

Silkwinds

MAY 2018



A JOY TO FLY WITH SILKAIR

Artists in residence

Why a diverse mix of sculptors, painters and performers have made Yogyakarta their home

+ Siem Reap's inventive chefs are presenting Cambodia's bold flavours to the world

A day at the game: the guts and glory of India's premier cricket league

Yangon may be changing, but its tea houses remain an essential part of life

TIME FOR A DIGITAL DETOX

It's not even mid-year but you're probably feeling burned out already. And no wonder. With the proliferation of smartphones and increased connectivity, workers are expected to be constantly plugged in. Over time, this constant pressure can take its toll on both mind and body. Give yourself a well-deserved break at these wellness retreats, where the only item on your to-do list is to truly unplug and unwind.

1. The Dawn, Chiang Mai

They created an "Executive Burnout" programme, where you ditch technology in favour of a course of holistic therapies and a fitness plan that includes Thai boxing lessons. thedawnrehab.com

2. Como Shambhala Estate, Bali

This residential health retreat has a programme of Ayurveda therapies, yoga, Pilates and aqua circuit training. comohotels.com/comoshambhalaestate

3. Dusuntara Jungle Retreat, Kuala Lumpur

Less than an hour from KL, in the foothills of the Genting Highlands, you can enjoy an outdoor programme that includes trekking and fishing. dusuntarajungleretreat.com

Words by COLIN HINSHELWOOD (Digital Detox)

Shortcuts

The latest travel inspiration from the region this month

SHINTA MANI ANGKOR - BENSLEY COLLECTION**Overview**

Famed architect Bill Bensley has created 10 lavish villas in the heart of Siem Reap, serviced by a dedicated team of Bensley Butlers.

Design notes

It's classic Bensley. From the floor-to-ceiling windows to the manicured gardens, rooftop living space and outsized lap pools, each villa features lots of black, white and gold notes, along with unique items from Bensley's personal collection of art and antiques.

Location

Within walking distance to the old market, the leafy grounds offer plenty of peace and quiet.

Ideal guest

Discerning travellers looking to indulge themselves. shintamani.com

