Recharge Health, fitness & the latest short breaks.

WORDS ANNA ROBINSON & NATALIE DOHERTY

THAIIS CAST

Thailand offers exotic sights, fine food, luxury accommodation and peerless pampering,

Australians Anna Robinson and Natalie Doherty first visited Thailand in 2004. It was the beginning of a love affair that led to the formation of Take Us To Thailand (www.takeustothailand.com), a boutique operation that enabled the two to share their local friendships and expertise. From Bangkok to Phuket and the islands beyond, here is their insider selection of where to stay.

e Edge Restaurant, e Sarojin, Phang Nga

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The Peninsula

BANGKOK

The Peninsula

33 Charoennakorn Road, (longton-sai, Klongsan, Bangkok. (02) 861 2888. www.peninsula.com

With its superb service, smart ooms and quality furnishings, The Peninsula is the ultimate city escape, with TVs on the wall above the bath and lounge areas in every oom with views over the busy. Chao Phraya River. The best poolside service in Thailand is complemented by the Chinese ruisine at Mei Jiang restaurant. Enjoy breakfast outdoors watching the cargo boat parade on the river and spend a lazy afternoon in a sala (pavilion) by the pool. From THB8600 (\$295) with breakfast.

Sukhothai

I3/3 South Sathorn Road,
Bangkok. (02) 344 8888.
www.sukhothaihotel.com
Sukhothai, a serene haven in
Bangkok's bustling heart,
embodies classic Thai design
in spacious grounds. Step out
of your tuk-tuk, car or taxi to
white-suited Thai staff welcoming
you by name, fully briefed on
the day's agenda. Soak in the
sumptuous interiors swathed in
Jim Thompson silk drapes and
enjoy silver-service room service
or Sukhothai's Sunday brunch.

Duck out for curry and chilled beer at nearby Suan Lum night bazaar or defy gravity at Vertigo bar, an open-air hot spot on the 61st floor of the neighbouring Banyan Tree Hotel. From THB6900 (\$237) with breakfast.

Dream

10 Sukhumvit Soi 15,
Bangkok. (02) 254 8500.
www.dreambkk.com
Located in Sukhumvit, Bangkok's
urban epicentre, Dream is perfect
as an affordable option that
doesn't compromise style or
service. Well connected to the rest
of the city via sky train, steps away
from beauty salons, food courts
and great street shopping,
Dream is a good base from
which to explore Bangkok. From
(THB2170) \$75 with breakfast.

AND BEYOND...

Sri Panwa Estate

88 Moo 8 Sakdidej Road, Tambon Vichit, Phuket. (07) 637 1000.

www.sripanwa.com

Along with spectacular views, all villas have spacious infinity pools, king-sized day beds and outdoor jacuzzis — absolute privacy with superb service. Picnic on a nearby island or book in for a Thai massage. Then, perhaps, a sunset swim at Baba Pool Club followed by a lycheetini cocktail. From THB15,750 (\$541) with breakfast.

Anantara Phuket

888 Moo 3, Tumbon Mai Khao, Phuket. (07) 633 6100. www.phuket.anantara.com Anantara Phuket is a five-star resort on the northern Mai Khao beach with the best beachfront pool on Phuket. Enjoy barefoot cocktails and gourmet canapes in the pool's lounge area — with day beds, underwater music, a sunken pool bar, huge jacuzzi and cool Kenkoon furniture. From THB20,000 (\$687) with breakfast.

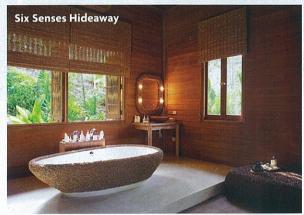
The Sarojin

60 Moo 2, Kukkak,
Takuapa, Phang Nga.
(07) 642 7900. thesarojin.com
To relax in seclusion (no children under 12) on a perfect beach year-round, head to The Sarojin at Khao Lak, 90 minutes' drive north from Phuket airport.
Sarojin's luxury tours to the Similan Islands – Thailand's best diving and snorkelling spot – include an open bar and gourmet lunch.



The Library: gaze at the horizon from the vermillion-tiled pool or relax amid elegant minimalism (left and below)





ake cooking classes at the ocal market or visit the nearby ainforest. From THB13,500 (\$463).

ala Samui lesort & Spa

0/9 Moo 5, Baan Plai Lam Bo hut, Koh Samui Suratthani. 07) 724 5888.

/ww.salasamui.com

iala Phuket lesort & Spa

33 Moo 3, Mai Khao Beach, halang District, Phuket. 37) 633 8888.

/ww.salaphuket.com

ala Samui and Sala Phuket are tylish boutique resorts in the orth of Koh Samui and Phuket. oth have Australian managers nd offer personalised Thai ospitality in relaxed beachfront ettings, including massage herapists at their Sala Spas, reat international cuisine at eachfront restaurants and car fleet to transfer you

anywhere on the island. From THB6300 (\$216).

The Library

14/1 Moo 2, Bo Phut, Koh Samui, Suratthani. (07) 742 2767. thelibrary.co.th A boutique hotel set between busy Chaweng Road and the best stretch of Chaweng Beach, The Library is a quiet haven with only 26 suites in the heart of Samui. It's all about the fabulous swimming pool overlooking the beach and surrounded by oversized beanbags. The Page beachfront restaurant is one of the best on Samui, often hosting guest chefs. From THB11,340 (\$389) with breakfast in bed.

Ravavadee

214 Moo 2, Tambon Ao-Nang, Amphoe Muang, Krabi. (07) 562 0740. www.rayavadee.com You can't reach this resort on the tip of Krabi's Railay Bay by road. Staff in sailor suits will collect you in a speedboat for the trip to Railay Beach, where picturesque limestone islands jut out of the green ocean. Rayavadee's grounds are impeccably landscaped and the property is set on three idyllic beaches. The beachside swimming pool is at the foot of high limestone cliffs, and you can play tennis on the jungle-side court. From THB19,400 (\$666) with breakfast and airport transfers.

Six Senses Hideaway Yao Noi

56 Moo 5, Tambol Koh Yao Noi, Amphur Koh Yao, Phang Nga. (07) 641 8500. www.sixsenses.com Only 90 minutes west of Phuket Airport, this resort is hidden in lush forest with some of the best views you'll ever see from bed – or from a yoga deck. All villas have private pools and the Six Senses Spa is on site. And, if the international chef's creations and view of limestone islands in the distance aren't enough, there's also an in-house deli, bakery and ice-cream shop. From THB21,440 (\$736) with breakfast.

Six Senses Destination Spa Phuket

32 Moo 5, Tambol Paklok, Amphur Thalang, Phuket. (07) 637 1400.

www.sixsenses.com
Forget bland diets and winter
boot camps – head to Thailand





to do mind, body and soul a favour in a luxurious tropical setting with knockout, health-giving food on secluded Naka Yai Island. 30 minutes west of Phuket airport. Destination Spa combines beachfront pool villas with wellness featuring customised Chinese/Thai/ Indian/Indonesian spa treatments, jungle gym, resident health experts and innovative "fishetarian" and raw-food cuisine. From THB21,440 (\$736) per night.

Rasananda

5/5 Moo 5, Thong Nai Pan Noi Beach, Baan Tai, Koh Phangan, Suratthani. (07) 723 9555. www.rasananda.com Koh Phangan, a half-hour

speedboat ride north from Koh Samui, has stepped up in the luxury game since this all pool-villa resort arrived. There's a beautiful clearwater beach with fine white sand and great surf, a yoga platform and day spa in the jungle behind the resort, and speedboat tours to nearby islands for snorkelling. Bernd from popular Koh Samui restaurant Ocean 11 (www. olls.com) oversees the resort, so expect excellent food. From THB19,800 (\$680) with breakfast.

Ultimate beach houses

Holiday at a private luxury beach villa complete with a Thai chef. Take the family to Ban Suriya (fabulouslocations.com) and The Cove on Koh Samui (www.thecovesamui.com), with children's playrooms, pools, tree houses and outdoor cinemas. Baan Kilee (chaitalay.com) on Samui and Villa Chan Grajang (villachangrajang.com) on Phuket offer upscale luxury with great views. To enjoy the Fisherman's Village in Bophut, Samui, try Elle Macpherson's home away from home at Villa M (villamsamui.com). The Headland (www. theheadlandsamui.com) on Samui is the ideal secluded getaway, or gather a group and rent all eight houses at Miskawaan (miskawaan.com) on Maenam Beach for the privacy of home, service of a five-star resort and meals prepared fresh from the market daily.

For airfares call Qantas on 13 13 13 or visit qantas.com
For holiday packages to Thailand call Qantas Holidays on 13 14 15.

THIS STORY & OTHER ESCAPES ONLINE AT QANTAS.COM/TRAVELINSIDER