

THE FOCUS

THE WORLD'S BEST CITY SPAS

Some are destinations in themselves, others key stopovers en route elsewhere. But all 10 of our metropolitan selection are switched-on spots to switch off in. Edited by Daisy Finer



THE SIAM, BANGKOK

After an 11-hour flight many folk want to head straight to the Chao Phraya, the river at the heart of Bangkok, so that the water can work its calming magic. That's why everyone loves the Mandarin Oriental, with its left-bank location. But the new city sensation is The Siam, further upstream. Designed by Bill Bensley, the suites are slick – white walls and dark wood floors, fans overhead, antiques everywhere – and the Opium Spa is bathed in flickering candles (only chemical-free Sodashi products are used here). Peel off your travel clothes, slip into the shower, dress in loose cotton PJs and surrender to an hour of

Thai massage, which stretches, turns and twists the arms, back and legs – it's like having yoga done with someone else coordinating the moves. At the end of a session you feel wonderfully reassembled and will sleep like a rock. Wake up to birdsong and breakfast (croissants, mango, tiny pots of blackcurrant yogurt) on the terrace; then it's just a 20-minute ride on the hotel's sleek canvas-topped longtail boat to the Grand Palace and the reclining Buddha at Wat Po. **BOOK IT** *Cleveland Collection* (+44 20 3111 0805; www.clevelandcollection.co.uk) offers two nights from £1,235 per person including breakfast, flights and transfers