

PILLOW TALK

Sleep is the new prescription at wellness-minded resorts around the region. Here are five treatments and programs that will have you dozing off in no time. BY JUDY CHAPMAN

SNOOZE CONTROL Six Senses' signature Yogic Sleep retreats use restorative spa treatments and yoga *nidra*—a state of deep relaxation between waking and sleeping—to reduce stress hormones and reprogram the body. This can now be paired with the Sleep with Six Senses program, which was introduced at Thailand's Six Senses Yao Noi late last year. Expect a special bed fitted with a high-tech sleep sensor and organic sheets, lighting designed to enhance the release of melatonin—a hormone that regulates sleep and wakefulness—and more (sixsenses.com).

AUSTRALIAN DREAMTIME Staying in eco-cabins on more than 200 hectares of pristine Queensland forest with limited digital access and zero sugar, caffeine, and alcohol is bound to induce a better snooze, but Gwinganna Lifestyle Retreat's Triple S program tackles the problem head-on by focusing on the relationship between sugar, stress, and sleep. Guests here learn to break the cycle of bad habits like too much screen time and insulin-raising foods that contribute to insomnia. Later this year, Gwinganna launches Australia's first Somadome, a high-tech meditation pod designed to induce 20 minutes of deep slumber for people on the run (gwinganna.com).

SAMUI SLUMBER Kamalaya, a leading wellness resort on the Thai island of Koh Samui, offers five-, seven-, and nine-night sleep enhancement programs, with daily treatments such as the soothing *shirodhara*—in which warm Ayurvedic oil is gently poured onto the forehead—and mind-body mentoring sessions with former monks as part of the package. As a bonus, all Kamalaya guests can add a sleep program onto their existing retreats (kamalaya.com).

FLOATING ON AIR Taking place in a bamboo yoga pavilion at the edge of a serene rice field, the new 60-minute Sacred Nap is one of



Above, from top: Post-treatment bliss in Gwinganna Lifestyle Retreat's spa sanctuary; Sacred Nap sessions are held in an all-bamboo yoga pavilion at Four Seasons Resort Bali at Sayan.

the most sought-after spa experiences at the Four Seasons Resort Bali at Sayan. Simply put, you float in a purple silk hammock that is suspended from the ceiling, as the resident wellness mentor, Ibu Fera, recounts the life story of Buddha amid the sounds of nature. The sensation of gently swaying as though weightless feels so relaxing that most guests report it's the best sleep they have had in years (fourseasons.com).

COOL-HEADED Atmantan, India's newest contemporary health resort and a rural sanctuary in the state of Maharashtra, brings its guests "sleep services" that run the gamut from Ayurvedic therapies such as *shirovasti* (medicated oil treatment for the head) to acupuncture and magnesium-rich meals. Also included are nutritious meals tailored to your Ayurvedic body type, limited caffeine and digital access, and touches such as a sleep ritual aromatherapy bath and chiropractic-designed bedding (atmantan.com). ●