



WINTER-SUN WELLNESS TRIPS

As the wellness market bounces back, **Sasha Wood** suggests some tropical soul-soothing sanctuaries



TLC IN THAILAND

Boutique resort The Sarojin in the Thai beach town of Khao Lak is a heavenly haven with an award-winning Pathways Spa. Its Sarojin Cares wellness package is a tonic for the mind, body and soul and includes a yoga and meditation class followed by a Thai or aromatherapy massage. Guests are also treated to a traditional sunrise water blessing to cleanse the spirit at a Buddhist temple, and they have the chance to volunteer on local environmental projects or care for rescued elephants at the Phang Nga Elephant Park.

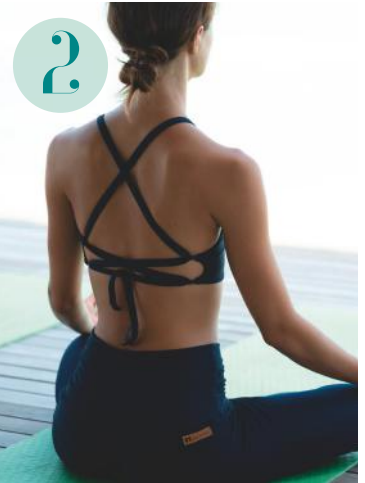
Book it: A seven-night Sarojin Cares Wellness package costs from £1,630 for two people. tropicsky.co.uk

PICTURE: Phang Nga Elephant Park

MINDFULNESS IN THE MALDIVES

The wellness-themed Vakkaru resort in the Maldives is designed to be a soul-soothing private island sanctuary, with an overwater Merana Spa offering the ultimate in rest and relaxation. The new Maldivian Touch treatment immerses guests in natural goodness using island-sourced ingredients such as sea salt, sand and coconut oil. Elsewhere, a new sunset-facing yoga pavilion gives guests the perfect spot on Vaku beach to realign their chakras. The resort also offers a new farm-to-table dining experience.

Book it: Seven nights' half-board in an Overwater Villa in March costs from £5,499 including flights. turquoiseholidays.co.uk



CARIBBEAN CLEANSE

Sandals Royal Barbados completed an expansion this winter, creating the restorative Tranquility Collection housed in the resort's South Seas Village between tropical gardens and the white sands of Maxwell Beach. The new section features dreamy suites that encourage guests to simmer in sybaritic splendour, with blackout shades, soothing lights and an in-room aromatherapy system.

Book it: Seven nights' all-inclusive in a South Seas Hideaway Crystal Lagoon Club Level Suite with Balcony Tranquility Soaking Tub costs from £2,312, including flights. sellingsandals.co.uk

LAID-BACK LUXURY IN THE SEYCHELLES

The 41-key Mango House hotel debuted last summer in the Seychelles – a vision of tropical luxury knitted into the south coast of Mahé with an emphasis on wellness and relaxation. The five-star property's Anpe Spa is a serene oasis with treatment rooms overlooking the ocean, making the personalised therapies featuring local products even more restorative. The wide range of detoxifying and rejuvenating treatments include the Detox Delight and Moonlight Ritual.

Book it: Seven nights at Mango House, from £2,881, based on two sharing, including flights. kuoni.co.uk



INNER PEACE IN THE INDIAN OCEAN

The Maldives' first immersive wellbeing retreat, Joali Being, opened this winter on the secluded island of Bodufushi in Raa Atoll. An in-house team of naturopaths, therapists, movement experts and nutritionists create personalised Immersion Programmes to help guests achieve peak physical and mental wellbeing. Features include a hydrotherapy hall, outdoor sound oasis, herbology centre and overwater meditation deck. The property offers 34 beach villas and 34 water villas.

Book it: Seven nights at Joali Being costs from £6,590, including flights. carrier.co.uk

