

Absolute is the place for a mind and body tune-up; the Moroccan-inspired decor

Absolute Sanctuary, THAILAND

BEST FOR BURN-OUT



Home remedies

Promote peaceful sleep with lavender tea. Steep four teaspoons in a small teapot for five minutes and drink before bed

overdue. That, and the fact my bikini spilloth over (I'm a stress eater).

Brigid, above, says Absolute Sanctuary is made for relaxing



A friend swears by Absolute as the place for a mind and body tune-up, promising time out, tasty food, good massages and yoga – lots and lots of yoga (having shopped around, she also promised it's roughly half the price of similar Thai retreats). And actually, it wasn't taking me too long to ease in, helped by the low-key vibe – there's no forced 'sharing table' at supper and the poolside never felt crowded.

Absolute is Moroccan in style, but the blue-and-white tiling somehow works with the bright Thai textiles (my room is orange and purple, with a low, cushioned area). Built on a hill, it feels

miles away from the local beach, and being in a different time zone works its magic on my brain straightaway – there's wi-fi, but anything in Europe happened yesterday, so it can wait.

My jet lag means early to bed and rising well before the first class at 8.30am – most days offer two easy classes and two harder, plus optional Pilates on reformer machines and a daily morning walk. Although I practise at home, yoga in a tropical country quickly becomes hot yoga so I have to take it easy, but even easy yoga and a Thai massage are powerful partners. Every day I stretch and strengthen, then am pummelled by a friendly spa therapist. By day three I am sore, but with nothing to do but eat, sleep, yoga, spa, repeat, I soon melt into total relaxation.

Meals are served at the sweetly named Love Kitchen; dark, air-conditioned and exactly right after overheating in class. The food is clever too: I like the light green curry with brown rice, nori rolls with tofu, coriander and ginger and prawn summer rolls with peanut sauce, and for breakfast I order perfect vegetable omelettes with finely chopped peppers and onions. By day five my bikini belongs to me, not someone a size smaller, and my brain is pleasantly fuzzy, helped along by a jet lag that never quite goes. But the best bit is, it really doesn't matter. **BRIGID MOSS** >>

What to pack

Yoga bra, £95, PAMA London

Ole Henriksen Nurture Me Facial Water, £18

Aurelia Botanical Cream Deodorant, £18



Meals are light and nourishing; the luxe pool

TRIP NOTES

Healing Holidays offers a seven-night stay at Absolute Sanctuary, Thailand, from £1,860 per person sharing, including economy flights from London Heathrow, return transfers, full board and yoga spa programme: Healingholidays.co.uk

The resort's local beach