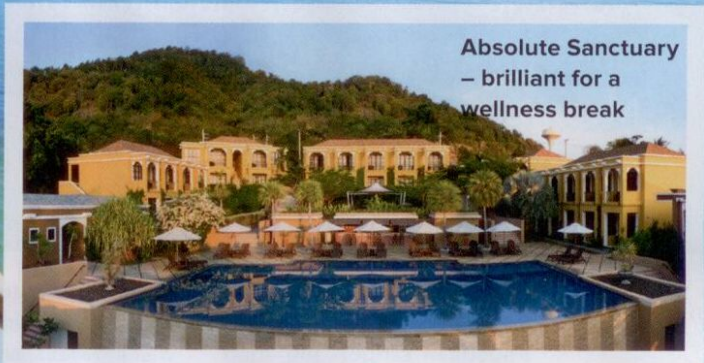


w&h  
**EXPERIENCE**

# Chill out in Thailand



**Absolute Sanctuary**  
– brilliant for a  
wellness break

- ☀️ Sunshine for Oct/Nov **6 hours**
- 🌡️ Average temp **27°C/23°C**
- ✈️ Flight time **11 hours to Bangkok**  
**+ 1 hour to Koh Samui**

**WHY GO** Koh Samui is one of Thailand's largest islands, and one of the most beautiful. Think palm-fringed beaches, coconut groves and thick, romantic rainforest.

**WHAT TO DO** The islands, including Koh Samui, are where many people come to relax. But if you fancy exploring further afield from your sunlounger, you'll find a host of natural and man-made attractions, from the famous

grandma and grandpa rocks (Hin Ta & Hin Yai) to the stunning, golden Big Buddha (almost 40ft tall), attractive waterfalls and more.

**WHERE TO STAY** Absolute Sanctuary is Thailand's premier detox, yoga and health retreat set on a hillside overlooking the Gulf of Thailand. Rooms are decorated in Moroccan style, there's a spa, steam room and fitness studio, and everything you need to restore mind, body and soul. We particularly loved the Thai massage with herbal heat compress, and the peaceful, outdoor sunrise yoga classes. **w&h**

## COST & HOW TO BOOK

✚ **TRAVEL DATES:** Healing Holidays is offering w&h readers an exclusive nine-night package – book your trip any time between 1 September to 20 November 2016, during February 2017 or April to June 2017.

✚ **COST:** from £2,039pp, including flights, nine nights full-board, six free massages and an exclusive w&h fitness programme.

✚ **BOOK AT:** [womanandhome.com/absolutesanctuary](http://womanandhome.com/absolutesanctuary) or call 020 7843 3585.

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