

## ASIA

### **The Nam Hai, Vietnam**

020 9662 5080; [scotlandvivi.com](http://scotlandvivi.com)

From £2,100pp per week including flights

You can do as little or as much as you like at this serene resort, which is set on a private stretch of white sand beach and where every one of the 130 contemporary villas enjoys a beachside location. The spa specialises in indulgent ayurvedic rituals and beauty treatments, and resident yogi, Giri Timshira, offers a complimentary hatha yoga class each morning in a spacious pavilion that overlooks the tranquil East Sea. Many of their fruits and vegetables are grown on the hotel's organic

farm – learn how to enjoy them with some Vietnamese cookery lessons, then indulge in the resort's two gourmet restaurants. Vietnam is a great country to give you a different perspective on things too – local cultural sites include My Son, a glorious clutch of some of Vietnam's oldest monuments located deep in the jungle.

### **The Chateau Spa and Organic Wellness Resort, Malaysia**

0645 5441938; [healthandfitnesstravel.com](http://healthandfitnesstravel.com)

From £3,200pp per week including flights

Modelled after an 18th century medieval castle in France and set in the lush Berjaya Hills of

Malaysia, this intriguing place opened this year and is an all-organic wellness resort. Everything that can be, is sourced organically, from the spa toiletries, chocolates and gourmet food to the cotton bed sheets and towels. The resort has its own organic farm, and organic farming is offered as a wellness activity. Others take advantage of the local surroundings, such as jungle trekking, horse riding and cycling. There are classes in meditation, yoga and dance, and tennis and golf facilities. Relax at Le Sante Spa, which offers programmes dedicated to beauty, anti-stress, anti-ageing and detoxing. To maximise peace and privacy, book one of the spa suites.

