

[REST YOUR HEAD]

CITY SANCTUARY

Find refuge at Abu Dhabi's Eastern Mangroves Hotel & Spa by Anantara.

BY TIFFANY ESLICK

WHEN LOOKING out across the verdant mangrove maze in front of Anantara's Eastern Mangroves Hotel & Spa, it's difficult to believe that you're in the heart of the Capital. It's wonderfully quiet, and the sweep of greenery seems to stretch for kilometres. Birds swoop from the air to pluck fish from the swamp's glassy waters, before finding a hiding place amid the trees, while guests on paddleboards or in kayaks can often be seen meandering their way through the wilderness, hoping to perhaps catch sight of the ever elusive dugong.

That this hotel is set on a waterfront oasis gives it an edge but that is by no means its only endearing or competitive quality.

Its look and feel embodies Arabian elegance. From grand arches and Arabesque design to its glorious spa with an opulent Turkish hamman, no attention to detail or design has been spared.

Exceptional Thai gourmet like none other in the city can be found at Pachaylen restaurant. Chef Sathien is at the helm of this fine-dining affair, and his spice levels cater to connoisseurs, so expect authentic, perfectly flavoured classics such as *tom yum goong* [spicy prawn soup] or the green curry with chicken. His mango with sweet, sticky rice is sinfully delicious. And should you be keen to master the art of his Eastern cuisine, lessons with the good chef are an option.

abu-dhabi.anantara.com ♦

