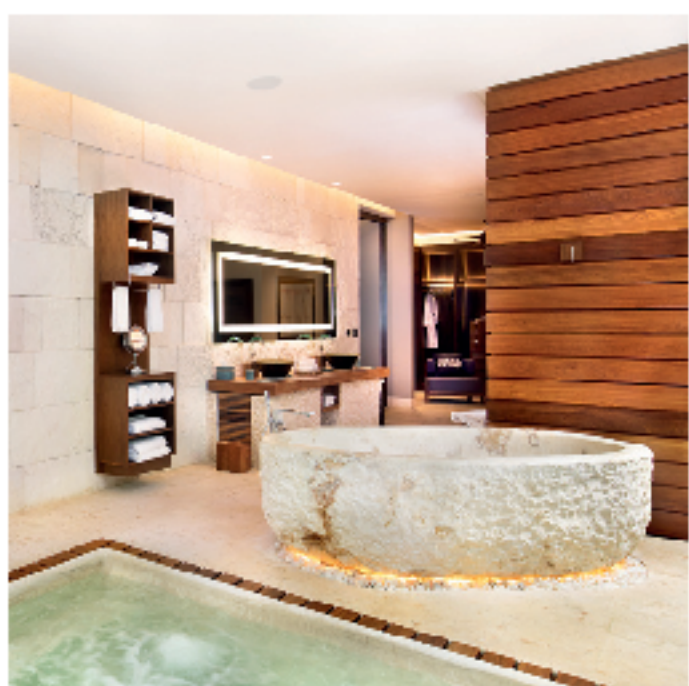




TATLER
SPA GUIDE 2018
AWARD-WINNER
MAYAN GOLD



Natural remedies

Landscapes that are a salve for the soul

CHABLE

YUCATAN, MEXICO

A love letter to nature, Chablé does more than merely lift the soul, it thrills it. There's no limit to the chlorophyll, vitamin D and healing powers you can absorb. Glorious gardens – *Great Expectations* meets *Romancing the Stone* – are dotted with crumbling arches, snaking tree roots and twitchy-eyed iguanas; at night, when lanterns hang from parota trees and fireflies flicker, a whole other world opens up. Down at the spa, leaves the size of small boats give way to glass-fronted wooden cabins jutting out over a sacred cenote (freshwater pool) – an access point to the underworld, according to the Mayans. Blend your own herbal compresses from seedpods and camomile, shake off bad karma with a temazcal ceremony or nod off to the sound of trees creaking and crickets chirping, before heading to the hacienda for hand-rolled tortillas, black beans and dribblingly good suckling pig. Oh, and Mexico's largest private collection of tequila. *Double, from £800, including breakfast (chableresort.com; 00 52 55 4161 4262).*

