

THE SPA GUIDE

WELLBEING WEEKENDS

Short on time? Mix a spot of spa with a mini break



HOTEL GRAND TREMEZZO, Lake Como, Italy

It's the family touch that makes the difference at hotels and this lakeside jewel is no exception, where the devil is in the detail and they know what you want even before you do. Eating and drinking is de rigueur but you can restore some balance: stroll through the Italianate gardens and head steeply upwards till you find Bobo the bear. Take a selfie with him, then bring it back and you'll get your own mini version. There's also the spa, not just any old spa, but an Espa spa, which boasts an infinity pool, hammam, yoga studio and some of the most effective treatments around. And if you've forgotten your togs, the hotel shop is to die for. **BOOK IT:** Elegant Resorts offers two nights B&B from £890pp, including flights and transfers. elegantresorts.com

HOTEL CAFÉ ROYAL, London

Next time you hurry across Piccadilly Circus, think about the healthful relaxation you could be having in a secret space right under your feet. The Café Royal, now a sleekly modern hotel with a calm, Eastern influence to its décor, has been a centre of London dining and entertaining for over 150 years and has conserved its ornate, gilded, Belle Époque public rooms. But the underground Akasha Spa has a 21st-century sense of luxury and serenity. Based on the four elements, with holistic treatments that link Western innovation with Eastern tradition, its natural materials, warm colours and fresh aromas exude wellbeing. Nine treatment rooms, including one for couples, a gym, fitness and yoga classes, a sauna and hammam and a beautifully lit pool with London's first Watsu pool for private hydrotherapy sessions make this a place to linger.

BOOK IT: Day spa packages from £95.

Doubles from £440.

hotelcaferoyal.com



ONE AND ONLY THE PALM, Dubai

Intimate by local standards and regarded as the most elegant resort in Dubai, One & Only The Palm will definitely make an impression. But look further than the magnificent setting, private beach and fabulous restaurants, and it's the Guerlain spa that will blow your mind. Therapists get to work with a series of rituals, inspired by a fusion of Arabic culture and French savoir-faire. Désert d'Orient is a typical journey, taking in a silky milk scrub followed by a cleansing body wrap and steam, topped off with a lush personalised massage. Where Guerlain triumphs in the treatment room, it's One & Only that sets the bar in terms of service, with all staff expertly trained and sensitively informed to provide the ultimate spa experience.

BOOK IT: Premier rooms from approx £700. oneandonlyresorts.com



THE CLOVER MILL, Worcestershire, UK

The UK's first boutique ayurvedic retreat. Set in a restored 17th-century water mill in the rolling hills of Malvern, it's all very idyllic here, with exquisite treatments, home-cooked food and log fires. And that's before you've even got started on the spa, which is a stroke of genius. Programmes tailored to your dosha will make you leap with excitement, packed with ayurvedic treatments and yoga sessions, which take place underneath wooden beams. Take time out in the steam room, read a book beside the pond or put on your wellies for a stomp around the weir.

Bed is an eco lodge, surrounded by woodland, kitted out with floor to ceiling windows that open out onto private decking, with a deep bathtub and walk-in shower and a super comfy bed. It's a quiet retreat, with only six guests at a time, and that's its magic – peace, quiet and solitude. **BOOK IT:** From £550 fully inclusive. theclovermill.com

EPIC SANA, Albufeira, Portugal

A spanking new – and already award-winning – resort of sprawling buildings, all white, modern and pristine. But the spa is the place to hang out. Book a week-long programme (weight-loss, fitness, yoga, mindfulness...) or simply indulge in the long list of treatments that range from bamboo massage to anti-ageing facials. There are excellent free morning and evening classes, too. **BOOK IT:** Health and Fitness Travel offers three nights from £690pp, including breakfast, a BodyBreak programme, flights and transfers.

healthandfitnesstravel.com



PUENTE ROMANO BEACH RESORT, Marbella, Spain

Within earshot of crashing waves and within view of Marbella's Golden Mile's palm trees lies the Six Senses Spa at the heart of this resort located near Puerto Banús. And, wow, what a spa with dizzyingly good treatments such as a vitamin C and papaya enzyme facial and delicious Indian head massage. Post-treatment is fantastic, too – relax into your fluffy robe nibbling on fat medjool dates while sipping ginger and cinnamon tea. Then retreat back to your spacious spa suite by crossing the first century Roman Bridge. **BOOK IT:** Doubles from €250. puenteromano.com



CHÂTEAU ST PIERRE DE SERJAC, Puissalicon, France

After a €25m revamp, you would expect this magnificent 200-acre chateau and vineyard in the Languedoc to be good. But it is even better. Re-opened last year by winemaker Laurent Bonfils and hoteliers Karl and Anita O'Hanlon, it's a picture of grand historic splendour with whimsical turrets and suitably opulent furnishings. There are eight rooms – laidback chic with French grey walls, terracotta tiles and rolling views. But, wherever you lay your head, don't miss the Mediterranean-inspired spa overlooking the vineyard. With treatments by French botanical skincare brand Cinq Mondes, the stress-busting Moroccan massage must not be missed.

BOOK IT: Doubles from €220. serjac.com



RIAD FARNATCHI, Marrakech, Morocco

It's hard to get much better than this ten-suite oasis tucked away in a quiet alleyway, created from five smaller riads. And now award-winning hotelier Jonathan Wix has even more to celebrate with a fantastic new spa. Boasting two marble hammams and four treatment rooms, indulge in blissful therapies from British spa brand ila and Moroccan aromatherapy line, Nectarome. Emerge into the tranquil collection of courtyards, adorned with bougainvillea and chill by the tiled pool scattered with rose petals (perfect for quick dips). But it's at night where the magic really comes alive: dine on traditional fare in the courtyard to the flickering shadows of ornate lanterns accompanied by the soundtrack of the local mosque's call to prayer. **BOOK IT:** From £260 a night. riadfarnatchi.com