

VOYAGE

THE ULTIMATE SPA GUIDE

The 25 oceanside sanctuaries worth stepping ashore for in 2019

*Tried and tested
by Boat International*

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Sundari Ayurvedic Spa

Anantara Veli, Maldives

If you are looking for a restorative break then other people's screaming children are unlikely to help you unwind. Luckily for time-strapped respite-seekers, this adult-only island is just a 35-minute speedboat dash from Malé airport. To aid your child-free R&R, its Ayurvedic spa is hidden among a flourishing garden; thatched circular rooms with floor-to-ceiling windows are left open to allow guests to feel the salty breeze.

There's an extensive menu based on traditional Indian techniques, but for a total body recondition, book in for the Abyhanga. The therapist applies medium pressure with long, head-to-toe strokes, using a blend of warm oils, including amla (a vitamin C-rich Indian gooseberry), cinnamon and cardamom, employed to treat joint pain. For improved memory, try Shirodhara, a massage focused on stimulating blood circulation to the brain. If premature ageing is your concern, book Pizhichil, where a go-minute gentle flow of warm oil is dripped on your third eye, designed to provide a fresh surge of energy.

Best by boat: Anchor outside the lagoon and you will still be able to spot your superyacht while watching the sunset from your private plunge pool. anantara.com

Spa Guide

Sensational Soaks



Sea Lavender & Sapphire Bath & Shower Milk

Designed to recall an uplifting sea breeze, it's perfect after a massage. £26, olemis.com



Rice Dry Oil

Apply after a shower to tone and moisturise the skin. £43, trash.com



African Botanics Marula Detoxifying Body Scrub

Buff away dead skin with raw cane sugar and Himalayan crystal salt. £40, not-a-porter.com