

ARCTIC BATH

Harads, Sweden

Thirty miles shy of the Arctic Circle, this radical newcomer is giving goose bumps to wellness junkies across the globe. Inspired by the surrounding forest, the spa, restaurant and 12 Scandi lodges are constructed from sustainable wood and warmed by energy-efficient wood-pellet burners. The central floating 'ring', comprising the spa and restaurant, was designed by Swedish hot-shot Bertil Hastrom to resemble a log jam in the river, while cabins – six on land and six over the water – are cut from a more traditional cloth: clean lines, heated granite tiles and pale pine. Based on the hot-then-cold Kneipp Cure, wellness here involves donning an eco-friendly swimsuit (provided) and heading to the sauna where lovely Nina waves a towel around her head like a lasso and hands out frozen lingonberries. After seven minutes, sweaty bodies are ushered outdoors to a biting cold plunge pool – cut from the ice in winter. It's punishingly cold; painfully invigorating – a high-voltage jump start for blood, organs, and the mind. Treatments are by Kerstin Florian and ANDA, while beyond the spa, there is reindeer nuzzling, moose calling and the warmth of the Sami people to soak up. Meals are hyper-local and boundary-pushing – think smoked moose heart, crispy Arctic char and cured capercaillie – and five courses per night. *Double, from £770 (arcticbath.se).*



Al fresco dining, Six Senses Maxwell

SIX SENSES MAXWELL

Singapore

Sensitively restored from a row of heritage shop houses, Six Senses Maxwell is the group's first urban property (along with nearby sister hotel, Six Senses Duxton). Yet despite its busy, Chinatown locale, this sleek city refuge has a soulful appeal, underpinned by some serious eco-credentials. Visitors are given a traditional welcome: three gongs of a brass singing bowl as guests stand inside (an unusual jet lag remedy) while upstairs, in red velvet rooms (designed by Jacques Garcia, the man behind the interiors at Hotel Costes), they will find

organic linen, circulation-boosting 'baoding balls' and energy chimes. But mindfulness can also be discovered elsewhere. Perhaps on the rooftop, where an edible garden teems with pandan leaves, chilli and dill (workshops in the neighbouring 'Earth Lab' show guests how to make hydrosols from citrus peel and herbs). Or in the tiny spa rooms, tucked into the eaves, where consultations in Traditional Chinese Medicine, deep-tissue massage and scrubs are administered. Though nothing is quite as restorative as twice-weekly yoga sessions in the shade of a 100-year-old angšana tree. *Double, from £223 (sixsenses.com).*

Workshops in the 'Earth Lab' show guests how to make hydrosols from herbs

ISLAS SECAS

Islas Secas Archipelago, Panama

This tropical eco-retreat draws on Panama's rich natural resources: endless sun (the resort is run on solar energy); fish-filled waters (dinner brings red snapper with a side of plantain) and dense forests (the four casitas – for a total of 18 guests at any one time – are built from reclaimed wood). Only 25 per cent of this privately owned 14-island archipelago has been developed; the remainder – where 750 species of fish and 128 varieties of plant thrive – remains untouched: an endless green-blue carpet, glimpsed from the open-air spa. If the hum and thrum of local wildlife isn't enough to quieten the mind, book in with Gabriella for some private yoga, or try a sound bath (the vibrations are strangely soothing). Though nothing is as restorative as the lymphatic drainage foot and leg scrub (long, flowing strokes with a cold-stone massage to boost blood flow and lighten heavy limbs). Back at the sun-bleached casita, guests can lather themselves in organic, island-made products – or get creative, and concoct their own, from a selection of essential oils – derived from local plants, naturally. *Plan South America (plansouthamerica.com) offers a six-night trip, with four nights at Islas Secas, full board, and two nights at American Trade Hotel in Panama City, from £6,055, including flights and transfers.*



Floating spa and cabin, Arctic Bath



Islas Secas