

### Chill-Out Travel

Travelling and holidaying aren't necessarily particularly chillsome, even if a great deal of downtime can be devoted to spa treatments, or beach-lazing, or strolling around tranquil woodlands. Away from home, there are always more choices to be made - where to eat, which sarong to select, which flight waiting-list to join - and low-level stresses to endure: how to abide your partner for 14 days on the trot, etc.

This issue, we instructed our team of frenzied, workaholic contributors to chill. And chill they did. One headed to the Indian Ghats, and holed up for three weeks in an extraordinarily strict, enema-intensive Ayurvedic retreat. Another meditated - and held her tongue - for 10 days in a southern Thai monastery.

Others pursued slightly more active avenues in extremely peaceful destinations. Mongolia's Khovsgol Lake is pondered on horseback; the properties of *Attars*, the traditional perfumes of India, are hunted down in Delhi; the empty deserts of Southern Australia are traversed as part of an epic journey which takes place every few years

to recreate the legendary cattle drives of old; and, in an admittedly not conventionally chilled-out manner, the blustering seas of the Antarctic are sailed.

In other departments, we motor from Bangkok up to the northern Thai destinations of Chiang Mai and somnolent, alternative Pai in a BMW 5 Series, let our hair down in hotel look-sees in Fiji and Tonga, take a boozy glance at Thai viticulture in Khao Yai and assess pro-poor tourism initiatives in Laos and Cambodia, before abandoning any pretence to relax, clubbing, cocktailing and generally carrying-on in the Asian hubs of Bangkok, KL and Hong Kong.

Finally, you will find coverage of our Arabian Night first anniversary party at Hu'u in Bangkok, a funky new nightclub which we converted into a desert grotto full of belly dancers, fortune tellers, masseuses and happily bewildered guests.

Stress-less travel is only just beyond the horizon, with **lifestyle + travel**.

Safe journey,



Peter Myers  
Editor-in-Chief

### Write to Us!

We don't hear enough from you; drop **lifestyle + travel** a line, and unless your thoughts are far beyond any decent person's decency threshold, we will endeavour to publish them.

Your note may be in retaliation to something recently covered in the magazine, or a request for us to cover more of the same. It could concern anything remotely travel- or lifestyle-related; or be seemingly unrelated to either, but something you just had to get off your chest.

If we start to receive a healthy amount of correspondence, we will commence a reader's blog on our website ([www.lifestyleandtravel.com](http://www.lifestyleandtravel.com)).

Writers of all published letters will be sent an exclusive gift. The writer of the best letter will be awarded a dining voucher worth USD 50 at Hu'u in Bangkok, and the first reader to write to us will also be sent a hilarious celebration of the wackiest ways to travel ever printed, The Lonely Planet Guide to Experimental Travel.



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