

TATLER[®]

Spa
Guide
2018



IN ASSOCIATION WITH [HealingHolidays](#) AND [ESPA](#)



AMANOI

NINH THUAN, VIETNAM

There's nothing like the ample bosom of Mother Nature to perk you up. Sitting high above the turquoise coastline of Vietnam, hedged by forest and massive pink-granite boulders, are the 36 ravishing villas of Amanoï, whose pool decks host white-crested laughing thrushes that come to enjoy the views. New this year are the Spa Houses, where treatments are brought to you: one incorporates a Russian-style banya, the other a hammam of black slate. Following a consultation, your wellness programme is designed by Dr Lucas Hausler, practitioner of Chinese medicine, and will include anything from a tweaked diet and potions extracted from his store of Eastern exotica to yoga, meditation and thrilling sunrise hikes to Goga Peak. Even exercise is fun (no, really) when it takes place around the lotus lake of Amanoï's spa, and the t'ai chi session in the open pavilion is a revelation.

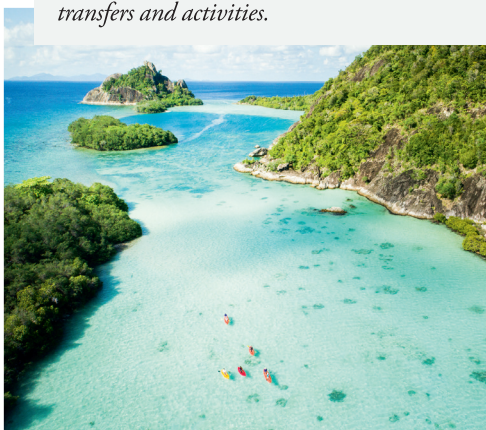


Healing Holidays (healingholidays.co.uk/tatlerspaguide; 020 7529 8551) offers seven nights from £7,200, full board, including flights, transfers and all treatments and activities.

BAWAH ISLAND

ANAMBAS ISLANDS, INDONESIA

Bawah Island is the place to release your inner boy or girl scout, to play the intrepid adventurer, explorer of new worlds. Where you can paddle in a transparent kayak over purple corals to buttercream beaches patrolled by (harmless) blacktip reef sharks. Where you can come face to face with a polka-dot octopus while snorkelling in a cyan lagoon or clamber through an ancient rainforest in search of a 2,000-year-old palm tree. Other playtime activities include morning yoga, sailing expeditions and daily visits to the Aura spa. Choose from one of a dozen different treatments, including the shoulder-slackening Garden of Deep Calm massage and rose-scented facials. Hungry? Behold! Wooden trays of barbecued seafood, vegetarian nasi goreng, soba noodles with snapper and lime – and mango sorbet if you're good. And so to sleep, with the whoosh, whoosh, whoosh of the sea as your lullaby. *Scott Dunn (scottdunn.com; 020 8682 5060) offers seven nights from £5,500, full board, including flights, transfers and activities.*



BABYLONSTOREN

FRANSCHHOEK, SOUTH AFRICA

Dating back to 1692, Babylonstoren is one of the most beautifully preserved Dutch farms on the Cape. With a backdrop of Franschhoek's mountains, this eight-acre garden is a little family-friendly Eden of orchards, neat rows of vegetables and fluttering butterflies. Book the restored Manor House, which sleeps 10 and is a vision of polished wood and wafty white, its private lawn set up with games ready and waiting. Like everything here, the newly extended Garden Spa, with its lap pool and jacuzzi, is linked to nature, set in sunlight-dappled greenery and with fresh rosemary, lavender and lemon thyme picked each morning for use that day. The Water Ritual takes place in the cool of the marble hammam, while hydrating body wraps and bespoke facials use local organic skincare range Esse, as well as Dr Hauschka. Massages (some employing rolling pin-like bamboo sticks to smooth out tension) take place in light and spacious treatment rooms. Yes, you could book the kids in for a treatment with you, but, trust us, they'll much prefer feeding the donkeys, getting on their hands and knees to get a closer look at the roaming tortoises and then ordering a lolly from the resident ice-cream van. *Double, from £335 (babylonstoren.com; 00 27 21 863 3852).*



NEWS *Need some mountain zen? Get to Alpina Gstaad this winter for its four-night Energy Healing Programme (thealpinagstaad.ch).*

