

RELAX & RECHARGE

Work-life balance. Three little words that are so easy to say, yet so hard to achieve. So, there's no time like the present to take yourself away from the fast pace of life, albeit temporarily, to relax, recharge and give yourself some well-deserved me-time. We have done the hard work for you, so read on for a selection of retreats where you can completely escape.



Chena Huts, Sri Lanka

Perfectly situated on the edge of Sri Lanka's famous and historic, Yala National Park, Chena Huts, really does have it all. Boasting only 20 luxurious lodge retreats, set metres away from the beach, you can enjoy the perfect combination of adventure and relaxation. Each thatched lodge evokes a rustic and colonial feel, yet still providing a modern and luxurious touch, and you can either relax in your own private plunge pool or at the hotel's main pool, located next to the intimate jungle spa. For every night you choose to stay at Chena Huts, a complimentary game drive is included, with these game drives taking place early morning or in the afternoon, accompanied by highly experienced and professional guides who will make sure you get up close and personal with the resident wildlife, such as elephants, leopards and even sloth bears. After your game drive, why not unwind in the spa, where you can choose from a variety of holistic treatments and massages. For those looking for a chic, safari escape that ticks all the boxes, we certainly recommend this remote, jungle haven.



Aman, Tokyo

Very different from the Aman's usual resort feel, this urban retreat provides the perfect escapism from the bustling city below. Occupying the top six floors of the newly built 58-storey Otemachi Tower, the Aman Tokyo is certainly an impressive property. Designed by Australian architect Kerry Hill, the interior perfectly incorporates elements of traditional Japanese culture with modern day luxuries, such as onsen style bathtubs and shoji style doors. The black basalt spa is another impressive feature, allowing you to fully recharge. With hot baths, a gym and a generously sized heated swimming pool with stunning views of the Imperial Palace, you can completely unwind. The Aman Tokyo, certainly has the wow factor from the moment you enter it. From the stunning, design to the eye-catching views at every corner, this is certainly the ultimate in urban luxury.



Milaidhoo, Maldives

Set in the Unesco-protected, reef-fringed Baa Atoll, this cleverly designed hotel will make you feel like you really are miles from anywhere. Standing on stilts over the lagoon are 30 spacious over-water villas, and hidden amongst the tropical greenery are 20 serene villas on the beach. Stylish, light, and airy, with 180-degree panoramas, the large villas all have private pools and an emphasis on outdoor living. With thatched roofs, bespoke furniture and a contemporary design that's still in harmony with the surroundings, these unique villas are designed by local architect Mohamed Shafeeq, and epitomise the true contemporary Maldives style. For that bit of extra relaxation, the island's Serenity Spa consists of four overwater treatment rooms, with an open-air yoga pavilion. You can either choose treatments enriched with African plants and minerals, or enjoy daily complimentary yoga and meditation classes said to have natural healing properties.

