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APRIL 2019

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BEYOND

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Phuket

KATA ROCKS

In Thailand, there's no dearth of retreats that hark back to past holistic health philosophies. But a destination that combines traditional methodologies with a dash of the futuristic is rare, which brings us to Kata Rocks (hotel.qantas.com.au/katarocks). Located in southern Phuket, it's a collection of 34 swanky villas that cascade down a hill to a rocky outcrop that plunges dramatically into the Andaman Sea. Each villa enjoys sweeping water views, while the sunset-facing infinity-edge pool located at the heart of the resort gets our vote for the most photogenic spot in Thailand—particularly at dusk. But the biggest drawcard at Kata Rocks is its spa, which offers three-, five-, seven- and 10-day detox programs, plus a raft of therapies that incorporate timeless wisdom as well as cutting-edge technology. Try the two-hour Senso Healing



(Clockwise from far left) Soneva Kiri; The Alchemy Tea Lounge at Kamalaya; infinity pool at Kata Rocks

treatment, which includes a massage while on a waterbed preheated to soothe the tired muscles. Or opt for a treatment in the spa's chromotherapy chamber, where subtle changes in lighting effects are claimed to balance your chakras.

Koh Kood

SONEVA KIRI

A beachfront hotel promoting the beguiling notion of "barefoot luxury" on the unspoiled island of Koh Kood, Soneva Kiri (hotel.qantas.com.au/sonevakiri) is a short private plane ride from Bangkok and light-years away from the rat-race. Its Six Senses spa, tucked discreetly into the rainforest foliage, is a refuge of stress relief where you can relax to the max with a five- to 14-night yogic detox program, or choose à la carte with an Oriental massage, a Thai silk facial or detoxifying coffee body wrap. The après-spa activities are topnotch, too, whether it's dining in a treetop bamboo pod, enjoying a movie at the open-air cinema or gazing at the stars in the observatory with the resident astronomer.

Chiang Rai

MUSEFLOWER RETREAT & SPA

An early-morning yoga class on a pontoon anchored in the serene lake is a pinch-me

highlight of this simple yet elegant eco-friendly hideaway (museflowerretreat.com), the ideal place to find your balance by virtue of an organic, vegetarian menu and a digital-detox philosophy. Take your pick from three-, five- and seven-night yoga or spa retreats, sign up for a spiritual program or tailor an escape to include everything from qi gong to Pilates, sound bathing and crystal massage. There's even a DIY body-scrub workshop for the gift that keeps on giving.

Bangkok

MANDARIN ORIENTAL

Who says you can't create a tranquil haven in the heart of bustling Bangkok? Certainly not the Mandarin Oriental (hotel.qantas.com.au/mandarinorientalbangkok). The *grande dame* of the city's high-end hotel scene offers personalised three-day retreats at its opulent Oriental Spa, reached by a short boat ride across the Chao Phraya River. A broad range of treatments seamlessly incorporate an Asian holistic approach and modern Western therapies. Body wraps, herbal compresses, massages and facials are the order of the day – leaving you glowing and ready for aperitivo hour at The Bamboo Bar or dinner at the hotel's two-Michelin-starred Le Normandie restaurant. ●

