



The Mulia

NUSA DUA, BALI

Bad news: you've just had a blissful break on Sumba (see Nihiwatu review, p46), but now it's a 12-hour wait between flights in Denpasar on the way home. Good news: you can kill time beautifully by popping over to the Mulia and dipping into its wellness package. Hole up for a couple of days in this place, which has pit-stop pampering down to a T. Healthy food, yoga in the lush gardens and aqua aerobics in the oceanfront pool are all part of it, and Balinese, Asian and Western techniques are deployed in the facials and massages. You could make use of the fitness centre and all its newfangled machines, but the large hot, medium and cold plunge pools and ice room are so much more rejuvenating, and for far less effort. Go the whole hog and hire a villa with treatments followed by dinner to end your holiday on a high. Frankly, after all this, you'll be close to comatose for your 35,000ft cruise home. **HEADS UP** The have-it-all-to-yourself wellness suite has a private sauna, a steam room, two hammam tables and a soothing chromatherapy system (gentle, colourful light therapy) that's designed to relieve stress and anxiety – just the job for the jittery journeyer. **BOOK IT** Cleveland Collection (clevelandcollection.co.uk/tatlerspa; 020 7843 3596) offers two nights from £1,250, including breakfast, flights and transfers.