

# Healing touch

Laura French finds the perfect spa resort for every client

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**N**ot all spas are born equal - and not all clients want the same thing. From yoga-centric spiritual retreats to luxury safari-lodge spas, there's a wealth of options for wellness breaks.

We've picked a handful of the best and matched them up with your clients to get you feeling inspired.

#### ► BEST FOR... A SPIRITUAL RETREAT

**Where:** Fusion Maia Da Nang, Vietnam

**Why:** For clients wanting to embrace all things zen on the banks of a peaceful, sugar-soft

beach, look to Fusion Maia Da Nang. Set among leafy tropical gardens, it's all about inner cleansing here with a Natural Living programme organised by colour, theme and aroma, and featuring breathing exercises, stretching, yoga and meditation.

It's paired with healthy menus and a 22-room spa with saunas, Jacuzzis and a yoga deck, and guests get two free treatments a day. It's also a stone's throw from three Unesco-listed sites including historic Hoi An, for those after a cultural fix.

**Book it:** Gold Medal offers a week's B&B from £2,299, based

on two sharing a Pool Villa with flights from Heathrow and private transfers, for travel between May 6 and June 17. [goldmedal.co.uk](http://goldmedal.co.uk)

#### ► BEST FOR... THALASSOTHERAPY

**Where:** Forte Village Resort, Sardinia

**Why:** Set among the hills of a 100-acre estate and surrounded by pine trees, Forte Village's environs alone would be enough to lull you into a delightful daze. Add its Acquaforte Thalasso & Spa, and you have R&R bliss.

Spread across verdant tropical

gardens, it features six seawater pools heated to different temperatures with the aim of boosting your metabolism, stimulating endorphins and toning muscles.

Beyond the thalassotherapy pools there are shiatsu massages, algae baths, mud wraps and more, alongside specialist programmes targeting weight loss, anti-ageing and other areas.

**Book it:** Sardatur Holidays offers a week's half-board in a deluxe bungalow at Hotel Bouganville from £1,607, including flights from Gatwick on May 18. [sardatur-holidays.co.uk](http://sardatur-holidays.co.uk)



PICTURE: ENZO CREATION

**LEFT:**  
Fusion Maia  
Da Nang,  
Vietnam

**RIGHT:**  
Gondwana  
Private Game  
Reserve,  
South Africa



## ▶ BEST FOR... A DIGITAL DETOX

**Where:** Spa Village Resort  
Tembok, Bali

**Why:** Picture a week or two without kids, TVs and mobile phones (in public areas, at least), where the only sound is the soothing swish of the ocean, and you have Spa Village Resort Tembok.

'Holistic wellness' is the raison d'être here, with yoga, cooking classes and complimentary daily spa treatments on the agenda, alongside plenty of romantic options such as a pre-wedding floral bath, private sunrise meditation and a candlelit massage under the stars.

**Book it:** Kuoni offers a week's full board in a Kamar Room from £1,349 per person, including Emirates flights from Gatwick and transfers in June.  
[kuoni.co.uk](http://kuoni.co.uk)

## ▶ BEST FOR... FAMILIES

**Where:** Now Onyx Punta Cana,  
Dominican Republic

**Why:** It's not only about couples; a growing number of spa resorts are offering treatments tailored to kids. Among them is Now Onyx Punta Cana, which has a menu offering the likes of chocolate fondue body wraps, mint exfoliation scrubs and spot-targeting facials targeted at teens and children.

The spa has 12 treatment rooms alongside a hydrotherapy



## It boasts a full spa menu spanning Happy Hippo Mud Wraps and Hakuna Matata Manicures

circuit, steam room, sauna and whirlpool, and when guests are done pampering themselves, they can get involved with a string of other family-friendly activities, from ziplining excursions in the jungle to film nights on the beach.

**Book it:** Funway Holidays offers a week's all-inclusive from £1,500, based on two sharing, with flights from Heathrow on July 12.  
[funway4agents.co.uk](http://funway4agents.co.uk)

## ▶ BEST FOR... BUDGET-SEEKERS

**Where:** Paradis Plage Yoga  
Surf & Spa Resort, Morocco

**Why:** Just as prolific on the spa scene is Morocco, and it doesn't mean breaking the bank. For an excellent value option, suggest Paradis Plage. Locally sourced ingredients characterise its treatments - which you can have right on the beach - while elegantly tiled hammams are on hand for those after traditional Moroccan flair. A resident yogi offering classes three times a day and a dedicated surf school add

welly for active types.

**Book it:** Cyplon Holidays offers seven nights from £599 per person, based on two sharing a Junior Suite with private transfers and easyJet flights from Gatwick on May 7.  
[cyplon.co.uk](http://cyplon.co.uk)

## ▶ BEST FOR... LUXURY SAFARI-SEEKERS

**Where:** Gondwana Game  
Reserve, South Africa

**Why:** For clients who want something different, suggest a spa in one of southern Africa's luxury safari lodges. You'll find options to suit all budgets and tastes, but for one of the most luxurious, look to South Africa's Gondwana Game Reserve, a four-hour drive from Cape Town on the scenic Garden Route.

As well as being home to the 'big five' - and offering game drives, golf safaris, mountain biking and a Junior Ranger programme - it boasts a full Africology treatment menu spanning the likes of Happy Hippo Mud Wraps and Hakuna Matata Manicures, all using indigenous plants from the region. There's also a specially tailored kids' spa menu, making it a good option for families wanting to pamper themselves amid sweeping mountain landscapes and colourful, fynbos-covered hills where elephants and leopards roam free.

**Book it:** Premier Holidays offers a

nine-night South Africa trip from £1,499, including three nights' full board at Gondwana Private Game Reserve and Emirates flights in September.

[trade.premierholidays.co.uk](http://trade.premierholidays.co.uk) **TW**

## Best of the rest

### Sleep

Saint Lucia's iconic Cap Maison has a new sleep retreat that features sessions with sleep experts, breathing workshops and evening reflexology.

### Sound

For families after a spa with a difference suggest Hard Rock Hotels, whose Rhythm and Motion spa (*pictured*) uses sound vibrations, pressures and patterns to help rejuvenate.

### Soul

Direct spiritual types to Switzerland's The Alpin Gstaad, a member of Preferred Hotels & Resorts, where new wellness programmes include a four-night Tibetan Healing Retreat featuring meditation and yoga amid idyllic Alpine scenery.

