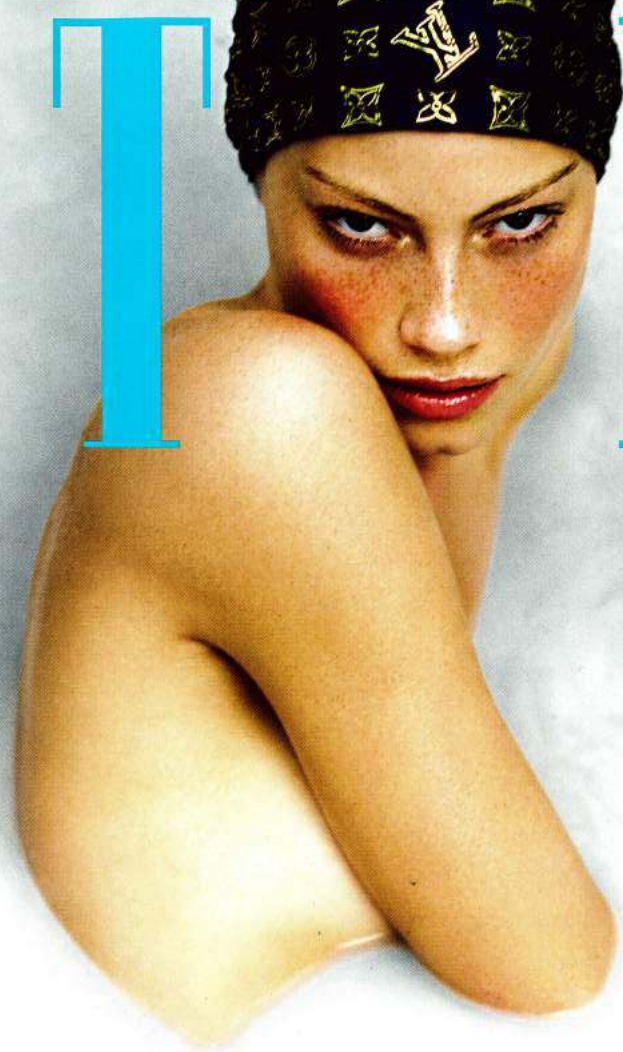



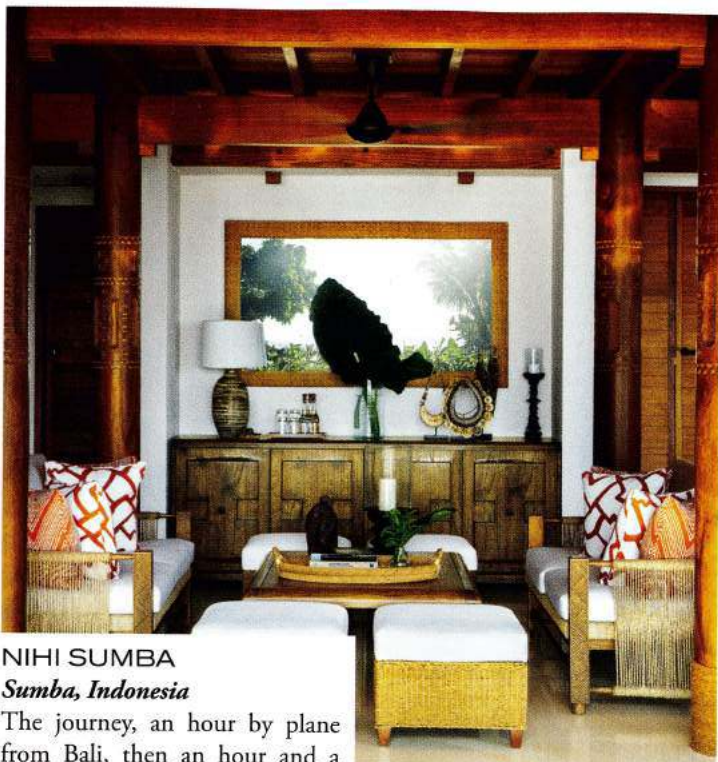
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SPA GUIDE 2019



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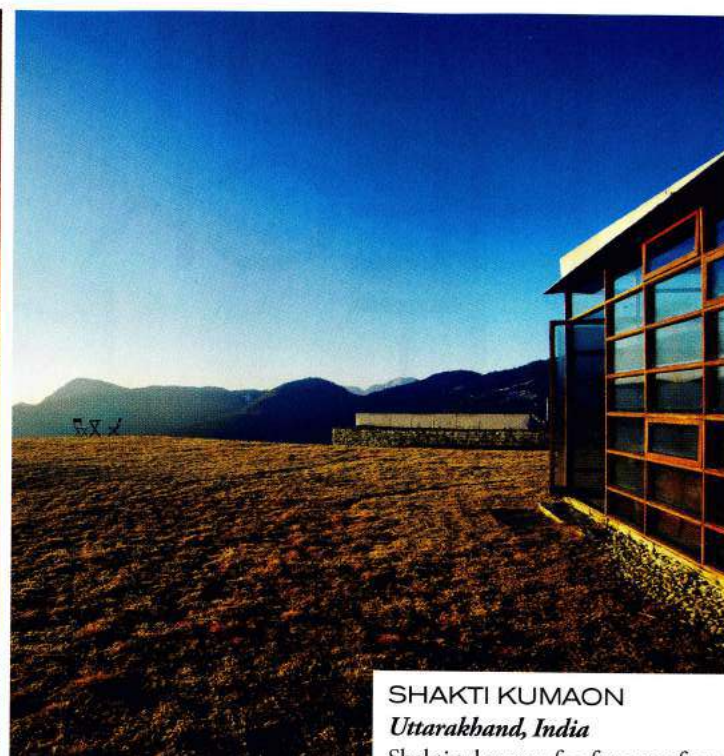


NIHI SUMBA
Sumba, Indonesia

The journey, an hour by plane from Bali, then an hour and a half drive into *Jungle Book* terrain, is the first clue to Nihi Sumba's remoteness. Here you'll find 28 grass-roofed villas tricked out with gauze-draped four-posters and oversized rattan furniture, overlooking the Indian Ocean. Yes, it's easy to switch off, what with sea fishing and riding and mountain biking through the wild, rugged Nihi Oka valley, but for sheer, unadulterated escapism, book a spell at the new Villa Rahasia: a castaway-chic, one-bedroom tree house with a freshwater pool, sheltered cove and spa treatments on tap. Getting there is an adventure: you'll hike at sunrise through undeveloped countryside and rice paddies before arriving to a bush breakfast cooked over the campfire. Then make for the spa (in its own far-flung corner, a playground just for two), where coconut oil and red rice facials make skin gleam and medicinal body wraps leave you spicily scented. Conking out on a lounger afterwards is perfectly... well, perfect. *Double, from £610, full board. Villa Rahasia from £1,755 per night, including spa treatments, bookable for a three-night minimum stay (nihi.com; +62 361 757 149).*

CONSTANCE AIYANA
Pemba Island, Tanzania

If Zanzibar is a far-away dream, then Pemba Island – the smaller sister in the same archipelago – is definitely one step beyond. Charming, slow-paced and lush, this string of 30 thatched villas set on the Kigomasha peninsula (widely considered to be the best beach on Pemba) is a place to come for a taste of peace that's far from the madding crowds. Still, activities are plentiful: snorkel in the Indian Ocean, picnic on a remote sand bar, learn to cook Swahili dishes – otherwise drift away in the



SHAKTI KUMAON
Uttarakhand, India

Shakti takes you far, far away from modern life to be revived with mountain air, where blue skies stretch across the Himalayas and brightly coloured houses tumble down steep hills. Vultures soar, goats bleat, and the sound of distant chanting is all that accompanies your footsteps as you trek for four days on narrow paths through Uttarakhand. Three stone houses form stops along your way, where a log fire, fresh roti and bed with hot-water bottle await; yoga mats are rolled out for sunrise salutations each morning. The guides are brilliant, pointing out langur monkeys and telling the stories behind the gods of the red-roofed temples. Finally, you reach Shakti 360° Leti, tucked beneath the Great Himalaya Range, where four cottages allow you to watch the sun rise and set in silence. With no network signal, this is digital detox at its most wondrous – and the greatest balm to the burnt-out mind. *Cox & Kings (coxandkings.co.uk; 020 3642 0861) offers four nights, full board, as part of a six-night trip, from £5,445, including flights, transfers and guides. □*

TUCKED BENEATH THE GREAT HIMALAYA RANGE, YOU WATCH THE SUN RISE AND SET