

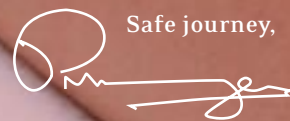
## Tone Up, Spa Down

Several themes concern us this issue: the first is **Toning Up** (in the gym) - and we profile some of the best fitness facilities in Bangkok, Singapore, Hong Kong, Seoul and Shanghai; the second is **Spa-ing Down** - and we take an in-depth, definitive look at 'Spa Siam,' devoting 24 pages to the cuisine, décor, concept and culture of Thai spas; coupled with a gamut of reviews from our top writers who visited some of the best hotel, day and destination spa venues in the Kingdom. A very different kind of healing experience can be experienced in Rajasthan and Kerala, India where we went seriously Ayurvedic. The ancient Roman spas of Great Britain are also explored, as is London's revolutionary hotel spa and New Zealand's top health retreats.

Our third passion in these pages lies with what might be called the **Sporting Life**, and in that exclusive but go-faster spirit, we take a bracing and adventure-riddled yachting adventure around the perimeter of the United Kingdom, before moving south to take a rather warmer and more leisurely cruise around the Greek isles. Even further south, in Thailand's resort town of Hua Hin, we play a round of a royal golf course.

Further on, in our expansive **lifestyle section**, our fashion spread takes us down to a top Hua Hin resort & spa, where our exquisite model shows us her version of *tai chi*. We go on to look at the possible future of the spa industry; and, in Bangkok, endure an intimate cleansing procedure. We search for healthy, organic and spa cuisine-type venues in the Thai capital, then head to Ubud in Bali for a taste of two rather special spa resorts.

Tone Up, Spa down, and do everything in-between with **lifestyle + travel**.

Safe journey,  


Peter Myers  
 Editor-in-Chief