

Chiva-Som LOSE WEIGHT!

HUA HIN, THAILAND

Here is a hotel that whips and kisses you in equal measure, that takes you back to basics – good calorie-counted nutrition, proper exercise, the best Thai massages – but also lifts you on high with its healing far-out therapists, glistening lily ponds and yoga at dawn. OK, so the buffets are not the most glamorous (rock up in your gym kit) and the rooms are a tad dated, but – raw salads alive! – nearly every guest will come back for more (tenth time round they will throw you a party). Need to cry? Detox those poisons? Chiva is guaranteed to transform your evil ways. **Website** chivasom.com. **UK reservations** Cleveland Collection (tel: 0845 450 5732). **Rates** Double, from £2,320, full board, with a three-night minimum stay.

