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Come this way  
for a happier,  
healthier you

THE **67** MOST  
MAGNIFICENT  
SPAS IN THE WORLD

Holidays that  
will make  
you beautiful

SPA  
GUIDE  
2015

IN ASSOCIATION WITH  
Healing  Holidays AND ESPA



# Where FOR SPA

WANT TO

YES

FAVOURITE MASSAGE STYLE?

POWERFUL

SOPORIFIC

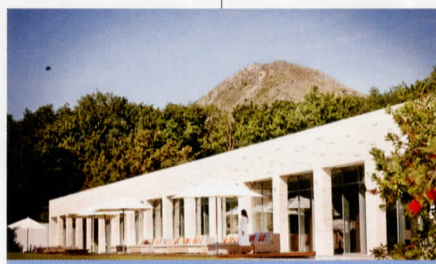
FULL-ON PHYSIO



## ANASSA Neo Chorio, Cyprus

One of the beauties of Anassa is its microclimate. It's as if the powers that be have placed a glass dome over the entire Cypriot-y village-y setup. This easy-going getaway has blue skies, wispy white clouds, sea warm enough to swim in – IN NOVEMBER. It's a downright weird but brilliant option for a late-autumn boost of vitamin D. They even pump filtered seawater into the spa for those who want the purifying, relaxing benefits but can't be fagged to walk down to the real thing. Life's also rosy in the little treatment rooms, where ILA rules the roost and the most special offerings are indisputably bespoke. Like the Cellular Rejuvenation facial, which uses rose oil and mighty massage strokes to give you a tension-relieving lift from forehead to décolletage. And the Bougainvillea Stem Cell Slimming and Anti Ageing extravaganza (scrub, wrap, head and face massage), alive with peppery rosemary and eucalyptus oils to stimulate circulation, plus bougainvillea-stem cells that act like jump leads for the skin. Then there's physiotherapist/masseur Vladimiros. Once you get over that 'I'm being massaged by a strapping young lad in a darkened room' bashfulness, you'll be a devotee for life.

**BOOK IT** Scott Dunn ([scottdunn.com](http://scottdunn.com); 020 8682 5040) offers seven nights, half board, from £1,335, including flights and transfers.



## SUN GARDENS Dubrovnik, Croatia

There's a wild drama to the Croatian coastline – craggy cliffs, turquoise seas, lush little islands, all washed in Crayola-bright colours, helped by the huge blue sky and the always-there yellow sun beaming down guaranteed heat from May to September. Perhaps that's what makes Sun Gardens such a family magnet. It's educational too, by the way – the area is steeped in history, though the kids may consider a trip to nearby historic Dubrovnik merely a cool way to snag an ice cream. Expect the usual five-star-resort stuff: chic apartments, pools, tennis courts, yoga, top food. Nannies and rangers whisk the kids away for paddleboard fests, exhilarating water assault courses and mocktail parties, leaving you to bask by the (adults-only) pool or hoof it to the spa, with its huge bowls of fragrant oranges and rows of jewel-like green and gold OCCA products made from local flowers and herbs. You could spend hours here – in the pool, in the steam room with its views of the sea. The top treatment has to be the sleep-inducing Adria massage. It starts like a magic trick – a table with a candle, a bottle of oil, a peacock feather and a conch (which they put to your ear). Weird, wonderful and – like we said – pure drama.

**BOOK IT** Kuoni ([kuoni.co.uk](http://kuoni.co.uk); 01306 747008) offers seven nights from £695, including breakfast, flights and transfers.



## SANI RESORT Halkidiki, Greece

A Greek family bagged this 1,000-acre parcel on the Cassandra peninsula in the Seventies, turning a scrubland pine forest with a crumbling hilltop lookout into a resort so immaculate you could eat your dinner off the floor. There's now a gaggle of four sibling hotels – go for low-rise Porto Sani Village, the minimalist, modern option, a swift sashay from the central marina. And sashay they do – Greek goddesses parading arm in arm with their man-from-Del-Monte gents. Your kids will point and ask if they're famous, but no – they're simply promenading, and so should you (when in Greece...). Then head underground to the cool, cavernous adults-only spa for every Anne Semonin beauty treatment under the sun. Opt for the Eternal Youth Cryotherapy facial, which literally puts wrinkles on ice, or try a no-messing massage from physiotherapist Spiros. Emerge squinting into the sunlight and stumble to the ultimate relaxation area – nearly five miles of beaches with sand that looks like it's been sieved. And do take advantage of the complimentary on-beach kid-watching service – someone to monitor the sprogs for half an hour while you come to your senses with a dip in the sea.

**BOOK IT** ITC Luxury Travel ([itcluxurytravel.co.uk](http://itcluxurytravel.co.uk); 01244 355527) offers seven nights from £2,250 for a family of four, including breakfast, flights and transfers.



# to go... AND SUN

STICK TO EUROPE?

NO

YOU'RE TRAVELLING WITH...

THE OFFSPRING

THE MOTHER

THE BOYF



**AMILLA FUSHI**  
Baa Atoll, Maldives



**SHANTI MAURICE**  
Rivière des Galets, Mauritius



**ESPA ONE&ONLY THE PALM**  
Dubai, UAE

Forget everything you know about the Maldives. Tom McLoughlin, the GM and one of the brains behind this new project, thinks way outside the box (he brought us the world's first underwater spa). So Amilla Fushi's contemporary ocean villas stand proud above the coral reef and the spectacular two-bedroom treehouses rise up above the lush canopy. Plus every guest gets a free 50-minute spa treatment EVERY DAY, in the timber-clad private spa pods amidst the trees or in the buzzy main lounge/nail bar/beauty salon. There are top-to-toe daily specials (classics like full-body scrubs and facials), plus clever add-ons you pay for – an extra 15 minutes on your shoulders, say – and longer rituals for diehard spa-goers. All are performed by tip-top therapists using the best in the biz: QMS Medicosmetics facials, ILA body treatments and Margaret Dabbs manis and pedis. There are even Gentlemen's Tonic wet shaves, and top of the pops are the massages, courtesy of London's Pure Massage. Last but not least, kids are kept happy, happy, happy with unlimited watersports. Everything except scuba diving is on the house, so you won't see them for sea spray. Clever, very clever.

Got your ma in tow? This quiet, five-star retreat on the south of the island is a top spot for spa-and-sun and suits everyone from Mayfair sophisticates to Home Counties silver foxes. A jagged surf break 1,500ft offshore prevents cruise liners and megayachts from spoiling the view, thus making the magnificent beach one of the island's most peaceful. The villas are spread along the shore, and interiors are muted too (some areas feel a tad jaded), but everything just works. Breakfast at Pebbles is an à la carte affair, but after dark, at Fish Shack, the vibe is shipwreck-chic: flaming torches, reggae, upturned boats groaning with red mullet. The spa is BIG, with a whopping 24 treatment rooms. All have a minimalist vibe, though the garden's tropical foliage still fights its way in. Each of the four different zones – Oriental, Indian, Fitness and Holistic-Bio – comes with its own focus, covering everything from traditional Thai massage to an ayurvedic dousing. There's also a pilates studio where dancer Jean David Noval gives one-on-one classes. And to alleviate the strain of simultaneously studying four spa menus, there are complimentary stretching sessions, meditation classes and guided silent walks.

The thing about living in the northern hemisphere is that winter sucks. It really does. But the other thing about living in the northern hemisphere is that it doesn't suck everywhere. Dubai, as a case in point, doesn't suck in winter. Not at all. In fact, it is positively perky. And close – after a mere five-hour flight, you'll be basking in the desert sun. The best place to do this kind of basking is the One&Only The Palm, a blessedly low-rise spread of beautiful villas, sandy beaches, and the most gorgeous palm-lined swimming pool this side of the equator. And when you're done with the basking, there's a blissful ESPA spa that does exactly what you want on a sunny sojourn.

It nurtures you with its on-the-nose, no-nonsense treatments, like the Arabian *rasul* – the ultimate cleanse/scrub/mud/soak-a-thon, which leaves your skin singing. Or the lifting and firming facial, which will give you a lovely oomph. Or the two-hour hot-stones massage, which digs deep and leaves you as helpless as a newborn kitten. You'll have just enough strength to stagger back to that lounge and toast the fact that you live in the northern hemisphere.

**TATLER OFFER**  
Cleveland Collection (clevelandcollection.co.uk/tatler; 020 7529 8551) offers five nights from £3,770, half board, including flights, transfers, treatments and a half-day desert island experience.\*

**BOOK IT** Seven nights, half-board, from £3,275, including consultations, treatments and activities (shantimaurice.com; 00 230 603 7200).

**TATLER OFFER**  
Double, from £244 (oneandonlyresorts.com; 00 971 4 440 10 10). Emirates (emirates.com) flies from Gatwick to Dubai four times a day, from £560. Quote Tatler when you book any ESPA body massage to receive a complimentary body scrub treatment.\*