

upgrade

|| TRAVEL SMARTER ||



EN SUITE SPAS

More hotels are moving their treatment digs right into your room, so you can just ring for a massage and roll back into bed. **GRACE MA** checks into the best rooms to bliss out. >>

PLUS: A NEW OPEN POOL FLOTATION THERAPY SPA and OUR FAVORITE WELLNESS TRENDS

SOME PEOPLE DON'T MIND STROLLING AROUND hotels in their bathrobes, and that's just fine with us. But serious wellness-minded properties are giving them less of a reason to, designing rooms that are ever-more holistically enveloping cocoons. In Siem Reap, Anantara Angkor Resort's extensive renovation includes a perk that's gaining increasing marketing crescendo: in-room spas.

Their palatial Henri Mouhot and Anantara Explorer suites (anantara.com; doubles from US\$1,060) come with treatment beds, Jacuzzi bath (sunken, oh yes), and plunge pool, all no more than 10 steps away from the sleeping quarters. No need to tiptoe surreptitiously past curious eyes on the way to the main resort spa. No worry about getting to your appointment on time. And no more post-treatment blues from being roused out of your blissful meditation and off the massage table to make way for the next guest.

"The luxurious advantage of an in-suite spa experience is that it provides privacy and convenience," says Anthony Borantin, general manager of Anantara Angkor Resort, "as how a person chooses to interact with a wellness experience is highly personal and this concept enhances that sense of individuality." Such bespoke luxury—steeped here in haute-Khmer

design from the lush wall tapestries to the private bamboo gardens—of course comes at a premium, but going by the popularity of such rooms, more guests find disconnecting from stresses on their own terms worth shelling out for... especially when many room packages come with daily treatments included.

"Wellness travelers are not only looking for innovative spa treatments and fitness classes while on holiday," says Nichola Roche, group director of spa at Aman Resorts, which is on something of a spa-suite building boom around the region, "they're also expecting personalized treatments and wellness to be part of the entire experience." Bluetooth speakers and espresso machines quickly became in-room five-star standard; we're already chilled out anticipating the onslaught of *onsens* and massage tables. Just unpack, lie down, and let the therapist come to you.



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