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SIX SENSES SPAS

Barefoot Luxury

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PICTURE this if you will: sandy white beaches, turquoise sea, dense forest and you will find yourself in Six Senses' Soneva Fushi - a Maldivian resort with a difference. Thirty minutes by sea plane from the capital Male, the remoteness of this island allows you to be your own castaway, albeit of the most luxurious variety. Instead of huts set over water on stilts, as is the norm for the Maldives, this island is larger than most and incredibly rich in vegetation allowing for jungle villas and tree houses (all still with a sea view, naturally), as well as your traditional beachfront huts.

The eco principals of the Soneva brand are worth noting: no cars (you are given bikes on arrival), no plastic, elephant dung paper and an on-site sustainable vegetable garden amongst other initiatives. With an extensive treatment menu (it makes for good reading on the beach), the celebrated spa is set in the mystery of the forest, with Robinson Crusoe-esque treatment rooms situated outside at the end of windy sand paths. Listen to the waves and the birds (or sometimes the island's resident cockerel who rules the roost) whilst enjoying ayurvedic massage, a water therapy pool session, or a more traditional massage which will still be out of this world. Being the honeymoon destination that it is, all sessions are catered for couples.

'No news, no shoes' is the ethos of the Six Senses-owned Soneva spa. How fitting, then, that they employ the services of powerful reflexologist Sabine Kauker for six months of the year. A session with her will leave you rejuvenated, restored and most importantly recharged - the very purpose of a break like this but sometimes you might need a helping hand to do so. This is an incredibly special place and if you allow yourself to get lost in the magic, it is near impossible not to reap the rewards from being there. In the meantime, get a snip of Soneva in London with Sabine who will be here for one month in June offering treatments (for more information see www.sabine-kauker.com), but really nothing beats the real thing. A treat for all six of your senses.

Find out more at www.sixsenses.com/soneva-fushi