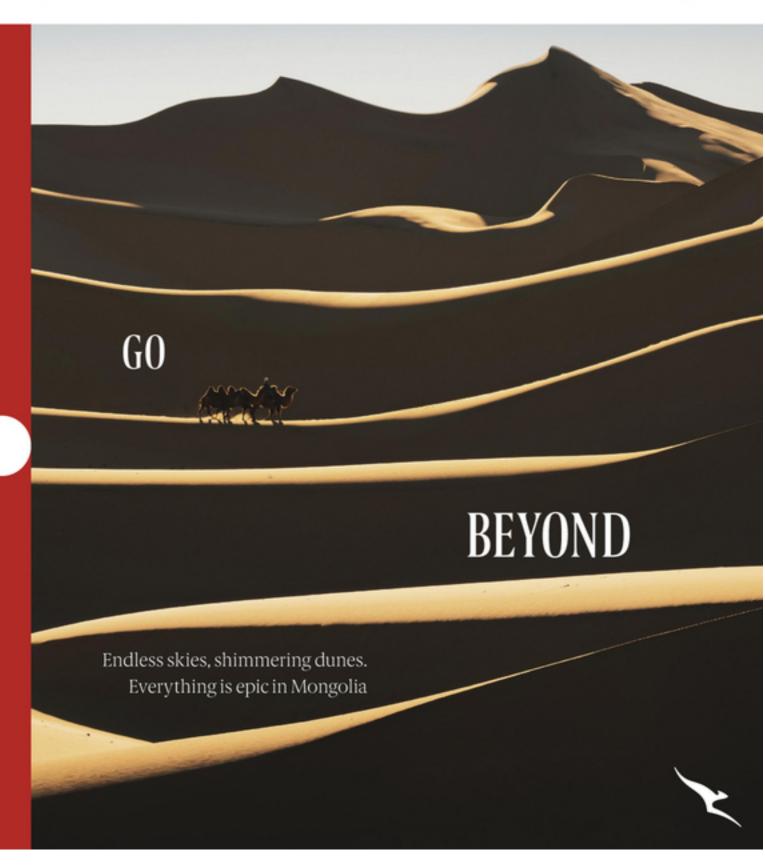
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Heli-skiing in New Zealand
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Sandboarding in Australia
Scuba-diving in Belize





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 adash of the futuristic is rare. which brings us to Kata Rocks (hotel.gantas.com.au/kata rocks). Located in southern Phuket, it's a collection of 34swanky villas that cascade downahilltoarockyouterop that plunges dramatically into the Andaman Sea, Each villa enjoyssweepingwaterviews, while the sunset-facing infinityedge 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



(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 tired muscles.Oroptforatreatment 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 fiveto 14-night yogic detox program, or choose à la carte with an Oriental massage, a Thai silk facial or detoxifying coffee body wrap. The aprés-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 (musefloweretreat.com), the ideal place to find your balance by virtue of an organic, vegetarian menu and a digitaldetox philosophy. Take your pick from three-, five- and sevennight 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.gantas.com.au/mandarin orientalbangkok). 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. •

