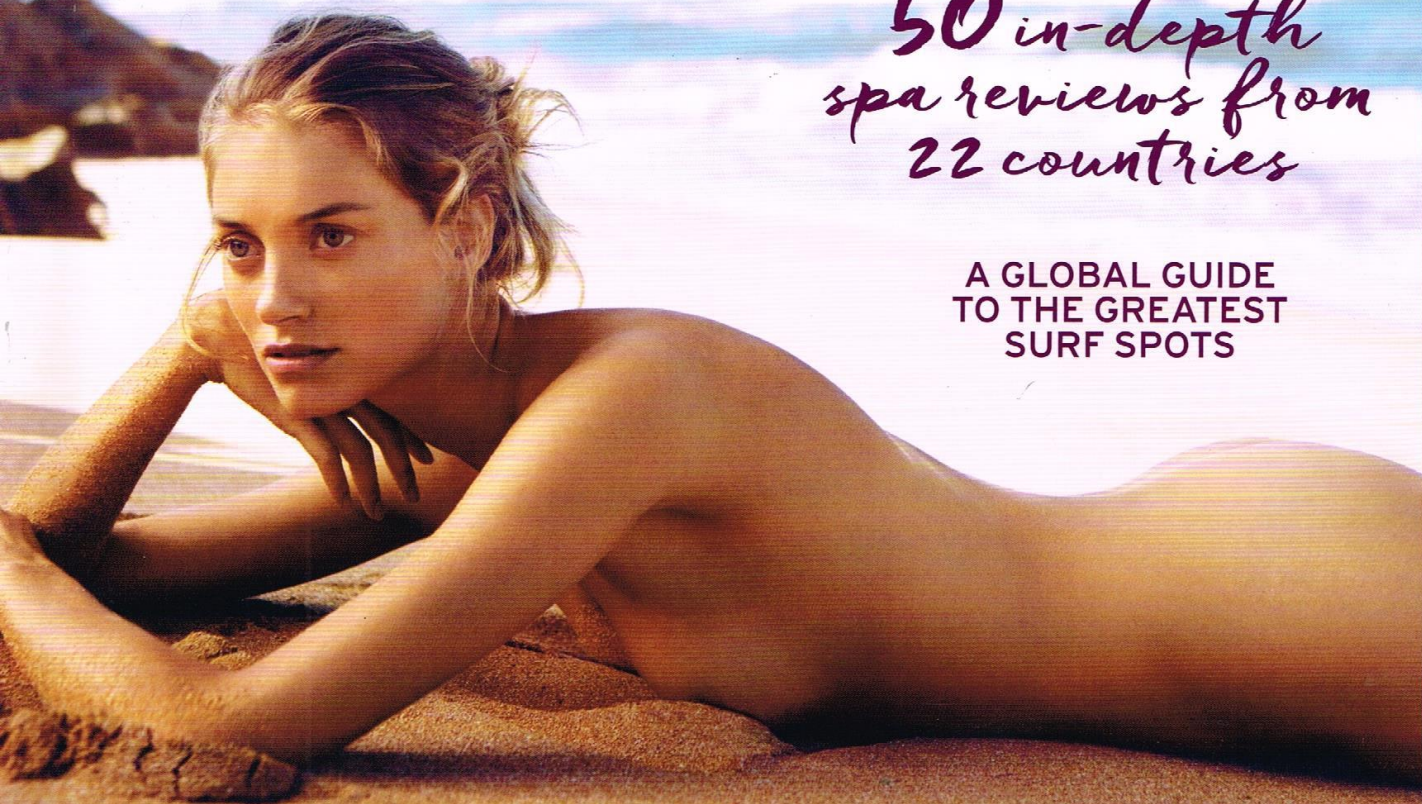
in association with
Healing  Holidays

THE SPA GUIDE 2016

LOSING WEIGHT, DETOXING, FIXING ISSUES, GETTING FIT, CLEARING YOUR HEAD

*50 in-depth
spa reviews from
22 countries*

A GLOBAL GUIDE
TO THE GREATEST
SURF SPOTS



+ THE MOST EXTRAORDINARY RETREAT IN THE WORLD

ADVENTUROUS ESCAPES

Far-flung locations for a new perspective on life



SONG SAA WEIGHT LOSS KOH RONG, CAMBODIA

IN BRIEF One of the world's most progressive destination retreats

THE LOWDOWN What magic. Daily yoga and meditation are held on a platform overlooking the crystal-clear sea, and the island setting provides a soundtrack of birdcalls and cicadas. Treatment rooms on stilts over the water are reached via reclaimed-wood walkways along which you'll spot a lotus flower in an antique copper bowl and a 'do not disturb' sign handwritten on a stone from the beach. It's all about the little things here, right down to the red-string bracelets given with a blessing post-treatment. Everything is wrapped up in the hotel's gentle eco-social approach. It is done very subtly but with true meaning, because Song Saa is as far from cookie-cutter as imaginable. For example, while a visiting yoga teacher might be in residence for certain periods of the year, most spa therapists live in the adjacent fishing village where Song Saa's owners have also sponsored a school and a clinic. This approach trains locals in new skills, an essential development in one of the poorest areas in Asia. In addition, all the ingredients used in the spa products come from the surrounding fertile

landscape: tropical flowers from the rainforest, salt from the sea, and seeds used in scrubs from farms. Follow a healthy diet with dishes that include an abundance of seasonal produce: just-caught seafood, wildlife-friendly Ibis rice and honey cultivated nearby. The spa has exceptional individual treatments: the Karuna Kaya massage is based on the Buddhist concept of compassion towards ourselves and our bodies, and there are also relaxing night-time rituals. Check into one of the retreats for a more extensive health revamp. Directional programmes are divided into three categories: Refresh, Rejuvenate and Revive. Refresh focuses on detaching from daily stress with yoga and meditation sessions, while Rejuvenate puts an emphasis on physical and emotional reinvention with stand-up paddle-board classes and a Buddhist blessing in a nearby pagoda, and Revive involves bath rituals and massages.

INSIDER TIP Avoid Chinese New Year when rates and occupancy soar.

BOOK IT Healing Holidays (+44 20 7843 3592; healingholidays.co.uk/condenast) offers seven nights from £4,399 per person full board, including flights, transfers and non-motorised water sports.