

A woman with dark hair is lying face down on a wooden spa table. A copper bowl, suspended by chains, is pouring water over her head. The water is creating a large splash on her dark hair. The background is a blurred view of a window with greenery outside. The overall atmosphere is serene and luxurious.

# THE C&TH Spa Guide

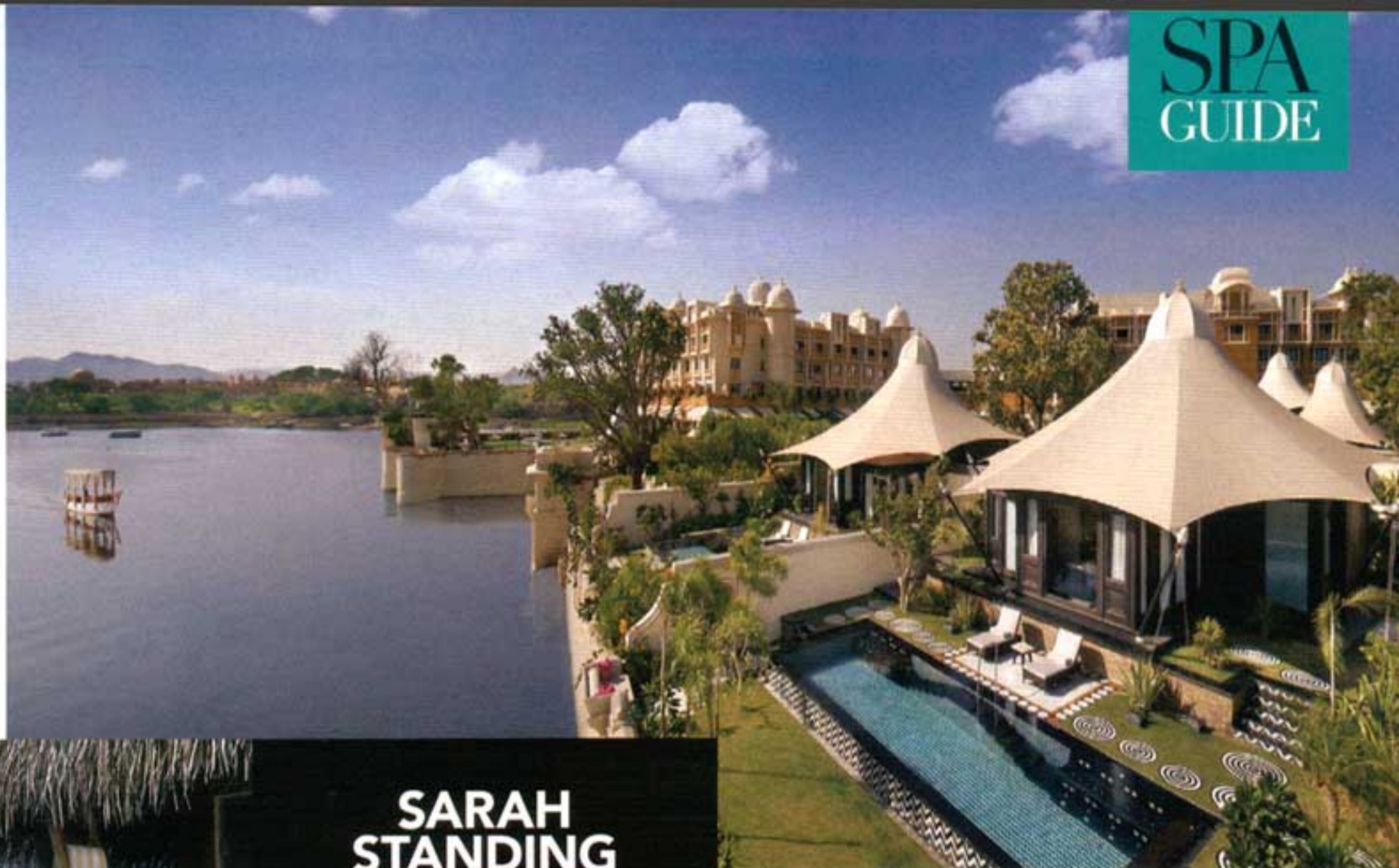
*If you're looking to lose weight,  
get fit, reboot or just get away  
from it all, let our spa guide  
lead you to a life of wellbeing  
and serenity*



# SPA panel

Meet our experts, who have (selflessly) been pummelled and pampered all in the name of work

SPA  
GUIDE



## SARAH STANDING

Sarah writes for *The Telegraph*, *The Spectator* and *Tatler*, as well as owning children's shop Starbags in Pimlico.  
**FAVOURITE SPA** The Leela Palace (above) in Udaipur.



## JO FOLEY

Jo Foley has been reviewing spas, wellness centres, fat farms, ashrams and health resorts for almost quarter of a century... and is still seeking nirvana.

**FAVOURITE SPA** My current favourite is Schloss Elmau about 90 minutes from Munich in the most beautiful valley. I love it because it's a spa for the mind as well as the body.

## LAURA IVILL

Laura writes on travel and lifestyle for *The Sunday Times Travel Magazine*, *The Times Luxx* and *Decanter* among others. She is an Indian Ocean convert.

**FAVOURITE SPA** Taj Exotica, Maldives (above), a spa on stilts surrounded by the lapping waves of a blue lagoon – heavenly.



## KATHRYN KNIGHT

Kathryn freelances for a variety of newspapers and magazines after a career as a staff writer on *The Times*, *The Express* and the *Daily Mail*.

**FAVOURITE SPA** The Red Mountain Resort in Utah, which nestles against a stunning backdrop of canyons.



## FRANCA DAVENPORT

Franca is a freelance journalist who has sampled spas from the Himalayan foothills to the Cornish coast.

**FAVOURITE SPA** Ananda in the Himalayas. You won't find better Ayurvedic treatments anywhere else.



## FIONA DUNCAN

Fiona has been writing about hotels for 25 years and has a weekly review column in the *Sunday Telegraph*.

**FAVOURITE SPA** Royal Mansour, Marrakech, for the sheer beauty of its exquisite hand-crafted decoration.



## CAROLINE PHILLIPS

Co-editor, along with Jo Foley, of the *Spear's* spa supplement, Caroline has crossed the world and the seven seas for pampering.

**FAVOURITE SPA** Ananda in the Himalayas is in the most fabulous place on earth.

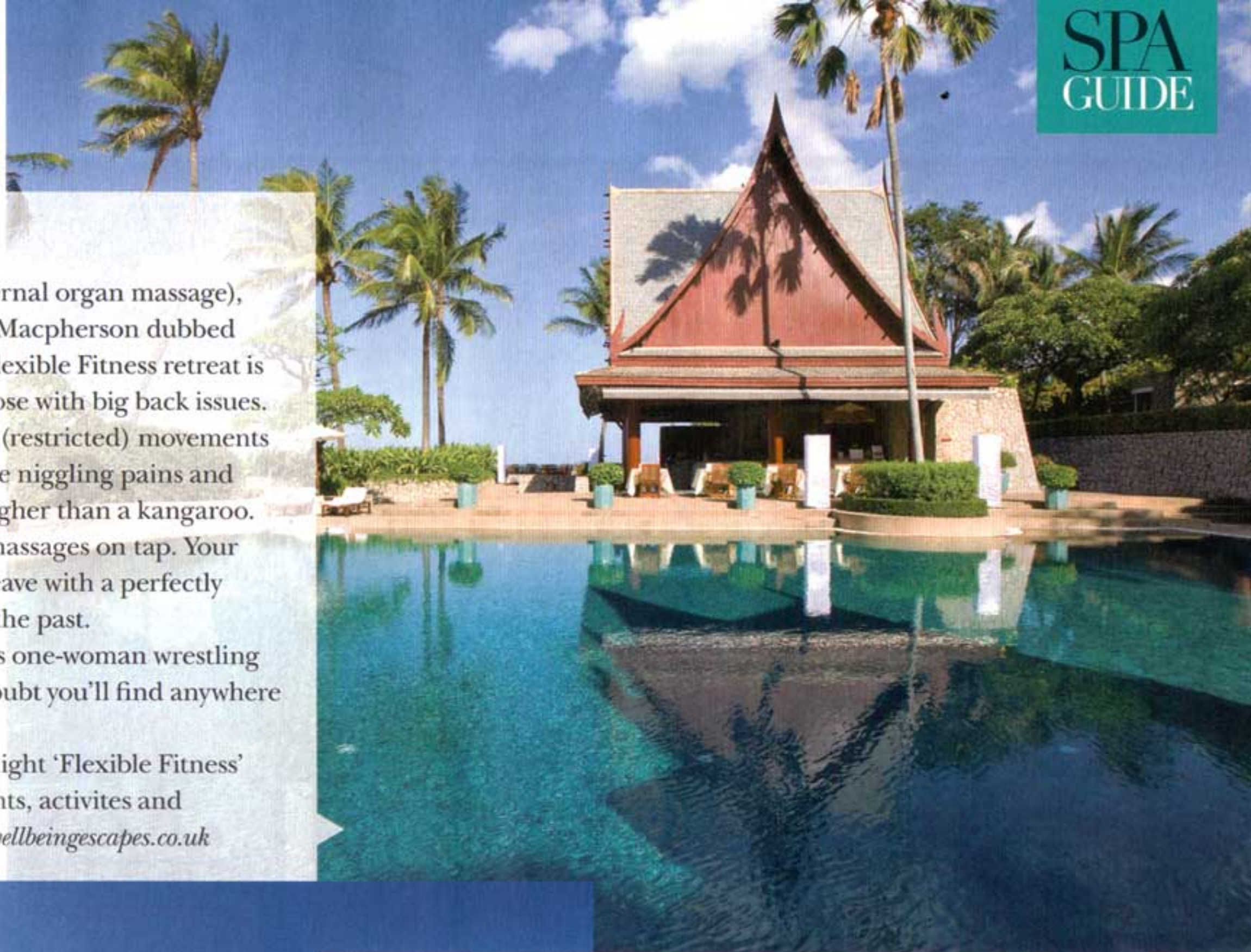


## CHIVA SOM

Come to get fit, try Chi Nei Sang (Taoist internal organ massage), past life regressions or to quit smoking. Elle Macpherson dubbed Chiva, 'Club Med for holistic junkies'. The Flexible Fitness retreat is great after a C-section or boob job, or for those with big back issues. Their crack squad of physios will assess your (restricted) movements and musculoskeletal imbalance – then relieve niggling pains and help you beef things up until you can hop higher than a kangaroo. There are squillions of daily activities, plus massages on tap. Your only stress is juggling appointments. You'll leave with a perfectly aligned body, rounded shoulders a thing of the past.

**TREATMENT TO TRY** Thai massage, a joyous one-woman wrestling match that will leave you inches taller. We doubt you'll find anywhere that does it better.

**DETAILS** Wellbeing Escapes offers a seven night 'Flexible Fitness' package including flights, massage, treatments, activities and consultations, from £3,489. 0845 602 6202; [wellbeingescapes.co.uk](http://wellbeingescapes.co.uk)







## GRAYSHOTT, SURREY, UK

A corker of a way to deal with those oestrogen blues and hot flushes is on Grayshott's five-day Menopause Programme. Women's health supremo Maryon Stewart helps the hormonally challenged chuck HRT out of the window – offering instead a natural toolkit of exercise, special foods, supplements and herbal remedies. Get with the programme for scientific-boffin-proven tips on how to manage your lifestyle, basement-level libido and lousy levels of concentration. Sample to-die-for treatments from middle-aged matrons who've been massaging for centuries. Chill with the comforting fiftysomething clientele. And flop around make-up free in a white robe picking on fodder that won't get you a part in La Grande Bouffe. The Change was never this good.

**TOP TREATMENT** Bag a Resurgence Facial. It leaves your face 21 years old and descending.

**DETAILS** From £1,490 per person for five nights based on double occupancy. 01428 602020; [grayshottspa.com](http://grayshottspa.com)





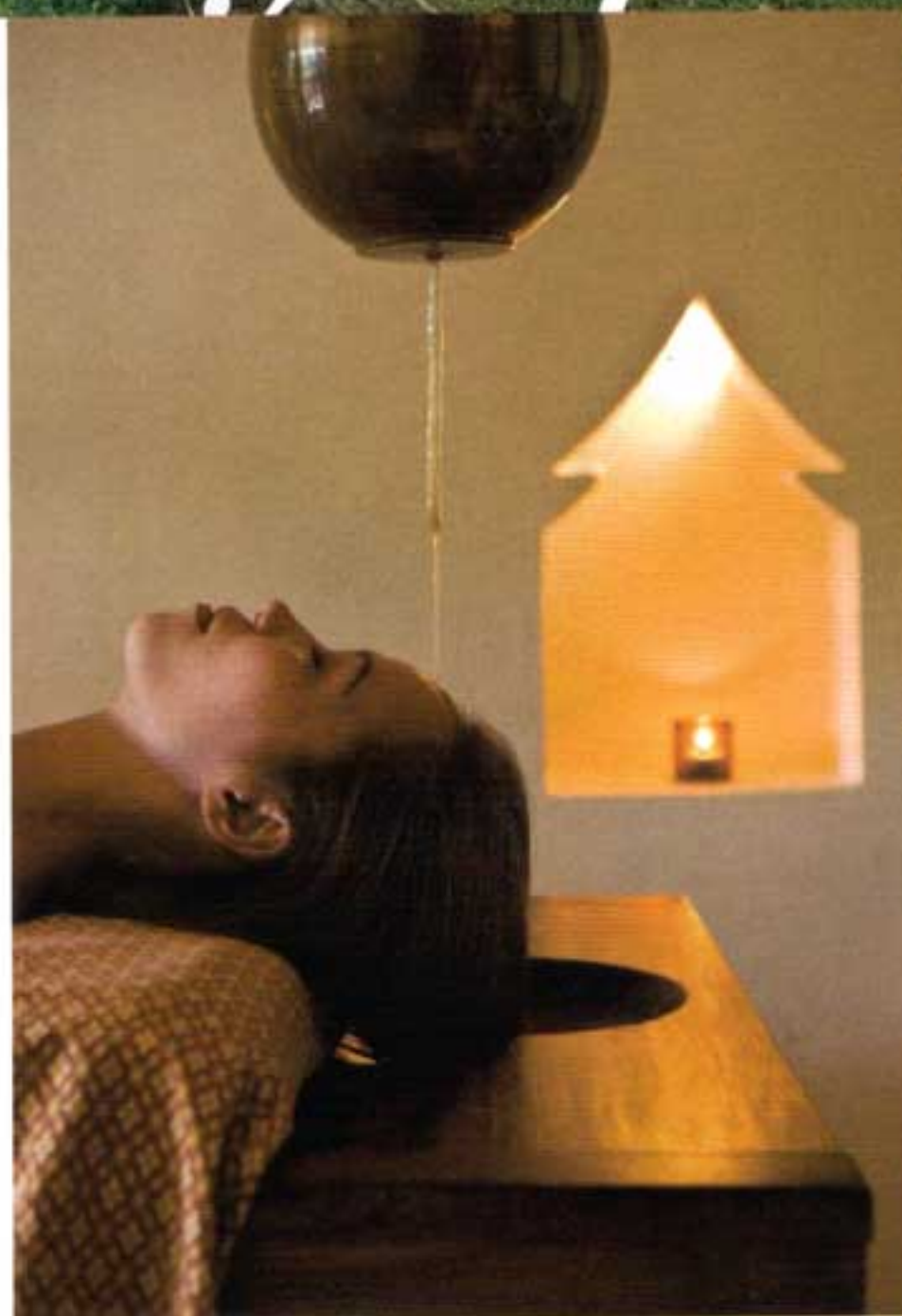
# SPA *to fly and flop*

*Sun, sea – and spa, surely the best three ‘s’s’ in the world*

## KAMALYA, KOH SAMUI, THAILAND

Kamalaya – the holistic hotel retreat on the tropical island of Koh Samui – is as close to heaven as I can get while my pulse is still beating. On the seventh day, God created this, the coolest, most spiritual of destinations. And on the eighth day He was able to put his feet up (in a Thai Chi pose) in His newly-improved Garden of Eden. Make sure you come here to do just that too. Kamalaya is set in a walk-in Gauguin painting of green rainforest on a hill overlooking the ocean. The spa, ancient Buddhist monks' meditation cave and yoga hall are all set on a hill of swaying coconut palms and fluorescent orange flowers. It's enough to make even the hardest spa junkie weep with joy. No wonder Annie Lennox, Oliver Stone and Fergie are all fans. There can be nowhere better to escape and recharge.

The spa offers everything from weight loss to detox programmes, Traditional Chinese Medicine to top-notch diagnostic procedures. I opt for the Emotional Balance package, which includes a wellness consultation, naturopathic appointment and stress-busting consultation. Think crack healing squad working on an energetic, emotional and spiritual level. You'll also find healing



hands aplenty. The treatments are properly effective. My Indian head massage relaxes me down to my toes. Magic-handed Asha gives an A\* Ayurvedic massage and after enjoying Chei Nei Tsing (a Taoist tummy massage), Thai massage and an Asian foot and hand massage, I'm more emotionally balanced than the Dalai Lama. Days are sugar-free-jam-packed with all-included activities from aqua aerobics to meditation and Qi Gong. There are no televisions, but housekeeping will deliver a mandala (a sacred Sanskrit circle) for guests to colour in. And beyond



your room... food – fresh, mostly organic and pleasantly medicinal without being preachy (you'll find wheat grass juice AND croissants.) OK, so the service may be a little hit and miss but who really cares when there's black cod, banana blossom salad and dark chocolate mousse too good to be legal.

People go to Kamalaya to chill or change their lives. If there are any better places to spring clean my psyche, give me a spiritual charge of national grid levels and detox my body-is-my-temple, I haven't found them. I leave toned, tanned and terrific. And calm as a plate. *Caroline Phillips*

**DETAILS** Healing Holidays offers a seven night 'Relax and Renew' package from £2,560 per person, including flights, full board spa meals and treatments. 020 7843 3597; [healingholidays.co.uk](http://healingholidays.co.uk). Caroline flew to Bangkok with Cathay Pacific ([cathaypacific.com](http://cathaypacific.com)) then to Koh Samui with Bangkok Airways ([bangkokair.com](http://bangkokair.com)).