

HOTELS & TRAVEL

FEELING GROOVY

Kick back and unwind in one
of these destination spas

**1 CAYO RESORT,
Crete, Greece**

Perched on a steep hill on the northern coast of Crete you'll find one of the island's most peaceful pockets, Cayo Exclusive Resort & Spa. From its prime cliffside position, the hotel offers breathtaking views of the glittering Aegean, plus the historic Spinalonga islet, a former leper colony and the subject of Victoria Hislop's acclaimed novel *The Island*. A theme of total relaxation permeates throughout the resort, culminating in a beautifully designed spa complete with a candlelit pool, steam room and sauna. A wide range of treatments are available here, from classic massages to mud masks to longer wellness rituals inspired by Greek mythology.

BOOK IT: From £190, cayoresort.com

**4 ZABORIN RYOKAN,
Hokkaido, Japan**

A ryokan is a Japanese inn offering tatami-matted rooms, classic hospitality and, often, baths fed by hot springs. The team behind Zaborin, nestled in a birch forest in the Hanazono woods of Hokkaido, have taken this traditional model and elevated it to new heights, with 15 luxurious villas and private hot spring baths. On arrival, you'll be welcomed by a tea master expertly preparing a cup of matcha for you, and throughout your stay you'll benefit from the soft volcanic mineral waters of the baths, the tranquillity of the surrounding forest and exquisite Japanese cuisine.

BOOK IT: From £630 B&B, dinner included. zaborin.com

**7 MATILD PALACE,
Budapest, Hungary**

For a taste of royalty, book a stay at Matild Palace, recently opened in Budapest following a five-year transformation. The 120-year-old palace and UNESCO site is now an opulent Luxury Collection hotel, featuring 130 guest rooms and suites converted from the apartments where monarchy once dwelled. It's also home to The Swan Spa, which combines traditional Hungarian wellness practices with Turkish-inspired bathing experiences, with thermal treatments designed to refresh and energise. Superchef Wolfgang Puck, meanwhile, brings a taste of California glam to the city with a new outpost of his restaurant Spago.

BOOK IT: From £450, marriott.com

**2 PALACE MERANO,
Italy**

An ochre-fronted Italian mansion that first opened its doors in 1906, hotel Palace Merano has been welcoming guests in search of respite and relaxation for over 100 years. Here, health is the real luxury and the hotel has dedicated 6,000 sq/m of space to its bespoke Revital Method, comprising treatment rooms, diagnostic tools and a spa. The hotel's new Detox for Longevity programme is a must-try, for an overall improvement of physical and mental health, tackling everything from digestive difficulties to skin diseases and muscle, bone, cardiovascular and diabetes-related complaints.

BOOK IT: Detox for Longevity seven-night programme from €5,700pp all-inclusive. palace.it

**5 TWO BUNCH PALMS,
Desert Hot Springs,
California, USA**

Surrounded by vast desert and endless blue sky, Two Bunch Palms is a true oasis. Perched on the edge of the vast swathe of Joshua Tree National Park, the spa offers natural hot mineral pools in which to soak, as well as nine treatment rooms offering a range of massages and facials. Once you've basked in the pools, head for an al fresco yoga class or try a crafty workshop in everything from natural indigo dyeing to hand-thrown ceramics. Refuel in The Restaurant, which offers seasonal, So-Cal inspired foods, or in Twine, serving mezze platters and a wide selection of wines.

BOOK IT: From £179pp; treatments from £78. twobunchpalms.com

**8 SANTO MARIS,
Santorini, Greece**

Surrounded by sweeping azure waters, the northwest Santorini location of Santo Maris Oia Luxury Suites & Spa was made to enrich the mind, body and soul. Wellness runs in Santo Maris' veins, and its Anassa Spa is inspired by ancient Greek rituals - with a programme of muscle-melting massages, private yoga sessions and coterie of highly skilled therapists on hand to swiftly see to every stress and muscle niggle. Once fully rejuvenated and recharged, feast the senses on dishes made with local and seasonal ingredients at Alios Ilios sunset restaurant, overlooking awe-inspiring vistas of the Aegean Sea.

BOOK IT: From €400 B&B, santomaris.gr

**3 INTERCONTINENTAL
BORA BORA RESORT
AND THALASSO SPA,
French Polynesia**

Heaven is a place on earth - and we've found it. Escape to Bora Bora for the ultimate in relaxation, surrounded by the paradisiacal golden sands, turquoise lagoons and emerald mountains of this Polynesian island. If you can tear yourself away from your overwater bungalow, head to the Deep Ocean Spa for seawater therapies in villas with glass floors, so you can watch the fish swimming beneath you as you sink into pure bliss. The treatments on offer, such as hydro-massage baths and pearl rain massages, make use of key nutrients extracted from deep-sea waters, and there's also massages and beauty treatments with Tahitian oils.

BOOK IT: From £752, ihg.com

**6 VILA VITA PARC,
The Algarve, Portugal**

The state-of-the-art Sisley Spa is a newcomer to the prestigious Vila Vita Parc hotel in the Algarve - and the perfect refuge after the rigmarole of party season. Treatments take place in rooms inspired by sea caves and natural stone with calming oceanic hues. Led by the latest science balanced with essential oils selected for their biological properties, expect to indulge in cutting-edge Sisley treatments - such as the Phyto-Aromatic facial and body treatment. Supercharge your treatment afterwards with a session of aerial yoga or chakra meditation bathed in natural light in the fitness studio, overlooking Vila Vita's luscious gardens.

BOOK IT: From €210 (low season). vilavitaparc.com

**9 HACIENDA
ALTAGRACIA, Costa Rica**

Tucked in the foothills of Costa Rica's Talamanca mountains, Hacienda Altagracia, Auberge Resorts Collection, is billed as a one-of-a-kind culinary, wellness and adventure experience. The Well is the escape's dedicated wellness destination. Here, your journey begins in the vitality pools and aromatherapy steam rooms, before journeying on to treatments inspired by both ancient tradition and scientific innovation. The signature immersive 'River Bath' experience begins with a guided meditation, followed by a herbal bath and detoxifying riverside massage.

BOOK IT: From \$1,550 all inclusive; The Well Integrated Experience from an additional \$2,150. aubergeresorts.com



ALL PRICES ARE FOR DOUBLES PER NIGHT ROOM ONLY UNLESS OTHERWISE STATED



10 TSCHUGGEN GRAND HOTEL, Arosa, Switzerland

There's nothing like a dose of crisp alpine air to blast away the cobwebs and reset mind, body and soul. The Tschuggen Grand Hotel's new Moving Mountains guest experience programme with its immune-system boosting treatments are great place to start. Based out of the hotel's inimitable Bergoase spa - built into the mountain itself by starchitect Mario Botta - it features the Immune Recovery Body Ritual, a full body massage starting with inhaling steam infused with salt to clear the respiratory system. Hiking, al-fresco yoga and meditation sessions will help you leave feeling your best self.
BOOK IT: From approx. £519, tschuggen.ch; moving-mountains.ch

11 HOTEL CRILLON LE BRAVE, Provence, France

In this Provençal village hotel, guests are encouraged to switch off and enjoy a slower pace of life. The hotel's Spa des Ecuries, housed in vaulted stone stables from the 18th century, has three treatment rooms and offers a gentle but effective approach to relaxation. Products used during treatments contain active ingredients of organic plant extracts and essential oils, and personalised programmes are available on request. Guests can take their pick of sports preparation and recovery, yoga, meditation, slimming and detoxing, anti-stress cures and mum-to-be treatments.
BOOK IT: From €350 B&B, crillonlebrave.com

12 SHOU SUGI BAN HOUSE, New York, USA

A wabi-sabi-inspired wellness retreat and destination spa in New York, the chicly understated Shou Sugi Ban House is home to 13 guest studios where guests can enjoy Kobe-style beds, a fireplace, private terrace and soaking tub. The spa roots itself in the natural world, drawing from the inherent wisdom and curative properties of the ocean, local pine forests, wild flora and indigenous herbs. Guests are encouraged to reconnect with the world around them, with therapy treatments designed to create an individual space for exploration, transformation and harmony through body and mind.
BOOK IT: From \$1,235 B&B inc. morning movement class. Treatments from \$250. shousugibanhouse.com



13 ZULAL WELLNESS RESORT BY CHIVA-SOM, Qatar

The latest project by Chiva-Som, the internationally acclaimed retreat in Thailand, Zulal Wellness Resort in Qatar is making history as the very first full-immersion wellness resort in the Middle East. Head here for bespoke and holistic wellness services that encompass traditional Arabic and Islamic medicine, detox, emotional and mental balance, stress management, and much more. There's also the Zulal Discovery aspect of resort, which focuses on family wellness and bringing families together to learn about all aspects of a healthy lifestyle.
BOOK IT: Two-night programme from £1,069. healingholidays.com

14 KISAWA SANCTUARY, Mozambique

Leave your troubles at the door and reconnect with your inner rhythm at Kisawa, a nature sanctuary set out across 300 hectares on the southern tip of Bengueria Island. At its heart is the Natural Wellness Centre, rooted in the four natural elements (earth, water, wind and fire) with a special focus given to Ayurvedic treatments. A menu of massages, cleanses and energy healing Reiki and meditation revitalises the body and soul from top to toe. You'll sleep peacefully, too, aided by the serenity of Kisawa's impeccably conserved natural surroundings and wildlife.
BOOK IT: From €5,000 for two. kisawasanctuary.com

15 INIALA HARBOUR HOUSE, Malta

Launched in September 2021, Iniala Harbour House's new spa is an oasis of calm and wellbeing within the ancient stone city of Valletta. The Essensi Spa boasts architecture that combines the building's historic vaults with modern design. Spa facilities include double and single treatment rooms, a steam room, sauna, relaxation area, and a luxurious heated pool surrounded by contemporary Maltese art. There are over 80 treatments to choose from, with techniques from all over the world, from Europe to Asia. A true slice of comfort in the middle of the Mediterranean.
BOOK IT: From €350; treatments from €60. inialamalta.com

16 ARISTI MOUNTAIN RESORT & VILLAS, Greece

Steer clear of Greece's tourist hotspots and go off-piste to Aristi Mountain Resort, a series of lodges surrounded by the wilderness of the Northern Pindos National Park. The treatments here are Mediterranean-inspired, with products infused with Greek oils and herbs. There's both an indoor and an outdoor pool, boasting mountain views, alongside a hammam, hot tub and sauna. After a day of blissful relaxation, float on-site restaurant Salvia, which serves traditional Epirotic cuisine made using produce from the organic garden, before resting your head in one of the recently built villas.
BOOK IT: From £115, aristi.eu

17 WINDJAMMER LANDING, St Lucia

Spread across 60 acres of lush tropical landscape in St Lucia, Windjammer Landing is a picture-perfect slice of the Caribbean suited to families and couples alike. The all-inclusive hillside resort has all the amenities you could need, from restaurants and bars to water sports facilities and tennis courts. Wellness enthusiasts will be particularly impressed by the 5,000 sq/ft spa, which overlooks Labrelotte Bay and features a Japanese soaker tub, juice bar, herb garden and hair salon, plus numerous treatment rooms offering everything from body wraps to acupressure facials.
BOOK IT: From \$266, windjammer-landing.com

18 LE VAL THORENS, France

Dating back to the 1970s, Le Val Thorens was one of the ski resort's very first hotels. In December 2021 it reopened after a big revamp, holding onto its 70s spirit but with some shiny new facilities added. After a day on the slopes, recuperate at the updated spa, which features a sauna, swimming pool and hammam alongside a selection of treatments, many specifically created for skiing, such as a massage designed to combat the effects of high altitude. New life has also been breathed into the bedrooms, which are designed for ultimate cosiness, with balconies offering spectacular 360-degree views of the region.
BOOK IT: From €220, beaumier.com



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19 L'ALBERETA, *Italy*

Surrounded by rolling hills, emerald forests and vineyards heavy with fruit, L'Albereta will have you enchanted at first glance. A handsome, 57-room Italian chateau located just a few kilometres from Lake Iseo, L'Albereta hosts one of only two Espace Chenot spas in Italy. It offers the exclusive Chenot Method: energising treatments combined with a delicious healthy Bio-Light diet (wherein ingredients are prepared in a way that retains their nutritional benefits), hydro-aromatherapies, phyto-mud therapies and hydro-jet treatments. You'll arrive overstretched and under cared for, and leave feeling like a brand new you. **BOOK IT:** From €260 B&B; The Dominique Chenot wellness four-day programme from €1,570 pp. albereta.it

22 FORESTIS, *Italy*

Sceptical of flimsy, over-hyped wellness trends? Forestis may change your mind with wellness seekers flocking to its sanctuary for over 100 years. Take in that clean, crisp air high above the clouds in the Dolomite Mountains of northeastern Italy. It's all centred around the healing potential of the forest: expect guided hikes, tree-inspired treatments and healthy dishes sourced directly from the surrounding woodlands and local farmers. Earthy rejuvenation is matched with luxurious cutting-edge treatments at the spa, which also includes a gym, swimming pools and saunas. **BOOK IT:** Three-night programme from £1,399. healingholidays.com

25 ROYAL MANSOUR MARRAKECH, *Morocco*

Sheltered by the city's walls and overlooked by the towering Atlas Mountains, the incomparable Royal Mansour Marrakech contains 53 charming private riads, plus a brand-new wellness concept featuring four all-inclusive programmes. Choose between Rebalance, Weight Control, Rejuvenation and Immunity Boost retreats, all of which come with consultations with the nutritionist and wellness advisor, personalised food menus, unlimited access to the spa and a bespoke programme to continue the positive work at home. **BOOK IT:** Programmes from approx. £2,269. royalmansour.com

20 TABACON THERMAL RESORT & SPA, *Costa Rica*

If reconnecting with nature is the goal, the powerful healing effects of a volcano's magma may just do the trick. The Tabacon Thermal Resort in Costa Rica boasts thermal mineral springs naturally heated by the nearby volcano, which is said to cause the water to be rich in minerals which could help relieve stress and ailments like arthritis. Here you can enjoy complete privacy with spa treatment bungalows tucked into the trees of the surrounding rainforest. Destress with a volcanic mud wrap treatment, while listening to the relaxing sounds of wildlife and nearby hot springs. **BOOK IT:** From \$360. tabacon.com

23 VANA, *Uttarakhand, India*

Taking its name from Sanskrit, meaning 'forest', Vana is perched between the forest dense with sal trees and the hills of Mussoorie in the far north of India. Tailored to those frazzled by the challenges of the modern world, expect an offering of Ayurveda healing, alongside traditional Chinese medicine and Tibetan healing, known as Sowa Rigpa. Shaded by a grove of mango trees, you can explore the extensive grounds that are peppered with spots for yoga and meditation. Enjoy on-site nutritionists, visiting monks and re-energise with a Sufi singing lesson. **BOOK IT:** Seven-night programmes from £1,899pp. healingholidays.com

26 SANI RESORT, *Greece*

In a pine-scented cove overlooking the Aegean Sea is Sani Resort, a 1,000-acre eco-reserve with 7km of sandy beaches. There are five luxury hotels to choose from, each with its own Anne Semonin spa to enjoy. Inspired by the power of nature that surrounds you at Sani Resort, the spa menus include anti-ageing, hydrating, brightening and firming treatments, all using Anne Semonin's skincare products. Afterwards, take part in a yoga class on the beach, caressed by the soft sea air, or do some forest bathing - there are over 20km of lush wooded trails to explore here. **BOOK IT:** From €147; spa treatments from €65. sani-resort.com

21 CASA CHABLÉ, *Tulum, Mexico*

A glowing sense of wellbeing should go hand-in-hand with a glowing conscience - so while you're recharging your batteries on the Yucatan peninsula, rest easy in the knowledge that its surrounding biosphere is taken care of. The philosophy here is: surroundings plus emotional and physical wellbeing equals wellness. So, on top of restorative massage therapies and facials using local ingredients, expect to find yourself nourishing the soul with yoga on the beach and snorkelling in the jewel-like reefs. A programme of slow beauty, gentle immersion in Casa Chablé's healing surroundings and wellbeing-focused activities will ensure you step back on the plane feeling renewed. **BOOK IT:** From £446. chablehotels.com

24 LANSERHOF SYLT, *Germany*

Tipped as Europe's most expensive new resort (the development costing €120m), the hype for what's dubbed the 'Hamptons of Germany' has reached fever pitch. This is the first coastal resort by innovative health giant Lanserhof, which is opening this spring. The improvement of guests' health is taken seriously here with the project overseen by Dr Jan Stritzke, a specialist in cardiological rehabilitation for acute and chronic illnesses. Expect aesthetically striking architecture of continuous glass facades and spiralling staircases matched with pretty thatched roofs. **BOOK IT:** Seven-night Lanserhof Cure Classic programme from €7,210. lanserhof.com

27 MARBELLA CLUB HOTEL, *Spain*

Founded by Prince Alfonso von Hohenlohe in 1954, the Marbella Club is a haven of old-school glamour on Spain's sun-baked south coast. Over the years it's become beloved for its transformative wellness retreats, which can focus on anything from a liver reboot to food for beauty to aging gently. There's also the must-try spa with its seawater pool and comprehensive menu of treatments: try the stress-reducing ritual with a full-body volcanic scrub, soothing scalp massage, and face and body massage with essential oils. You'll return to your private villa or suite totally blissed out. **BOOK IT:** Retreats from €4,750 all inclusive. marbellaclub.com



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