

# TRAVELITE

TRAVEL FOR THE ELITE

## COUNTRYSIDE SOJOURNS

*Three Undulating and Alluring Rural Landscapes*

### Tibet

*On Top of the World*

### Ecuador

*South American Splendour*

### Koh Samui

*Unforgettable Island Spectacles*

### Cycling Tours

*The Season's Best Bike Trails*

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## Travelite's Picks SPAS and RETREATS

### Sense Spa at Rosewood Mayakoba Riviera Maya

Experience the soothing and healing qualities of nature at Sense, A Rosewood Spa in Riviera Maya. Its location, completely secluded from the rest of the resort, allows you to lose yourself in the enchantments of the island as you indulge in spa treatments that fuse nature's elements with the expert touch of the spa artisans. Sense's most luxurious offering, the 'Escape Together: Sun and Moon Journey' is the treatment to try this season.

Your majestic spa experience in this Mexican sanctuary commences as soon as your private boat transfer from the resort docks at the spa. Following a warm welcome from the spa staff and the relaxed ambience, you will



be pampered with a full-body Mayan cacao scrub and wrap to exfoliate your skin. A nourishing bath rich in antioxidants for maximum skin rejuvenation follows and, completing your journey to relaxation is the Mayakoba Signature Island Massage. This massage is truly indulgent not only for the relaxing

pressure, but also for the use of rich chocolate that is worked into your skin as you recline in the private open-air palapa with an excellent view of the lagoon. Relaxed and refreshed, you are then whisked back to your suite by boat while enjoying a culinary treat.

[www.rosewoodhotels.com/mayakoba](http://www.rosewoodhotels.com/mayakoba)



### The Fortress Resort and Spa Koggala

Offering signature Ayurveda therapies that have been passed down for generations, The Fortress Resort and Spa is an

ideal sanctuary for that much-deserved de-stressing. One of Sri Lanka's finest boutique resorts, this wellness hub focuses on a holistic ritual for the mind and body using natural, homegrown herbal products.

The spa's special bath with delicate flower petals comes complimentary with the selection of water therapies and expert nurturing massages that are



sure to keep you relaxed and revived. Meticulously following ancient scripts, the Ayurveda therapies are as authentic as it gets. Consultations are even carried out to determine your Prakirithi (body constitution) and Dosha (patterns of energy) before each treatment to formulate the best therapy that suits your needs. This only means that you get a bespoke spa experience every single time. [www.fortressresortandspa.com](http://www.fortressresortandspa.com)