

A woman with wet hair is relaxing in a spa bath filled with water and many colorful flower petals (red, pink, yellow). She is holding two large red daisies over her eyes, smiling. The background shows a white towel and some greenery.

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TOUCH OF BALI

It goes without saying that a fast-expanding Asian company with a focus on 'building emotional memories' should include a spa element. 'The Balinese concept of *sayang sayang* – nurturing – is central to our spas,' says Bali-based Australian Steve Jeisman, spa director at Alila Hotels and Resorts and creator of the brand's all-natural products (infused with mandarin, lemongrass and ginger 'for him', and ginger, rose geranium and grapefruit 'for her').

Between 2001 and 2009, Alila opened 10 properties in five countries, including **Alila Villas Uluwatu**, above the surf on Bali's Bukit Peninsula, which has won several awards for its innovative, EarthCheck-certified design. Last year, there were two more: **Alila Villas Soori**, between the black-sand beaches and emerald paddies of Bali's south-west coast, featuring steam rooms scented with ginger, pandan and lemongrass; and **Alila Luang Prabang**, in the former royal capital of Laos. The brand's first 'business lifestyle resort', **Alila Bangalore**, followed this month, along with a spa at **Alila Diwa Goa** on Majorda Beach in South Goa, where an infinity pool stretches down to paddy fields. *Doubles at Alila Villas Soori from US\$617; and at Alila Diwa Goa from Rps7,040 (about £100). See www.alilahotels.com*

Main picture, Alila Diwa Goa. Inset, Bali's Alila Villas Soori

EAT, DRINK AND LOSE WEIGHT

Deprivation is alien to the latest health retreats

	Chiva-Som, Hua Hin, Thailand	La Réserve, Geneva, Switzerland	Castel Monastero, Tuscany, Italy	The Residence Tunis, Tunisia
Programme	One-week Art of Detox and Weight Management retreats in the Gulf of Thailand	Four-day Better Ageing Programme	Three-day Dr Ali Detox or Slimming in Tuscany	Seven-night Dukan weight-loss programme at The Residence, in the Tunisian capital
Spa cuisine	Gourmet – using herbs, fruit and vegetables grown on site, and prepared by chefs led by Paisarn Cheewinsiriwat	<i>Cuisine minceur</i> from Eric Canino. Detox cocktails include a mix of pomegranate, cranberry, strawberry , banana and goji berries	Devised by Angela Hartnett with Dr Ali. Dishes include cod salad with capsicum, Taggiasche olives, garlic and yoghurt dressing	Based on 100 foods that can be eaten without calorie counting, at one of the hotel's six restaurants
Detox or weight loss	Detox (cleansing diet + nutritional supplements + treatments) or weight management (fitness + nutritional counselling + cooking)	Both, but the priority is to detox the body through treatments, fitness and <i>cuisine minceur</i>	Detox or slimming. Results also include more energy and less stress	Weight loss. Around two to five pounds during the first three days, then two pounds per week (more for men)
Cooking lessons & demos	Two per week. Plus 'Lunch and learn' demos	No	Two-hour classes and three-hour masterclasses from the hotel menus. From €170pp	Two optional cooking lessons teach guests to create Dukan-friendly dishes, including oatbran galettes
Recipes to take home	Printouts from classes, plus Chiva-Som Thai Spa Cuisine cookbook	No book, but four recipes to take away	No, but head chef Fabrizio Peruzzi will help you make notes	A copy of Dr Pierre Dukan's The Dukan Diet , plus hotel recipes. See also <i>The Dukan Diet Recipe</i> (£12.99)
Exercise	For detoxing: private yoga . For weight management: private fitness such as Thai boxing and Pilates	Personal training , yoga, Do-in (a form of shiatsu), Pilates, stretching	Anti-cellulite mud wraps , and Ayurvedic massages	Two medical consultations and a personalised plan of 15 treatments , such as Endermology
Treatments	A daily massage . Plus, colonic hydrotherapy (or Chi Nei Tsang) and Maya massages	Medical consultations followed by osteopathy, hydro-massage , wraps and massages	Yoga , and at least 30 minutes a day of walking or working out in the gym	Six mandatory exercises, including Aqua-cycle and Active Vascular Gymnastics; optional walking or golf
Details	Seven nights' full-board from £3,250pp sharing, with Scott Dunn (www.scottdunn.com). www.chivasom.com	Four nights' full-board from £3,526pp (www.lareserve.ch)	Three nights' B&B from £998pp sharing, including flights (www.classic-collection.co.uk). The Dr Ali programme costs €1,500pp on top	Seven nights from £2,370pp, with Seasons (www.seasons.co.uk). Flights extra, on request. See also www.theresidence.com

UNWIND YOUR MIND Wellbeing Escapes offers meditation retreats at top destination spas, including Ananda in the Himalayas. www.wellbeingescapes.co.uk