CAPELLA

Set on the island of Sentosa, this lush paradise planet is straight out of a sci-fi movie. Colonial heritage buildings fuse with sleek lines and swooping architecture by Sir Norman Foster, all marvellously in sync with the natural habitat; the three infinity pools, each on a different level, have outstanding views of the South China Sea. It's a proper retreat from the hub of the city. The astronomically-themed Auriga Spa is named after the constellation in which Capella is the brightest star. One series of treatments is designed to complement different phases of the moon cycle. It all sounds rather curious, until you realise you have accidentally visited while the moon is waxing. Typical. Instead, plump for a sublime Senja Sunyi massage, delivered using a fragrant rose and pomegranate body balm. The long, flowing strokes with heated 'moon' stones smooth out any muscle kinks, trapped nerves or tangled circadian rhythms. And take a dip in the Japanese onsen-style vitality pool, which is tingingly refreshing. BOOK IT Cleveland Collection (+44 20 7843 3531; www.clevelandcollection.co.uk) offers three nights from £1,359 per person sharing, including flights, transfers and breakfast

