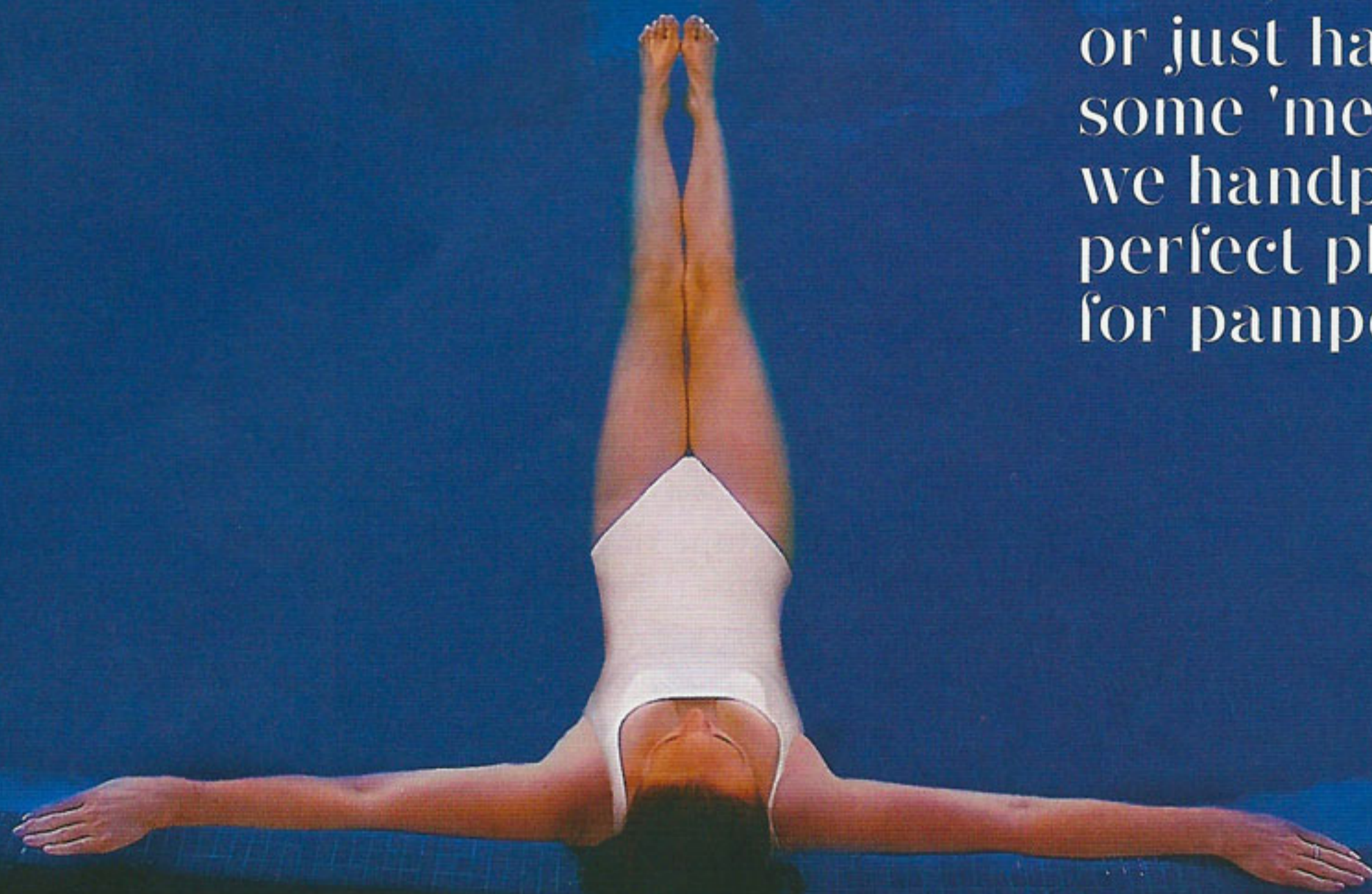




C&TH Spa

GUIDE

Whether it's to detox, de-stress or just have some 'me-time', we handpick the perfect places for pampering...



Taking it easy at
Halekulani in Hawaii

4 GET STONED

UMA PUNAKHA, BHUTAN

This is the spa with the best and most healing view in the world. No treatment or activity – anywhere – could beat the ‘om’ effect of just gazing through its floor-to-ceiling windows at the snow-peaked Himalayas and glacial river. Opt for a traditional Bhutanese Hot Stone Bath in a tub that overlooks the Punakha Valley and Mo Chu river. Fire-hot river rocks are placed crackling and steaming in a trough of water that feeds your bath with mineral-infused Himalayan H²O. It works wonders on all those niggling pains from travelling over endlessly bumpy Bhutanese roads. There are occasional yoga retreats when groups take over the entire hotel – a mere ten suites – start pestering your yoga teacher now. Otherwise, simply loll, then feed on Bhutanese river greens soup and chicken with pomegranate. The nearest airport is four hours drive away in Paro, but urban life feels worlds away.

DON'T MISS If you're feeling energetic, hike afterwards past fluorescent paddy fields to the Kam Sum temple or go river rafting.

BOOK IT Doubles from £340. comohotels.com



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