

**don't
get the
hump**

“Sanctuary, sanctuary,” whined Quasimodo. And if the festive break already seems a distant memory and your body feels as mangled as the Hunchback of Notre Dame’s, Banyan Tree Hotels have the answer. They have introduced spa sanctuary (get it?) villas at all their resorts. As part of your stay, you’ll be offered unlimited massage treatments within the privacy of your own villa; all of them boast a separate room with two treatment beds and a secluded outdoor area, including private pool. With treatment menus featuring 10 styles of massage, including everything from rhythmic Hawaiian lomi lomi to deep-tissue Balinese, you’re sure to return feeling refreshed, reinvigorated and “de-knotted”. Prices vary depending on the property.

banyantree.com

**just
the
ticket**

TRAVEL TIPS AND
A ROUND-UP OF ALL
THE LATEST HOLIDAY
NEWS. THIS MONTH,
WE’VE GOT THE SCOOP
ON SOME GREAT
WELLNESS GETAWAYS

WORDS: MARKUS BIDAUX

PARK THAT THOUGHT

The five-star Stoke Park Hotel in Buckinghamshire has long featured acclaimed spa facilities, a heated swimming pool and Italian marble steam rooms, but now the venue has had a thorough makeover. The new outdoor spa gardens feature a sauna and hot tub, and there are couples’ day beds and a hammock-like nest, which allow guests to enjoy views of the property’s 300 acres of manicured gardens. A discovery day at the spa — with lunch — starts from £65.



stokepark.com



SPANISH AYES

We can’t promise you’ll bump into Antonio Banderas or Rafa Nadal but you can put oomph into your exercise regime with Wellbeing Escapes’ fitness booster programme at the Marbella Club. Located along the resort’s “Golden Mile” of beach, the programme includes a private fitness consultation and two 50-minute individual sessions made up of either a gym or beach workout, guided hike or coached run. There are also daily group cooking and meditation classes, and spa facilities. The package includes airport transfers and breakfast — or enjoy a menu designed by nutritionist Amanda Hamilton with a half or full-board supplement. From £455pp, based on a three-night stay.

wellbeingescapes.com



YOUR NEW PHNOM PENH PAL

Arthur and Paul might sound like the names of the latest gay couple in *EastEnders* but in fact it’s a fantastic spa-boutique hotel in Cambodia’s capital Phnom Penh. Exclusively for gay men, the hotel is housed in a renovated 1930’s building and features rooms designed in a contemporary style. Outside, there’s a pool that uses purified water instead of chlorine or any other nasty chemicals. A spa equipped with a sauna, steam room and Jacuzzi offers traditional Cambodian Khmer massages for only £15 per hour. From £90 per night.

arthurandpaul.com