

Planning

SO YOU WANT TO GET IN SHAPE

After a holiday season of overindulgence, you're ready to bite the bullet and get back on the elliptical, so book a rejuvenating wellness-focused vacation to jumpstart your year. Diana Hubbell sorts through the healthful options.



If you'd prefer to burn off those calories with a round of golf...

1 Resorts World Kijal KIJAL, MALAYSIA

If you're going to hit a few balls, you might as well do it on an 18-hole championship course with sweeping views of the South China Sea. After all that exertion, head to the Taman Sari Royal Heritage Spa to unwind with some locally inspired treatments. The Javanese deep tissue massage may be just the thing to power up your backswing. rwkijal.com.

If your besties want to tag along with you...

2 Chiva-Som HUA HIN, THAILAND

With 70 treatment rooms, it's the more the merrier at this iconic wellness retreat in Hua Hin, down the shore a couple of hours from Bangkok. Expert-led classes for everything from organic detox cooking to aqua aerobics to ancient Tibetan exercises are available, so you and your pals will have plenty of waist-shrinking group bonding activities to choose from. chivasom.com.

If you'd like your new body to be a team effort...

3 Fusion Maia Danang DANANG, VIETNAM

Why go it alone when you can call in the cavalry? At this all-inclusive spa retreat, a squad of nutritionists, masseuses, fitness coaches, Reiki masters, and yogis will all take part in your holistic transformation. Indulge in healthful meals and tea cocktails with a clear conscious—you can always go for a tai chi class tomorrow. maidanang.fusion-resorts.com.

If you like your healthy antioxidants with a hefty dose of caffeine...

4 MesaStila Resort JAVA, INDONESIA

Coffee is a great way to fight off free radicals—especially when rubbed all over the body in one of MesaStila's signature scrubs. The beans in question are grown on the 22-hectare plantation surrounding this all-villa resort. Javanese healers create custom potions to help cure what ails you, while personal trainers offer one-on-one fitness coaching. mesahotelsandresorts.com/mesastila.

If you're looking to reconnect with nature at the same time...

5 Gwinganna Lifestyle Retreat QUEENSLAND, AUSTRALIA

Start with sunrise qigong overlooking the spectacular Gold Coast before embarking on one of 16 customized walks through the surrounding 200 hectares of natural terrain. Not strenuous enough? No worries, mate, there's also boxing, Fitball, indoor cycling and tougher training options to make you break a serious sweat. gwinganna.com. +

CLOCKWISE FROM LEFT: COURTESY OF RESORTS WORLD KIJAL; COURTESY OF CHIVA-SOM; COURTESY OF FUSION MAIA DANANG; COURTESY OF GWINNANA LIFESTYLE RETREAT; COURTESY OF MESASTILA RESORT