

**DAVID AND VICTORIA  
BECKHAM HIT BACK  
AFTER CRITICISM OF SON  
CRUZ'S NEW SINGLE  
'WE'RE SO  
PROUD OF HIM'**



**KATE'S TRIBUTE  
TO DIANA AT  
A PRIVATE  
RECEPTION WITH  
PRINCE WILLIAM**



**OK!**

**FIRST FOR CELEBRITY NEWS**  
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**I'M A CELEBRITY WINNER  
SCARLETT  
MOFFATT  
BACK HOME WITH HER  
BOYFRIEND LUKE**

**EXCLUSIVE INTERVIEW  
AND THEIR FIRST  
PHOTOSHOOT TOGETHER**

**'WE COULDN'T STOP  
CRYING WHEN WE  
WERE REUNITED'**

**'WE'RE MOVING INTO  
A FLAT IN LONDON  
TOGETHER IN TIME  
FOR CHRISTMAS'**

**EMMERDALE'S  
LUCY PARGETER  
AND HER FIANCE  
RUDI ON THEIR IVF  
PREGNANCY JOY  
'WE'VE BEEN TRYING  
FOR 11 YEARS  
AND NOW WE'RE  
EXPECTING TWINS!'**



**EXCLUSIVE  
INTERVIEW  
& PICTURES**

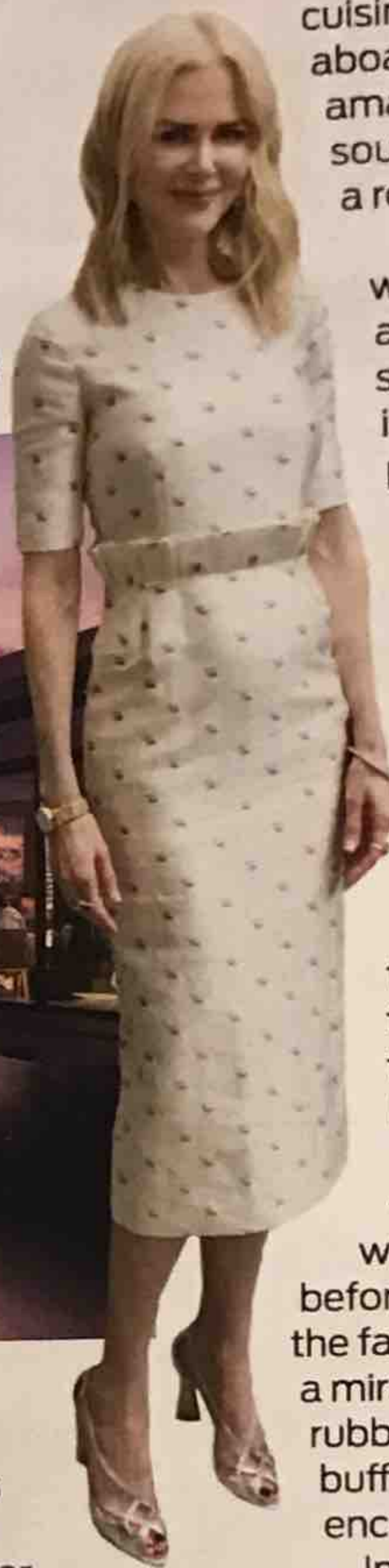
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# COME THAI WITH ME!

OK! ENJOYS A DOUBLE DOSE OF REST AND RELAXATION IN PICTURE-PERFECT THAILAND



Above: The view from the pool at the gorgeous Aleenta Phuket. Right: Aleenta fan Nicole Kidman



a candle on our table and the green glow of the squid fishermen's boats in the distance, while the only sound was the waves lapping on the shore.

Explore the nearby area and the local cuisine with a street food tour – we hopped aboard the hotel's tuk-tuk to sample some amazing tom kha kai (chicken in coconut soup), spicy pork and banana fritters, with a refreshing Thai beer between each stop.

In Phuket, we signed up for the hotel's wellness package, featuring light and healthy menu options without sacrificing any of the taste. Highlights included the coconut oats with a pineapple and mint smoothie for breakfast and the coconut and mango panna cotta for dessert.

## WHERE CAN I RELAX?

Our spa experience began as soon as we were picked up at the airport with a 'spa transfer'. We took our seat in the vehicle's massage chair and shut our eyes as we enjoyed a head, neck and shoulder massage, a foot massage and a nap on the drive from Bangkok. Once we arrived, we saw the Ayurah Spa follows the same fresh, local ethos as the hotel's food menu. We enjoyed a divine facial where our skin was cleansed with yoghurt and treated with a gentle scrub and a tamarind mask before cooling cucumber strips were laid over the face to soothe the skin. We also enjoyed a miracle grain body wrap, where we were rubbed with seven types of rice, yoghurt and buffalo milk, then left to drift off as we were encased in banana leaves.

In Phuket, the jewel in the spa's crown is a Linda Meredith facial – the brand is a favourite

with the A-list, with Gwyneth Paltrow among her fans. We enjoyed the haute couture facial, which is tailored to your individual needs. After a deep cleanse, steam and extraction, an exfoliating serum was applied, followed by a mask. It's fair to say we were glowing by the time we left!

With warm temperatures all year round and seemingly endless unspoilt beaches, Thailand could easily be mistaken for paradise. While the country has plenty to offer holidaymakers in search of bustling big cities and a vibrant party scene, it's also the perfect choice for those wanting to get away from it all with a relaxing holiday. OK!'s Zoë Hill jetted off on a twin-centre break in search of rest and rejuvenation...

its own giant pool in beautiful gardens – our four-poster bed was incredibly comfortable, but most of our time was spent outside, either relaxing on our day bed, swimming in our private pool or enjoying an al fresco bath. The beach-side Natai restaurant was the perfect place to watch the sun set, with a daiquiri in hand, before dinner.

## WHICH STARS WILL I SEE?

Ryan Gosling is a repeat visitor at the Aleenta Hua Hin Resort & Spa, having holidayed there with Eva Mendes. David and Victoria Beckham enjoyed a family holiday with the kids there, while Nicole Kidman has also fallen for its charms. Kim Kardashian and her family holidayed in Phuket two years ago, where they went zip-lining and visited an orphanage.

## WHAT CAN I EAT?

With a Michelin-starred chef as its general manager, the Aleenta Hua Hin prides itself on its food. Every dish on the menu has a number next to it, showing how far its ingredients have travelled – the ingredients for our delicious larb mushroom (a Thai-style salad with mint leaves, shallots and lime juice) had only travelled 3.6km to our plate. We felt positively virtuous ordering the chocolate brownies and 'rice cream' (0km), a dairy-free alternative to ice cream.

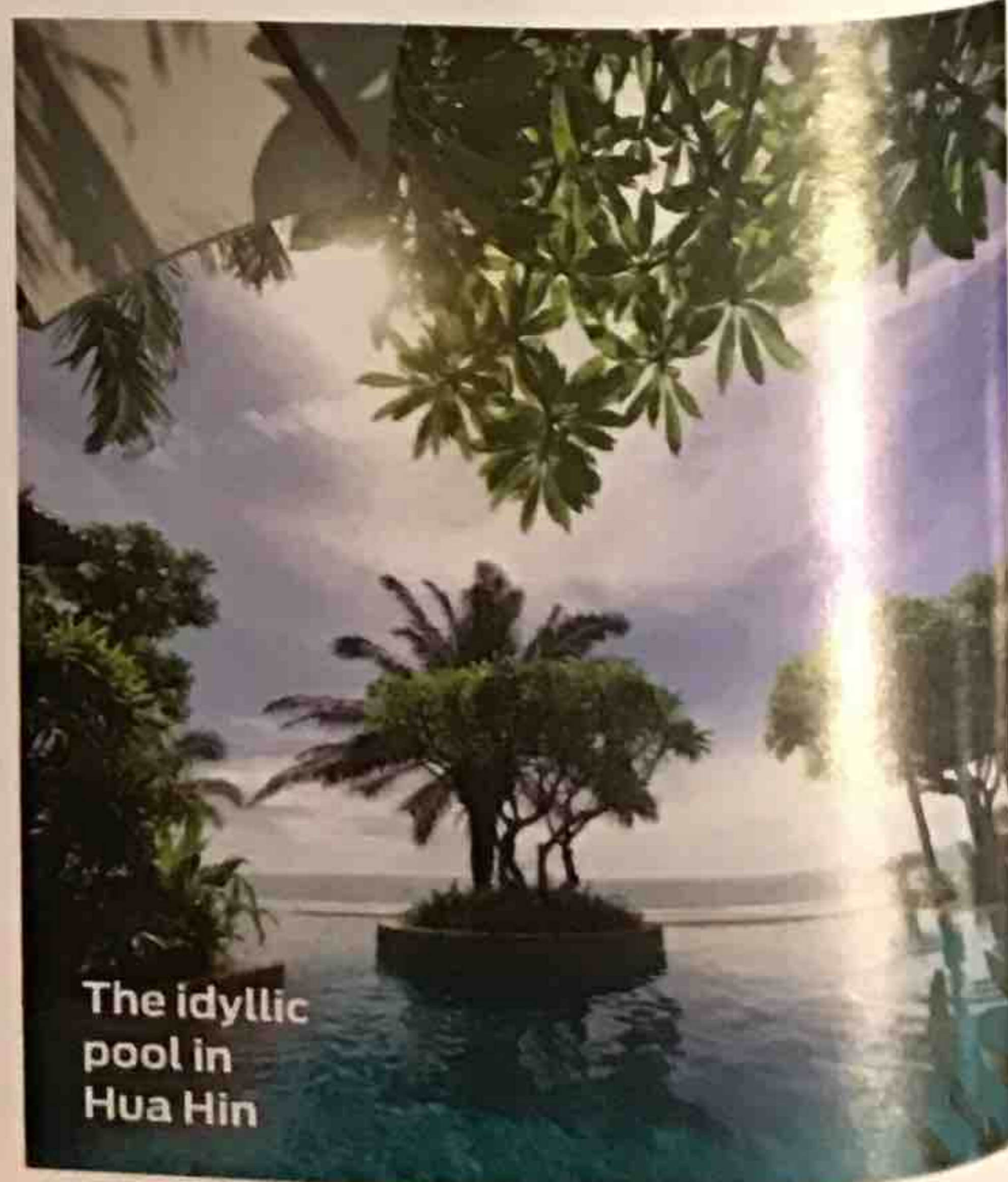
One of our favourite meals was also one of the simplest – a private barbecue on the beach. Under a gazebo, we enjoyed a salad from the hotel's farm and barbecued kebabs with giant prawns caught earlier that day. The only lights came from



Enjoy a romantic dinner on the beach

## WHAT ELSE MUST I DO?

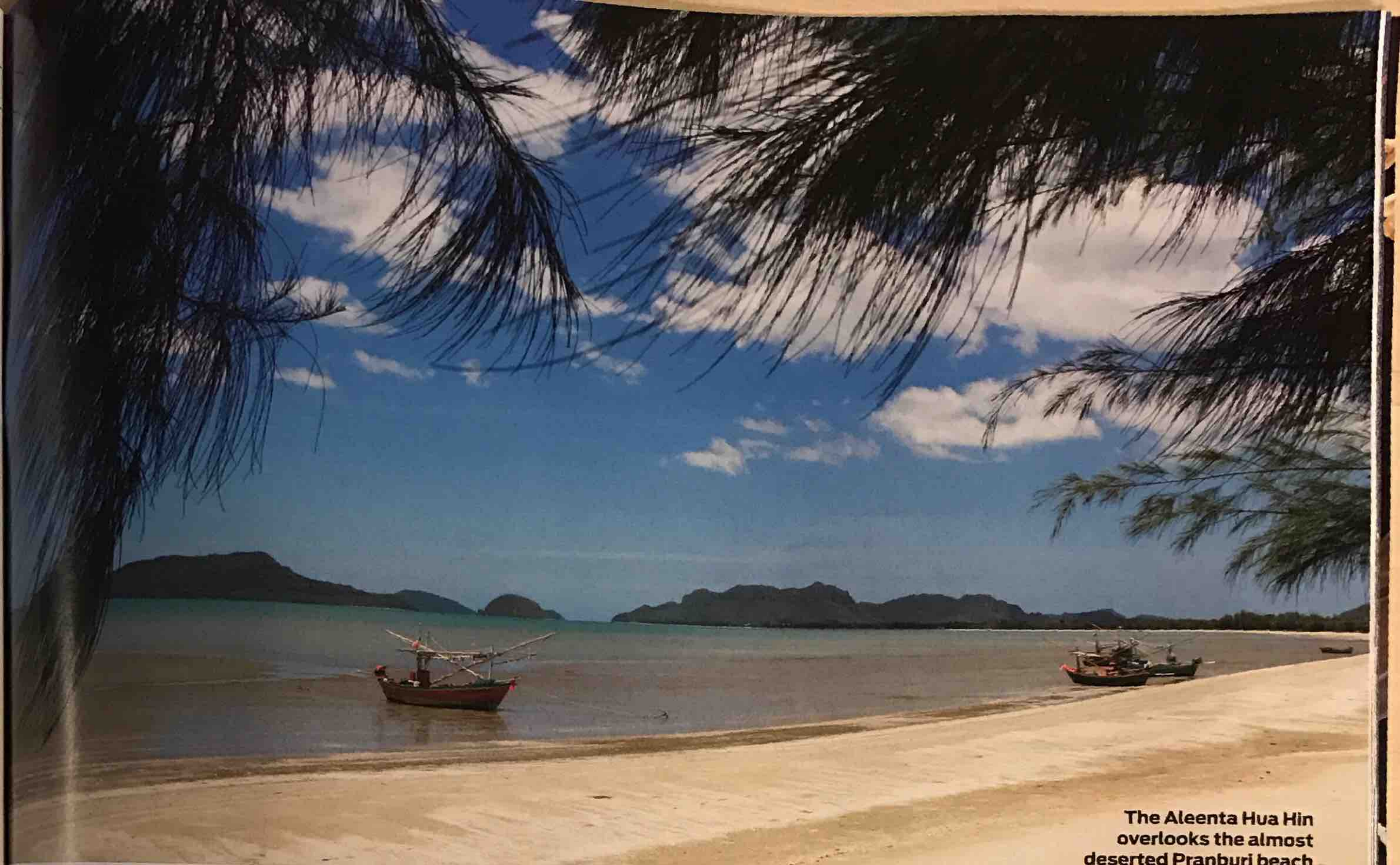
Keen to take a taste of Thailand home with us, we enjoyed a cooking class at the Aleenta Hua Hin.



The idyllic pool in Hua Hin



OK! checked into a spa villa at the Aleenta Phuket



The Aleenta Hua Hin overlooks the almost deserted Pranburi beach

After visiting the local market, we set to work on tom yum soup, green papaya salad, pad Thai and mango sticky rice. The chef was encouraging about our efforts, and the empty plates suggested the exercise had been a success.

One of the highlights of our trip was a visit to a turtle sanctuary, the Phang Nga Coastal Fisheries Research And Development Centre. We learned all about the great work they do looking after injured turtles and made friends with one



turtle on the day of his release. We even got to set him down on the sand a few feet from the shore, before watching him take his first

steps into the Andaman Sea, before swimming away to start his new life.

### HOW DO I GET THERE?

A five-night wellbeing break starts from £1,149pp. Price includes two nights at the Aleenta Hua Hin ([www.aleenta.com/huahin](http://www.aleenta.com/huahin)) with breakfast, three nights at the Aleenta Phuket ([www.aleenta.com/phuket](http://www.aleenta.com/phuket)) on a wellness package, plus two cooking classes, two yoga sessions, two massages and two facials.

British Airways ([www.britishairways.com](http://www.britishairways.com)) flies from London to Bangkok from £511 return. Price includes tax. OK! flew from Bangkok to Phuket with Bangkok Airways ([www.bangkokair.com](http://www.bangkokair.com)). **OK!**

REPORT BY ZOE HILL TREAT OF THE WEEK BY ROSIE UNDERWOOD FIVE OF THE BEST AND REPORT EDITED BY NANCY BROWN, OK! SPA EDITOR PHOTOGRAPHS BY ALAMY, GETTY IMAGES, REX

## 5 OF THE BEST SPA GIFTS

1

**1 BRYT SKINCARE GIFT BOX, £80**, [www.brytskincare.co.uk](http://www.brytskincare.co.uk). Containing everything you need for an at-home spa treat, including a serum matched to your skin type.

**2 JO MALONE BATHTIME COLLECTION, £48**, [www.jomalone.co.uk](http://www.jomalone.co.uk). This gorgeous trio includes the brand's first-ever bubble bath – we're running the hot tap now!

**3 REN LUXURY MOROCCAN ROSE COLLECTION, £49**, [www.renskincare.com](http://www.renskincare.com). Made with natural rose oil, this is at the top of our wish list, mostly for the fab Sugar Polish!

**4 NOBLE ISLE BITTERSWEET BLUSH, £65**, [www.nobleisle.com](http://www.nobleisle.com). If you're a fan of rhubarb, this luxury bathing set is the gift for you.

**5 COWSHED WREATH CRACKER, £10**, [www.veryexclusive.co.uk](http://www.veryexclusive.co.uk). This cracking stocking filler keeps out the winter chill with a rich hand cream and nourishing lip balm.

## TREAT OF THE WEEK

### FISTRAL BEACH, CORNWALL



Escape from the madness this Christmas and let someone do the hard work for you, all with the added bonus of celebrating on Cornwall's dramatic north coastline at the Fistral Beach Hotel And Spa.

The coastal sanctuary is offering surfing or stand-up paddleboarding adventures on one of England's most iconic surf breaks come Christmas Eve, followed by dinner in the Dune restaurant for a very fancy four-course meal overlooking the sea. Christmas Day starts with a champagne breakfast in an ocean-front room, with Christmas dinner being a five-course feast of hearty local produce, with the added bonus of no carving or clearing up! Boxing Day begins with Cornish brunch and, if you're feeling brave, brace yourself for a dip in the ocean.

The hotel's spa will also open its doors to guests, offering a variety of ESPA treatments to relieve any aches or pains after the festivities. We loved the Fistral Spa Signature Treatment, including a full-body massage and ESPA facial, as well as taking a dip in the vitality pool, finishing off with a sauna and a steam. It's a small Christmas miracle!

A TWO-NIGHT CHRISTMAS BREAK STARTS FROM £550 PER COUPLE. ADD £150 PER PAIR FOR INCLUSIVE DRINKS. THE SPA IS OPEN EVERY DAY. LONGER PACKAGES AVAILABLE. SEE [WWW.FISTRALBEACHHOTEL.CO.UK](http://WWW.FISTRALBEACHHOTEL.CO.UK).