

NATIONAL
GEOGRAPHIC

TRAVELLER

Home / Big Sleep Awards 2018



THE JUDGES CATEGORIES



Spoilt Rotten

Even spa naysayers are seduced by the new generation of hotels that deliver more than just a good massage. From vegan retreats that spoil you rotten to state-of-the-art sleep clinics, these places have you covered, supine and cured.

The winner

Chablé, Mexico

A painstakingly restored 19th-century sisal estate is home to this new jungle-fringed hacienda hotel, with a spa at its heart and soul.

Our panel said: With crumbling walls, slick rooms, plunge pools and a brilliant restaurant, there's much to award this hotel. The highlight, however, is its spa, centred around an ancient cenote (freshwater pool) with cabins angled to maximise the surroundings and the Mayan-inspired menu: including everything from three-hour rituals to meditation led by local shamans, and a trio of temazcals (local saunas) in which to sweat it out.

Runners-up

Six Senses Duxton, Singapore

An opulent, Oriental-inspired outpost in the heart of Chinatown has all the trappings of a luxe retreat — from five-star service to traditional Chinese medicine.

Four Seasons Resort Bali, At Sayan, Ubud, Indonesia

Yoga in a bamboo bale? Water blessings from a high priestess? This lush, luxurious hideaway has 'spoilt rotten' written all over it.

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