



spa away

Despite having some of the best spas in the world on our doorstep, sometimes it's essential to get away – and these wellbeing retreats make it worth the trip.

1. Rancho Valencia Resort & Spa SAN DIEGO

Already one of South California's most reputable luxury resorts, the Rancho Valencia has just undergone a massive \$20million renovation and is newly reopened as of this summer. With 40 acres of gardens and greenery, it's a typical Californian resort, with famed coastal ranch cuisine in its restaurant, a golf course, one and two-bedroom suites with private patios and hand-painted tiles and an impressive Hacienda suite with three bedrooms and three bathrooms stretching over 5,000 square feet. The spa itself is a place of wonder – three hydrotherapy pools, an outdoor lap pool and hot tub and private poolside cabanas make up the facilities, while singles and couples treatment rooms make it the perfect spot for two to wind down. For those looking for an all-round approach to wellness, there's plenty on offer to keep fit too, including a hot yoga pavilion and pilates studio, and (it wouldn't be California without) world-class tennis and volleyball courts and pro shops. Just half an hour from San Diego Airport and an hour-and-a-half from LA, prices start from \$700 per night (approx. €550). ranchovalencia.com

2. Dusit Thani MALDIVES

Opened in February of this year, Dusit Thani is on the Mudhdhoo Island in Baa Atoll, 35 minutes by seaplane from the Maldivian capital of Malé and the archipelago's first UNESCO Biosphere Reserve. Made up of 100 villas, it is Thai themed and boasts the Atoll's largest infinity pool, five high-end restaurants and an over-water bar for sunset cocktails. The highlight is the resort's wellness centre, the Deverana Spa, with its unique tree-top treatment pods, situated atop a grove of coconut trees with unparalleled views of the lagoon, island and waters. To complete the

feel-good factor, an onsite marine biologist is at hand to take guests to the Reserve, as well as opportunities to explore the reef by night, see sea turtles nesting and undertake yoga and personal training with one on one instructors. dusit.com/dusit-thani/maldives

3. Canyon Ranch MIAMI

For those that don't know, July is 'Miami Spa Month', which means that premier spas throughout the greater Miami area (of which there are many, and most highly rated) will be offering special treatments for just \$99. The offer is running, ironically, for two months, so you have until the end of August to snap up a bargain. Celebrating more than most is Canyon Ranch, since it sits on the shores of Miami Beach – open this month after an extensive restoration and nourishment programme, and now claiming to be the most 'idyllic beach in Florida'. As well as protecting the reef, shoreline and surrounding areas, it has boosted Canyon Ranch's appeal, with 750 feet of the softest white sands now literally on its doorstep. The all-suite hotel is well-known for its health and wellness programmes (both holistic and medical-based), and the spa is home to a specialist Aquavana thermal suite, outdoor treatment facilities and a range of heat and steam rooms, including an Igloo with cool air and three Arctic Mist experiences, twinkling fibre-optics and a crystal steam room. canyonranch.com/miamibeach

4. Terme dei Papi ITALY

Situated in the historic town of Viterbo in the Lazio province, this is the perfect place to rejuvenate and invigorate and offers a good option for those who are looking for an active holiday with pampering. Famous for its natural thermal water pools and spas, Viterbo has been visited by many for years to soak in the famous waters renowned for improving skin, promoting youth and easing tired muscles. The Terme dei Papi is a luxury hotel and spa that uses the same natural waters, on original Roman Therms, and the healing waters are used today for everything from osteopathy and hydrokinesitherapy to luxurious massages and facials. Camino Ways is offering a walking tour that starts with three nights at the Terme dei Papi before embarking on the last leg of the Via Francigena pilgrimage route to Rome (100 km away). The tour starts from €990 per person. caminoways.com

5. Playa Koralia Nature Hotel COLUMBIA

With a setting that includes the snow-capped Sierra Nevada mountains, the Caribbean Sea and some of South America's most unspoilt beaches, it's easy to see why this hotel takes its inspiration from nature. That's not to say that every day modern comfort isn't high on Playa Koralia's list – artful cabanas with private hammocks, a chic beach bar and untouched seashores are complemented with spacious accommodation and private bathrooms, and the Bamboo Spa. Surrounded by tropical palms and flowers, treatments are tailored using natural ingredients. With a special focus on healing and holistic therapy, the health benefits continue beyond the spa into the kitchen, which serves organic fruit and vegetables from Koralia's own gardens, specialising in seafood and vegetarian cuisine, with no pork or red meat on the menu. Accommodation starts at just €87 per cabana. koralia.com

6. Hotel Saint-Barth Isle de France ST BARTH'S

The second only hotel on the island of St Barth's to achieve five-star status, the Isle de France is a boutique resort with just 39 rooms, suites and villas. The sophisticated interior design is thanks to British expert Penny Morrison, and the outstanding beauty on the doorstep includes jewel-toned waters, perfect white sands and lush tropical gardens. The La Case de l'Isle is the house restaurant, serving fusion seafood and French cuisine, and is one of the best-loved on the island. The Isle de France Spa is a boutique retreat in the form of four private treatment rooms in a dedicated pavilion amid the tropical greenery. There is no better place to get away from it all, with treatments from Natura Bissé and Intraceuticals to banish any stress or strains, making it an ideal destination for a spa retreat. isle-de-france.com

7. Kempinski Hotel Barbaros Bay TURKEY

Part of the prestigious Kempinski hotel group, this property is in the Barbaros Bay area of Bodrum, Turkey is the perfect escape, and has packages to suit honeymooners, detoxers and yoga fans alike. The Six Senses Spa blends Turkish spa traditions with Asian therapies with body treatments, stone therapies and Hammam cleansing rituals in its 16 treatment rooms, a private spa zone and purpose built Watsu pool. Detox programmes give head-to-toe renewal, using organic skincare range Anika and purifying seaweed and mineral mud to release trapped toxins, drain fluids and bring balance back to stressed, under-nourished skin. With a combination of body wraps, facials, Hammam scrubs, daily healthy

meals, fitness programmes and smoothies and herbal teas, you will leave a new you. From €913.50 per person for a three-day programme, including meals, non-alcoholic beverages, spa treatments and daily fitness instruction. kempinski.com/bodrum

8. Sani Beach Hotel GREECE

Still in its first season of its newly acquired five-star status, the Sani Beach Hotel on the Kassandra peninsula has refurbished its spacious suites, updated its restaurants and perfected its outdoor areas. Pitched as the perfect family resort, the children have plenty to keep them entertained while you explore MySpa – an extensive thermal suite, fitness facilities and top of the range treatments using French brand Anne Sémonin and the Greek Apivita products. Opt for your massage on the warm sands of Bousoulas Beach. sani-resort.com ■

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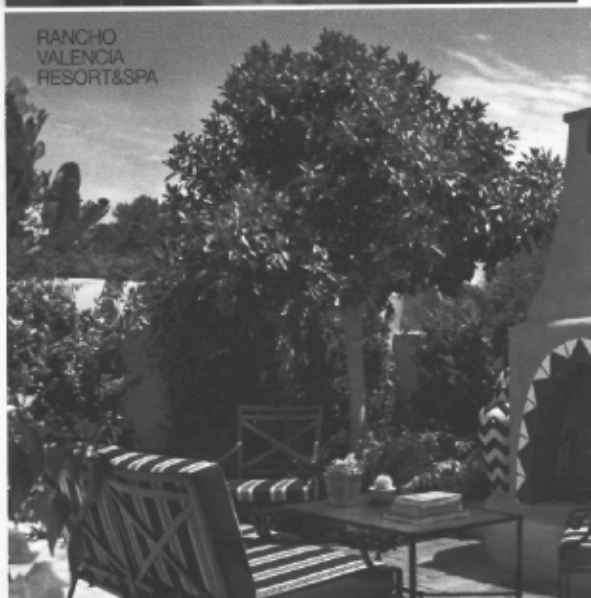
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