

## 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 Nihi Oka Spa Safari, a gentle 90-minute trek across Sumba's *Jurassic 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](http://clevelandcollection.co.uk/tatlerspa); 020 7843 3596) offers seven nights, full board, from £2,580, including flights, transfers and group yoga/meditation classes.

