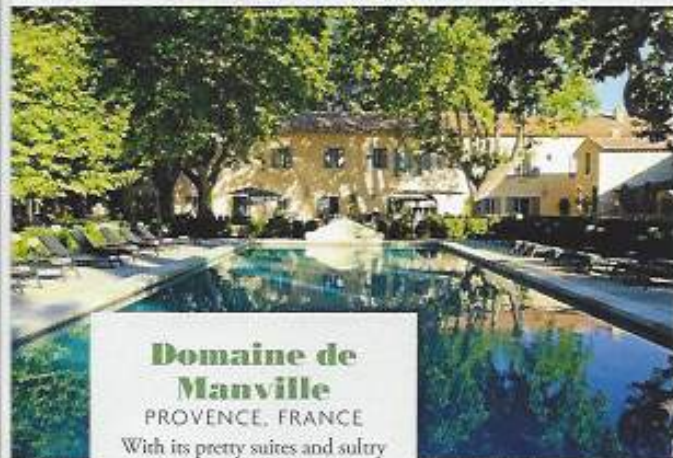


TATLER



IN ASSOCIATION WITH
Healing  Holidays
AND ESPA

SPA GUIDE
2016



Domaine de Manville

PROVENCE, FRANCE

With its pretty suites and sultry spa, Domaine de Manville is just the thing for sporty couples who like their food, with or without sprogs in tow. Rooms are colourful and cool, and its spa/fitness programmes are of the traditional Provençal variety: rigorous hikes around the estate and guided rambles through the nearby Alpilles National Park – caves, castles, beehives and fields of wild fennel. Back on home turf, there's a swanky golf course and, at spa o'clock, a kids' club in two gypsy caravans.

The smooch factor in the spa is ramped up a notch with candlelit massages and milk baths à deux. At dinnertime, chef Matthieu Dupuis-Baumal coaxes lentils, carrots and ceps into deliciousness, but if you fancy something rather naughtier, you're more than welcome to it.

HEADS UP Weekends are busy with local golfers. **BOOK IT** Double, from £190, including breakfast (domainedemanville.fr; 00 33 4 90 54 40 20). Eurostar (eurostar.com) travels to Avignon from £99.

Mandarin Oriental has opened in Marrakesh with a ravishing spa, with walled gardens and ornamental pools. (mandarinoriental.com)



Nihiwatu SUMBA ISLAND, INDONESIA

Long popular with the smart surfer set, this remote island now attracts the ultimate spa pilgrims, drawn by the promise of a startlingly effective journey, both literal and spiritual. Basecamp is Nihiwatu – sprawling eco-villas, lashing waves and an on-site equine centre. Tear yourself away from the surf – or your private plunge pool overlooking the break – and sign up for the Nihī Oka Spa Safari, a gentle 90-minute trek across Sumba's *Juanita Park*-style west coast that will blow your mind. At the end of it: breakfast, and then it's on to the open-air treatment platform perched on a sheer cliff, where two therapists are at your disposal for massages, wraps and reflexology. Back at base, there's group alfresco yoga, surf lessons or just a simple, life-affirming beach stroll. Whoever wrote 'It's the journey, not the destination, that counts' obviously never found Nihiwatu: here, it's both.

HEADS UP Book Horse Whispering with Carol – the interaction she orchestrates between you and the horses is astonishing. **BOOK IT** Cleveland Collection (clevelandcollection.co.uk/tatlerspa; 020 7843 3596) offers seven nights, full board, from £2,580, including flights, transfers and group yoga/meditation classes.

NEW PROGRAMME

Kata Rocks

PHUKET, THAILAND

Picture a fleet of spaceships teetering on jungle-covered cliffs overlooking an emerald-green sea. Now think of acons-old wellness practices and philosophies, and you've got Kata Rocks. At this glamourpuss getaway you get all the fun of a holiday – big sunnies by the infinity pool and nightly peacocking at the neon-lit bar – plus the feelgood factor of one-on-one yoga sessions, herbal steams and oily massages at the Infinite Luxury Spa. The seven-day Re-Charge retreat is just the thing to kickstart your Thai trip. We love the lush Ila facials, but it is the spiritual body-massage rituals that steal the show. Standouts include the kundalini – perfect for combatting jetlag – or the prana, an energising pummelling with lemongrass compresses.

And then there's the blessing ritual, which brings Buddhist-singing bowls and healing stones to the table. Go with it. Throw in a few days of juicing if you fancy some rapid weight loss, or lap up gastro cuisine by the pool if that's more the boost you're looking for. **HEADS UP** Go in the first week of December, when the Phuket King's Cup Regatta crowd sails into town. **BOOK IT**

Double, from £380, including breakfast; five-day Recharge Programme, from £505 (katarocks.com; 00 66 7 637 0777).

