



Clockwise from top left The Pool Bar at Phum Baitang, Cambodia. Stilted villas sit in lush gardens and rice paddies. Paola Navone's cool interiors shine in a spa bathroom at Como Point Yamu at Phuket in Thailand. A traditional-style terrace villa at Phum Baitang.

## PHUM BAITANG, CAMBODIA

It's hard to believe that Phum Baitang is in Siem Reap, one of Cambodia's most touristy destinations. Translated as 'green village,' a blessing on arrival marks the gateway to serenity where villas made from local materials and aged wood sit on stilts amid lush gardens and paddy fields. "The Spa Temple has the relaxing ambience of a first-class wellness centre. It truly is a sanctuary within this resort oasis," says interior design head Geraldine Dohogne. Spa therapies are based on traditional Khmer rituals, beliefs and practices with a menu that instructs: "Your body is a temple, treat it as sacred." So in the interest of following the rules, opt for a Khmer Empire Splendors Ritual. While it's delivered in a five-star resort, it's a treatment inspired by a centuries-old recipe of warmed herbs, spices and rosewater. Products are organic and sourced locally while scrubs are made on site from herbs such as turmeric, nutmeg, ginger, caraway, coriander and clove. "The indigenous ingredients replicate Cambodian beliefs and cultural traditions with therapies designed to encompass mind, body and spirit." [pbumbaitang.com](http://pbumbaitang.com)



## COMO POINT YAMU, PHUKET, THAILAND

On a serene peninsula overlooking heritage-listed Phang Nga Bay in Phuket, Como Point Yamu is the ultimate refuge. There are 79 guestrooms and 27 private villas, but the hotel encourages "mental quietude" and going solo proves good for the soul. Legendary designer Paola Navone has injected colour into Como's calm and cool signature pared-back aesthetic without forsaking the use of natural materials and techniques. Its holistic approach is based on the belief that physical wellbeing and spiritual balance is the key to peace and harmony, but the only way to find out for sure is by visiting Shambhala Retreat which, says the hotel, combines "modern science with ancient healing". Therapies are Asian-inspired with a contemporary flavour. The Traditional Thai Lanna Heritage massage draws on ancient techniques while the straight-up Traditional Thai Massage incorporates yoga-like stretches that loosen joints and muscles. Luxury French skincare range Guinot is used across all beauty therapies. For those with gut issues, the Thai Abdominal Chi Massage relieves congestion and soothes bloating. As for quieting the mind, it's nothing that panoramic views out to the Andaman Sea can't ease. [comobotels.com/pointyamu](http://comobotels.com/pointyamu)

