

#SPAANDWELLNESS

Wellness on the water

Most people love the sound of waves when getting a massage. At these seven spas, you're getting pampered *on* the waves.

By Natasha Dragun





- 1. Conrad Maldives, Rangali Island
- 2. Ayana Resort & Spa Bali
- 3. Kokomo Private Island, Fiji
- 4. Ritz-Carlton, Langkawi
- 5. Song Saa Private Island, Cambodia
- 6. Bota Bota, Montreal



RITZ-CARLTON LANGKAWI, MALAYSIA

As if this resort's location – amid Malaysia's 10-million-year-old rainforest and on the beaches of the Andaman Sea – wasn't calming enough, its six overwater spa 'cocoon' induce next-level bliss with their water-themed therapies and private balconies. Designed by Tropical Area Architects to resemble Malay bubus (intricately woven fish traps used for centuries by local fishermen), the wooden retreats feature a treatment menu inspired by the island's generations of shamans and midwives: our pick is the Mystical Ocean and Earth ritual, which unites a hot stone massage with a marine mud wrap to relax, release tension and restore skin glow.

ritzcarlton.com

KOKOMO PRIVATE ISLAND, FIJI

Your stresses will float away – quite literally – when you practise yoga at Kokomo, where sunrise and sunset salutations are practised on a pontoon, surrounded by ocean. On a 55-hectare private island within easy reach of the immense Great Astrolabe Reef, the resort's wellness activities are often curated by visiting practitioners. Even when they're

not, the full roster of physical activities is complemented by natural therapies (acupuncture, rolfing) and treatments in Yaukuve Spa Sanctuary, where you can book Mineral Marine Repair facials and Seashell massages, as well as multi-day journeys that include health consultations, body and face therapies, spa cuisine and fitness sessions. Be sure to arrange for your massage bed to be set up on the sand.

kokomoislandfiji.com

AYANA RESORT & SPA BALI, INDONESIA

Bali has its fair share of incredible spas, but none impress quite as much as Ayana's Thermes Marins. This frangipani-scented haven is home to the island's most expansive thalassotherapy circuit, not to mention two glass-encased treatment salas atop enormous rocks in the Indian Ocean. There are 115 steps down the cliff face to these private pavilions, where rose-petal-strewn tubs and treatment beds with water views await. If you're going to splash out, do so with diamonds, silk, pearls and champagne: the Diamond Miracle ritual is 150 minutes of float-away bliss, from your soak (petals are plucked from 500

red roses) to your Balinese massage (the oil is bound with silk and pearl) to the La Mer facial, using a formula infused with diamond dust. It all ends with strawberries and champagne, of course.

ayana.com

BOTA BOTA, MONTREAL, CANADA

You've heard about cruise ships with spa centres, but what about a whole boat dedicated to wellbeing? Enter Bota Bota spa-sur-leau ('spa on water'), a renovated barge anchored on Montreal's St. Lawrence River. Given its setting, the retreat's water circuit is particularly enticing, encouraging guests to jump between hot and cold plunge pools (some alfresco), followed by stints in a eucalyptus steam room and sauna. The goal is to improve circulation, eliminating toxins and boosting immunity in the process. Broad boat decks have been transformed into idyllic outdoor pilates venues, while the 18 treatment rooms can be booked for massages, facials and body scrubs. When your pampering comes to an end, find a hammock in Bota Bota's adjoining private garden and gaze over the river pondering your next cruise to this part of the world.

botabota.ca 📍