

SHORT-HAUL R&RS

If you can't fit a month-long bliss-out vacay into your schedule, at least take a weekend off to recharge your batteries. Best of all, some of the world's most vaunted spa resorts are only a couple of hours away text HAFIZ RASID



DESIGN BASIS

Opium Spa by Sodashi,
The Siam

Designophiles with a penchant for acclaimed architect Bill Bensley's work might just head here for the opulent design. But beyond the looks, the spa has generated quite a buzz in the region for its collaboration with Australian all-natural spa brand, Sodashi, for an unparalleled selection of therapeutic potions and lotions. Just as the spa's name suggests, you'll find their treatments seriously addictive.

Signature Treatment: The Siam holds the distinction of being the only hotel in Bangkok to have a luxury Muay Thai ring and offers Muay Thai lessons. Their signature Muay Thai massage is not for the frail – the deep tissue treatment is meant for athletes to speed up fitness recovery and release muscle tension. Best if you have a high threshold for pain.

The Siam Hotel, www.thesiamhotel.com