



Six Senses Destination Spa. LOSE WEIGHT!

PHUKET, THAILAND

This rainforested dot off Phuket, *Tatler's Spa of the Year* for 2008, offers more feelgood factor than 10 screenings of *Mamma Mia!* The scrumptiousness of the natural villas is reason enough to visit, then you trip through a sun-dappled bamboo arch into a vast pleasure dome with not one, but four exquisite themed spa areas. The Chinese zone features a Shanghai surprise: an apothecary with wall-to-wall cabinets crammed with herbal medicines and a bamboo forest that's utterly stunning. Pick a mulberry from the edible garden, book a dreamy Himalayan hot-stone massage in the intricately carved Indian spa, or overload Thai and Indonesian style. Everything spa addicts could possibly want is here and there are masses of powerfully effective healing programmes too. Action monsters will love the jungle gym; sybarites will prefer a perch by the pool and a giant glass of organic wine. **Website** sixsenses.com.

UK reservations Cleveland Collection (tel: 0845 450 5732).

Rates Double, from £980, full board. ▷