

The Riverside Journals



Notting Hill edition



Asia Gardens

Hotel & Thai Spa

A hotel inside a garden

By Lorraine Fleming

On arrival at the Asia Gardens Hotel we really didn't feel like we were in Spain but in the mystical depths of Thailand/Asia. Walking into the impressive reception area with high timber ceilings, and luxury décor throughout, we immediately found ourselves listening to the running of a waterfall and authentic relaxing background music – instantly taking away the stresses and busyness of our everyday lives.

We were shown to our suite and it appeared that all the residential buildings and accommodation were staggered gracefully, set behind winding paths and almost hidden amongst trees and attractive plants.

Our accommodation consisted of very comfortable connecting rooms with a lovely balcony and one with a larger terrace, privately secluded with plants and trees but still with a delightful view through the foliage onto one of the six swimming pools and a bar. The surroundings of the hotel are truly beautiful and offer a sense of tranquility and wellbeing second to none.

After we had settled in and unpacked it was time to explore the grounds and facilities. First a heated swimming pool connecting to a bar offering lunchtime/daytime refreshments and lunch, with the perfect outlook onto the relaxing deep blue waters of the Asian pools. Four of the swimming pools are heated to 30deg from October through to May – the Zen Pool, Faces of Angkor Pool (for adults only), Pool of Flowers (for use of site guests only) and the Thai Spa Pool (for use by spa guests only). The remaining two pools are the Langkawi and the Thai Club pool, (which is reserved for Suite customers only).

The gardens of the 5-star resort are designed to create a tranquil Asian environment within a Mediterranean climate. There are in excess of 200 different species of plants and trees with over 80 percent of these being of Asian descent and over 150,000 shrubs that have been planted displaying and providing an array of colour throughout the year.



There are seven themed restaurants within the Asia Gardens complex. Cuisines from all corners of the world are represented, so take a culinary trip round India, Asia, The Americas and Europe. You will be spoilt for choice. For fine dining why not try the In Black Restaurant which is open every evening, but be aware that only children over the age of 12 will be served there. Situated by the children's heated pool is The Zen Snack Bar which caters for all ages and tastes. Overlooking the other swimming pools is The Palapa Mediterranean restaurant, ideal for a leisurely lunch, or during the summer season enjoy a barbecue at The Island. If you have a healthy appetite, then look no further than The Udaipur. For 48 euros you can eat as much as you like from the extensive buffet. Since each evening has a different theme you will never get bored, and with unlimited wine included in the price, what's not to like?

On our visit to The Udaipur we were treated to a Mexican themed evening. As you would expect, nachos and fajitas were on offer, but what you don't expect is the sheer variety of the dishes and the trimmings and the style in which they are presented. The nachos, served in small wok-like bowls, were delicious and if you're into seafood, do try the wonderful king prawns. With a vast array of starters, mains, puddings and cheese on offer, there is something for everyone to enjoy in this delightful restaurant.

If you need to unwind after your meal, why not try the Champagne Bar or relax in one of the comfy chairs at The Bonsai Bar overlooking the beautiful gardens, where on certain nights musicians will provide soothing background music. A perfect end to a perfect day.

The spa area attached to the Asia Thai Gardens Hotel boasts its own pool indoor, and outdoor, to relax in pre- or post-treatment. The steam room is situated to the left of the indoor pool giving you the opportunity to open your pores and let the detox begin.

The atmosphere at the spa is very relaxing and the different types of massage on offer have something to suit everyone's needs. Green tea is served in traditional pots on arrival at the pool/spa area and all suitable clothing is supplied with changing facilities and lockers. The massage we opted for was a traditional Thai massage. We shared a room however private rooms are available. It started with the traditional foot wash and when we were finished an hour later we felt about ten-foot-tall. We had been stretched in all areas and aches and pains just disappeared.

The spa holds indoor and outdoor classes every day and you can pick and choose from meditation, yoga, pilates to tai chi, estiramientos and everything in-between. A list of what's available for the next day is delivered to your room with the turndown service, there's no need to book you just turn up.

The complex has an air-conditioned fully equipped gym for those feeling that they would like a work-out rather than just a relaxing break. Another lovely feature is every afternoon at 5pm in the Champagne Bar you can enjoy a complimentary tea of your choice.

To summarise, the Asia Gardens 5-star Hotel offers the most tranquil and relaxing well-being luxury break and truly is an experience not to be missed.

For more information on the resort please contact Raúl Gómez-Carmona www.asiagardens.es/en

