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The best of the best luxury health retreats in Asia

17th August 2016 by Fiona Harper



Healthy holidays and luxury escapes are all the go as travellers check into health retreats and luxury spas for wellness programs. Detox diets, surf or yoga lessons, cooking classes and spa treatments are just some of the activities at the best health retreats and resorts in Asia. Thanks to [Skyscanner Australia](#) we can rest easy now!

[Spa Village Resort, Bali \(Indonesia\)](#)

The School of Life Program at Spa Village Resort Tembok creates a path to renewal through holistic healthy life practices. Much more than a holistic holiday where all your good work is undone when you return home. School of Life aims to set you onto a lifelong path to wellness. It's all about sustainable healthy life practices incorporating healthy eating along with physical and mental activities. In-house activities include wellness workshops, yoga, chakra meditation, Balinese dance, fitness circuit, spa treatments and healthy cooking classes.

Idyllically located in the tranquil, coastal environment of northeast Bali, this intimate Snall Luxury Hotels spa resort provides a luxury escape in fine surroundings. If you don't leave here feeling like your health and happiness is on track, well, you're probably not trying hard enough.

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Best time to book: If you book 12 weeks in advance, you can save roughly \$42 (6%) off the average price paid over the year to Indonesia.

[Spa Village Resort Bali](#)

[Six Senses Yao Noi \(Thailand\)](#)

Located in Thailand's gorgeous Phang Na Bay, Six Senses Yao Noi's Spa village is modelled on traditional long houses of northern Thailand. The village is the hub of healing and adopts the four elements of earth, water, fire and air on the way to balancing guest senses.

Six Senses Integrated Wellness program is a personalised package of lifestyle and nutritional advice, fitness and wellness activities along with spa treatments. Based on preventative principles combining Eastern and Western medicine and influences, it's all about enhancing your overall wellbeing.

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Best time to book: If you book 20 weeks in advance, you can save roughly \$51 (5%) off the price of an average flight to Thailand.



Anantara Peace Haven (Sri Lanka)

It's hard to imagine not being inspired to participate in twice daily yoga and meditation classes at soothingly-named Anantara Peace Haven. Given the inspiring beachfront location set within a coconut plantation in Tangalle, south of Colombo, Peace Haven is an exclusive hideaway on Sri Lanka's south coast. With a resident Ayurvedic Doctor on hand to recommend therapies and to personalise treatment plans, health and wellness is managed under Anantara's Balance Wellness concept.

With a nod to an ancient medical system said to have originated in India 3,000 years ago, days are passed partaking in Ayurvedic and reflexology treatments. Beyond Anantara Spa other healthy activities include exercise sessions, tennis, surfing on the nearby reef or taking the resorts bicycles for a spin. Then there is the good-health inspired tantalising Sri Lankan cuisine!

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Goddess Retreats (Indonesia & Japan)

Offering a beguiling combination of surfing and yoga for ladies only (sorry fellas, this one's not for you!), Surf Goddess Retreat is Bali's original wellness retreat for surfer girls. Based at a plush private villa enclave in Seminyak, the retreat provides a friendly, fun and supportive environment for surf chicks, whether complete novice or a hang ten expert. Daily surf lessons are supplemented with yoga sessions and spa treatments, with a Retreat Manager on hand 24 hours a day to organise additional excursions.

Established in 2003, Goddess Retreats have since opened up a Snow Retreat in Hakuba Japan as well as expanding Bali offerings into Wellness & Fitness-themed retreats. Each retreat has a strong focus on sisterhood and friendship in a supportive environment that encourages women to have a fun, healthy holiday with the girls. It's a winning formula that works.

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Best time to book If you book 21 weeks in advance, you can save roughly \$166 (12%) off the price of an average flight to Japan.



Naman Retreat Da Nang (Vietnam)

Take a Detox Journey with Naman Retreat's Pure Spa for a 3 to 14 day cleansing and purifying program. A gorgeous health retreat with a free flowing, no-wall sanctuary, Pure Spa is a healing and tranquil cocoon of serenity, aimed at restoring health and balance.

Each holistic detox program or journey, includes healthy meal plans, colon hydrotherapy, physical activities, spa treatments and wellness therapies focusing on wellness of the mind, body and soul. A member of Small Luxury Hotels of the World, as you'd expect, the surroundings are impeccable. An exquisite luxury hotel that combines Vietnamese heritage with elegant modern charm, Naman Retreat is wedged beachside between two of South East Asia's finest golf courses.

[Compare cheap flights to Da Nang](#)



Sri Panwa Phuket (Thailand)

Taking full advantage of its prominent Cape Panwa peninsula location, Sri Panwa Phuket resort has plenty of wow factor. Looking for a Thai luxury escape or couples retreat with a health and wellness focus? Look no further.

The Cool Day Spa specialises in holistic Thai treatments including edible spa products (though we wouldn't recommend you treat treatments as dinner!) as well as specialised blood type therapy. It's believed that each blood type is susceptible to particular ailments so tailored treatments aim to restore well being. For example, Type A's typically hold on to stress while Type B's tend to have overactive immune systems. If all else fails, there's daily yoga and Pilates classes or Thai boxing lessons with a pro coach held in an authentic boxing ring. Then there is serious water therapy – who wouldn't feel chilled out at this pool!

Compare cheap flights to Phuket

Tip: If you book 20 weeks in advance, you can save roughly \$51 (5%) off the price of an average flight to Thailand.



Ready to detox in time for summer? Check out the best health retreats and spas in Asia with [Skyscanner Australia](#) & compare millions of cheap flights and hotels instantly with no booking fee!

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About the author

Fiona Harper is a north Queensland based travel writer at [Travel Boating Lifestyle](#). Widely travelled, highly acclaimed and much published, when she's not writing she's probably running a marathon or exploring the world by foot, bike, kayak, camel or boat: whatever mode of transport she can get her hands on!

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