

7 Luxurious Wellness Retreats In Asia



By Coco Marett
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Sometimes yoga or meditation a few times a week just doesn't cut it. In need of total relaxation and rejuvenation? These luxury wellness retreats throughout Asia strike the perfect balance between holistic healing and five-star comforts

1 / 7 Song Saa Private Island, Cambodia



Photo: Courtesy of Song Saa

Escape to this picturesque private island in Cambodia's pristine Koh Rong Archipelago for a truly transformative wellness experience. Split into three categories—"Refresh", "Rejuvenate"

and “Revive”—each retreat begins with a private consultation followed by five to seven days of spa treatments and physical activities like [yoga](#) to help you reach your wellness goals.

Healthy, wholesome ingredients are sourced from the resort’s own organic garden, as well as from nearby rainforests, organic farms, and crystal clear waters, to produce a menu that perfectly complements your wellness journey. The best part? You get your own overwater or jungle villa to retreat to.

Find out more at songsaacollective.com

See also: [From HIIT To Yoga: The Ultimate Hong Kong Fitness Guide](#)

2/7 Chiva Som, Hua Hin, Thailand



Photo: Courtesy of Chiva Som

Before wellness retreats were even a blip on anyone’s radar, there was Chiva Som. Opened in 1995, it is actually a registered hospital but dressed up as a chic, welcoming five-star spa and resort that goes above and beyond to heal and nurture your body, mind and soul.

Services include everything from standard [massages](#) and detox programmes, to more specific packages that target ailments from headaches and migraines to post-cancer recuperation. When it comes to dining, Chiva Som’s aim is to “provide healthy cuisine but with so many flavours you will never notice it’s good for you.”

Find out more at chivasom.com

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3/7 Amanemu, Shima, Japan





Photo: Courtesy of Aman Resorts

Perched on the hills of Ise-Shima National Park in southwestern Japan is Amanemu, a hot-spring sanctuary that provides a stunning setting unlike any other in the region. If there's anywhere in the world to find your zen, it's here.

The natural hot springs' salt-infused water alone boasts a range of curative benefits, while Amanemu's three immersion programmes—"Rejuvenation, Cleansing & Transformation", "Mindfulness, Relaxation & Stress Control" and "Health, Beauty & Anti-ageing"—are designed to help guests achieve specific results.

Find out more at aman.com

4/7 MesaStila, Java, Indonesia

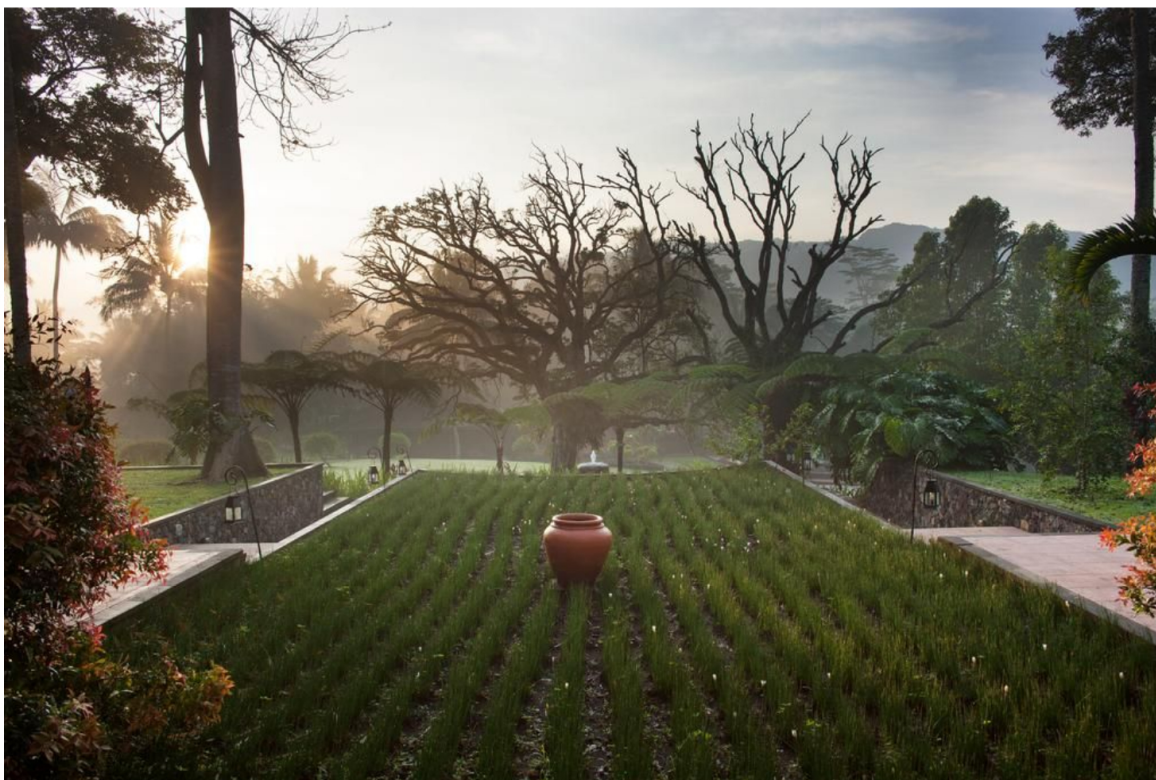


Photo: Courtesy of MesaStila

Located on a coffee plantation in the jungles of Java, this luxurious haven feels a world away from the stresses of everyday life. MesaStila offers year-round wellness programmes, its own

Turkish-style Hammam spa (great for detoxification) and occasional visits from experts and practitioners.

Three and five night stays are standard, but intensive seven, 10 or 14-night stays can also be arranged. MesaStila places emphasis on yoga and meditation, including teaching its guests self-massage and proper breathing techniques for results that will last long after you've left this lush paradise.

Find out more at mesahotelsandresorts.com

5/7 Kamalaya, Koh Samui, Thailand



Photo: Courtesy of Kamalaya

The highlight of Kamalaya Koh Samui is that its premise is built around an ancient spiritual ancient cave, once used by Buddhist monks for meditation—now, its guests can do the same.

The award-winning retreat has a range of programmes that cater to weight loss, detoxification and fitness, headed by experts that specialise in everything from traditional Chinese medicine (such as acupuncture and Tui Na) to Ayurvedic therapies and homoeopathy. On top of familiar spa treatments, alternative therapies such as sound healing, emotional and spiritual healing are also on offer.

Find out more at kamalaya.com

6/7 Escape Haven, Bali, Indonesia





Photo: Courtesy of Escape Haven

This women's only boutique-meets-wellness-resort in Bali's chic Canggu area offers packages that combine fun and healing. Guests can choose to be active with packages that include everything from stand up paddleboarding to surfing and yoga, or opt to totally relax with Escape Haven's specialised ayurvedic healing programme.

Food is taken very seriously here, with wholesome meals made from the freshest island ingredients served breakfast, lunch and dinner. Cuisine can be tailored to suit guests' personal tastes and dietary requirements whether it be vegan, paleo, vegetarian, pescetarian, dairy free, gluten free, low fructose and more.

Find out more at escapehaven.com

7/7 Bawah Island, Indonesia



Photo: Courtesy of Bawah Island

Opened just last year, Bawah Island is a stunning private island just three hours via ferry and seaplane from Singapore. The eco-designed resort sits in a marine conservation area in the previously uninhabited archipelago, which will inspire guests to get in touch with nature as they explore the five islands, three lagoons and 13 beaches that make up this spectacular hideaway.

Hiking and watersports abound, and guests can also indulge in its Aura wellness centre which provides spa services, yoga and pilates classes, meditation, and reiki sessions.

Find out more at bawahisland.com

See also: [7 Best Luxury Rehab Centres To Cure Your Vices](#)

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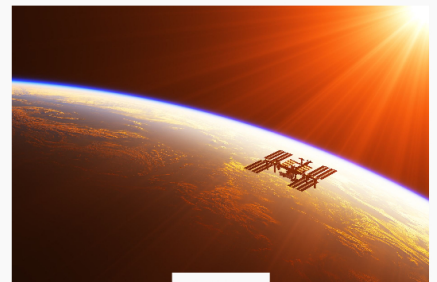
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