

## SIERRA GRANDE LODGE & SPA *New Mexico, USA*

Surrounded as it is by red dust, cholla cacti and mesquite trees, few might ever come across the one-horse town of Truth or Consequences (population 6,000) – or this equally quirky spa retreat. (Though that could all be set to change if Richard Branson’s nearby Spaceport America takes off.) Owned by media mogul and philanthropist Ted Turner, the Twenties lodge is a retro delight (patchwork quilts, aged terracotta floors and the warmest of south-western welcomes). And when massages in the tiny, rustic spa come with bedside chat about extraterrestrial life forms and UFO sightings, you’ll find yourself questioning just about everything. The area was once a place of healing for Native American tribes thanks to its natural geothermal springs, which today feed bubbling hot tubs where you can sink into mineral-rich waters. Further opportunities for blissed-out meditation can be found among the glittering, moon-like sands of the White Sands National Monument, the largest gypsum desert in the world (cue dunesurfing, horizon-gazing and the deepest of soul-searching). This may well be the final frontier in wellness. *Double, from £120, including breakfast and two 30-minute hot mineral soaks (sierragrandelodge.com; +1 877 288 7637).*



## CEMPEDAK PRIVATE ISLAND *Riau Islands, Indonesia*

Pronounced ‘chem-puh-dak’, this soulful, environmentally conscious island in the South China Sea is a welcome antidote to today’s frantic pace. Spacious villas with soaring, crescent-shaped roofs and private plunge pools overlook little more than rainforest and ocean (with the odd cameo courtesy of a happy pair of hornbills; the island’s only other inhabitants are sea otters, silver-leaf monkeys and – if you’re lucky enough to spot them – the endangered and nocturnal pangolins). The waters are crystalline

and made for snorkelling, the nearby beaches gloriously remote (grab a picnic hamper and disappear for the day). Then there’s the Rock Spa: it’s perched on granite boulders above a mangrove bay and water whispers through bamboo floors, while lomi lomi massages and facials using locally produced virgin coconut oil lull you into a soporific rapture. By night, the only sounds are the sea and the cicadas. You breathe deeper, sleep better – and even your mind stops whirring. *Double, from £390, full board, including water sports activities (cempedak.com; +65 3158 2119).*

## ALILA VILLAS KOH RUSSEY *Koh Russey, Cambodia*

Alila has made it supremely easy for the solitude-seeking spa-goer to recharge after days of temple-viewing at Angkor Wat. An hour’s flight from Siem Reap is Sihanoukville, and within 30 minutes of landing, you’ll find yourself at the fabulously remote Koh Russey island. Its USP is an endless, copper-sand beach from which you can swim, kayak or paddleboard. The architecture is of the restrained, minimalist variety, with cubic, glass-fronted villas flanked by private pools; the spa is a simple yet tranquil oasis. Here, you’ll find charming local therapists administering remedial massages and scrubs (the twist comes by way of indigenous herbs and spices – plus, of course, the ubiquitous aloe vera). *Turquoise Holidays (turquoiseholidays.co.uk; 01494 678400) offers seven nights from £1,460, including breakfast, flights and transfers.*



## THE ISLAND’S ONLY OTHER INHABITANTS ARE SEA OTTERS, MONKEYS AND PANGOLINS

## ELIVI SKIATHOS *Skiathos, Greece*

A chic escape for city folk in search of calm, Elivi is a place of pale wood and tiny, sun-bleached terraces, which go nearly undetected among the towering pine trees of the forest. The hikes here are breathtaking and nothing blows the cobwebs away like an early morning dip in the inky blue Aegean Sea. Head to the three-room spa for excellent deep-tissue mas-



sage or a seaweed, juniper and lemon wrap to detoxify and tackle orange-peel thighs. The excellent on-site boutique sells elegant koftans, swimwear and sandals, and there’s a tiny but polished hair salon. Then make for the restaurant, where the sea-bass ceviche is fresh from the waves and the rosé flows freely. *Destinology (destinology.co.uk; 01204 474801) offers seven nights from £850, including breakfast, flights and transfers.*