

Must-Visit Spas 2009

Let Bazaar transport you to a world of pampering and relaxation this new year with our pick of the hottest spa retreats from across the globe



The Mandarin Oriental's treatments will leave you feeling on top of the world

Horse around at
Lucknam Park

LUCKNAM PARK HOTEL, UK

Horse lovers are hot to trot for Lucknam Park hotel and spa, a classic English country house near Bath, just 90 minutes from London. Riders of every – or no – ability can work out in the mornings on a hack through the 500-acre estate, then recuperate in the afternoons in the spa. **DON'T MISS** the Anne Semonin Herbal Pumice Oil Body Experience, Dhs790 for two hours, to help loosen muscles and calm your skin – perfect post-horse pampering.

Lucknam Park, Chippenham, Wiltshire, UK; +44 1225 742777, lucknampark.co.uk

Fitness

AMANSALA, MEXICO

Get ready for the beach with Amansala's Bikini Boot Camp on Mexico's Mayan riviera. But this is no terrifying military-style regime. Many classes are held on the beach, and you can make it as challenging as you like. Choose tougher classes such as power abs, or easier ones like tribal drumming, or simply lie on the beach and read a book. Stays include three spa treatments – two massages and a Mayan clay mask to help banish toxins. A seven-day stay starts from Dhs7,900, including meals, accommodation and excursions. **DON'T MISS** delicious margaritas after a trip to the Mayan ruins.

Amansala Resort, Tulum, Mexico; +52 998 185 7428, amansala.com



Amansala's boot camp is a tropical treat



A luxe revamp has transformed the Hepburn Bathhouse

Classic

HEPBURN BATHHOUSE AND SPA, AUSTRALIA

One of Australia's most famous spas has just reopened after an Dhs32 million makeover. Dating back to 1895, the Hepburn Bathhouse and Spa has been completely revamped, with sleek, modern facilities for its natural thermal baths. Entry to the Sanctuary (from Dhs120 for two hours) includes use of the spa pool with underwater couches, salt water float pool and relaxation pool, but it's likely you'll want to book some of the top treatments. Try the Sodashi Thermal Infusing Facial (Dhs460 for 90 minutes) and the Aquatic Glow body polish (Dhs230 for 45 minutes).

DON'T MISS the Indoceane treatment (Dhs610 for two hours) – a sea salt, citrus and brown sugar exfoliation followed by massage with neem and wood essences and a cocooning wrap to soften the skin.

Hepburn Bathhouse and Spa, Victoria, Australia; +61 3 5321 6000, hepburnbathhouse.com



Traditional Malay treatments are on offer at Malacca

SPA VILLAGE MALACCA

Malaysia's Spa Village Malacca bases its therapies on the unique Baba-Nyonya rituals – an amalgamation of traditional Chinese and Malay practices. Guests are identified as having either a 'cool' or 'warm' energy, and treatments are chosen accordingly. Each session begins with a luxurious hair bath. **DON'T MISS** the Bird's Nest Facial with star fruit mask (Dhs205 for 50 minutes), which was once reserved for the Chinese imperial palaces.

Spa Village Malacca, Malaysia; +60 6 289 8000, spavillage.com

THIS PAGE, CLOCKWISE FROM TOP: COURTESY MANDARIN ORIENTAL, TOKYO. COURTESY HEPBURN BATHHOUSE AND SPA. COURTESY SPA VILLAGE, MALACCA. COURTESY AMANSALA. COURTESY LUCKNAM PARK. OPPOSITE PAGE, CLOCKWISE FROM TOP RIGHT: COURTESY SHANGRI-LA ABU DHABI. COURTESY RITZ FOUR SEASONS LISBON. COURTESY MARDAN PALACE. COURTESY BERKELEY HEALTH CLUB AND SPA. WORDS: JILL STARLEY-GRAINGER, KATIE MONK, ELAINE YOUNG, CHRISTOPHER NYE, LEO BEAR, EMMA PARFITT, MELISSA DE VILLIERS

MANDARIN ORIENTAL, TOKYO

With its centuries-old spa history and passion for technology, it's no surprise Japan is a spa trendsetter. And Mandarin Oriental Tokyo is the place to discover the future, with its oxygen therapies and innovative massages. Thanks to the spa's position on the 36th floor, guests get unbeatable views of the skyline from the vitality pool.

DON'T MISS the Kiatsu massage (Dhs1,770 for one hour 50 minutes), a variant of shiatsu using the whole hand – gentler, but more effective.

Mandarin Oriental Tokyo, Japan; +81 (3) 3270 8300, mandarinoriental.com

THE BERKELEY HEALTH CLUB, LONDON

Cutting Edge

With a vast treatment menu and famous pool overlooking Hyde Park, The Berkeley in London pushes the boundaries with cutting-edge therapies. The Doctor's Dermatologic Formula treatments tackle problems such as under-eye circles, while other options include an Aromatherapy Associates lung-clearing treatment and a massage for those who've arrived off long-haul flights.

DON'T MISS the Voya Organic Seaweed Leaf full-body wrap (Dhs820 for 90 minutes), which uses organic Irish seaweed – great for softening the skin.

The Berkeley pool overlooks Hyde Park

The Berkeley Health Club and Spa, London, UK; +44 20 7235 6000, the-berkeley.co.uk

The Shangri-La's spa pool boasts a spectacular view of the Abu Dhabi skyline

CHI AT SHANGRI-LA, ABU DHABI

Shelter from the sun in Abu Dhabi's most stylish new retreat, Chi at the Shangri-La. Refresh yourself with a splash in the dropool or the colour-therapy showers, then try one of the unique treatments.

DON'T MISS the Herbal Harmony Massage (Dhs700 for two hours), which uses herbs wrapped in linen to massage the body.

Chi at Shangri-La, Abu Dhabi; +971 (0)2 509 8618, shangri-la.com

Decadent

RITZ FOUR SEASONS, LISBON

The Four Seasons brand is synonymous with decadence, and the spa at the Ritz in Lisbon lives up to that reputation. Guests relax in a multi-sensory environment: the treatment rooms feature marble and rich oak interiors, sensuous art pieces adorn the walls and Buddhist-inspired music sets a Zen-like scene. Post-pampering, guests can relax by the 18-metre pool on plush loungers and enjoy an organic lunch from the spa menu.

DON'T MISS the Marine Mineral Facial (Dhs785 for one hour 30 minutes), which uses divine citrus-scented products from the 100 per cent natural Sodashi range.

The Ritz Four Seasons, Lisbon, Portugal; +351 21 381 1400, fourseasons.com ►

Mardan Palace is jam-packed with Turkish delights

MARDAN PALACE, TURKEY

The palatial 7,500 sq m spa at the new Mardan Palace in Turkey is dripping with splendour. On the treatment list are salt baths, mud chambers and hammams, as well as hot stone massages, shiatsu and botox. The stars of the show, however, are the relaxation areas. There's a vitamin and champagne bar, a 'snow paradise cave' and, if you're a keen swimmer, there's plenty of room for your morning lengths – the waterway network is so vast that gondolas are laid on to get you from one end to the other.

DON'T MISS the indulgent gold liqueur bath and massage (Dhs1,720 for one hour 50 minutes).

Mardan Palace, Antalya, Turkey; +90 242 310 4100, mardanpalace.com

A multi-sensory environment is the Ritz spa's selling point

Must-Visit Spas 2009

CAPRI PALACE HOTEL, ITALY

Look svelte without breaking a sweat at Italy's Capri Palace Hotel and Spa – its leg school is visited by the likes of Gwyneth Paltrow and Liz Hurley to get their pins in shape. Using mud, bandages and Kneipp vascular treatment, a week on the programme reduces cellulite and trims the legs.

DON'T MISS a visit to the hotel's boutique – a great place to stock up on Armani, Valentino and Versace dresses and swimwear.

Capri Palace Hotel and Spa, Capri, Italy; +39 081 978 0111, capripalace.com



Cape Grace offers stunning scenery

CAPE GRACE, SOUTH AFRICA

Bang on Cape Town's stunning waterfront is the colonial-style Cape Grace boutique hotel. The gorgeous spa is on the top floor, featuring panoramic views of the city and Table Mountain. Circular motifs decorate pillows, the aroma of exotic scents is in the air, and the entrance mosaic of reds, yellows and browns evokes an earthy palette. Treatments draw on the healing techniques and traditional remedies of the Cape's native San and Khoi tribes, who used massage, indigenous plants, and the spices introduced by the Indian Ocean traders en route from Asia to Europe.

DON'T MISS the African Cape Massage (Dhs280 for 70 minutes), which uses circular massage motions inspired by the spherical moves of healing tribal dances.

The Spa at the Cape Grace Hotel, Cape Town, South Africa; +27 21 410 7100, capegrace.com

Medical

Therapeutic treatments are the main focus at DRx Medispa

DRX MEDISPA, SINGAPORE

These days, everything in life seems to take place at breakneck speed, so we need fast results. That's what DRx Medispa in Singapore is perfectly positioned to deliver. With medical doctors and city slickers dominating the appointment book, the spa acknowledges the needs of its demanding clients by offering procedures of therapeutic value. The spa even looks like a no-nonsense clinic, with crisp surroundings and clean lines.

DON'T MISS The Essential Facial (Dhs280 for 45 minutes), a trio of revitalising procedures (Ultrasonic Cleansing, Ultrasonic Nutrient Delivery and Alginate facial mask), will leave skin clearer and softer.

DRx Medispa, Singapore; +65 6836 1555, drxmedispa.com



Show off your new shapely legs at the Capri Palace pool

Get closer to nature in the Conrad's over-water treatment rooms



CONRAD MALDIVES

Conrad Maldives has not one, but two spas and an extensive list of treatments, therapies and activities. Spa Retreat – the Maldives' first destination spa – is set on stilts over the lagoon, while the Over-Water spa is a more intimate affair, famous for its glass-bottomed treatment rooms and romantic pampering rituals for couples.

DON'T MISS the Oxygenating Facial by Thalgo (Dhs460 for 85 minutes) – ideal for stressed skin.

Conrad Maldives, Rangali Island; +960 668 0629, conradmaldivesrangali.com

Romantic

THE FAIRMONT ORCHID, HAWAII

Hawaii's Big Island isn't all about surfing. It's also home to the Fairmont Orchid's Spa Without Walls, boasting nine private outdoor waterfall cabanas, and six oceanside cabanas and three indoor treatment rooms. There's also a couple's cabana for a touch of romance. **DON'T MISS** the traditional Lomilomi massage (from Dhs580 for 50 minutes), which aims to restore the mana (power) within.

The Fairmont Orchid, Hawaii, USA; +1 808 887 7540, www.fairmont.com



The Fairmont Orchid Hawaii offers a paradise of relaxation

THIS PAGE: CLOCKWISE FROM TOP LEFT: COURTESY CAPRI PALACE HOTEL; COURTESY DRX SINGAPORE; COURTESY THE FAIRMONT ORCHID HAWAII; COURTESY CONRAD MALDIVES; COURTESY CAPE GRACE; OPPOSITE PAGE: CLOCKWISE FROM TOP LEFT: COURTESY ATLANTIS THE PALM; COURTESY THE G; COURTESY SHANTINI ANANDA MAURICE; COURTESY BANYAN TREE SPA; COURTESY PARK-HVATT SHANGHAI

ATLANTIS THE PALM, DUBAI

The opening of the vast Atlantis The Palm resort in Dubai was marked with what was reportedly the world's most expensive party. A host of A-list guests attended, and many, including Mischa Barton, Janet Jackson and Wesley Snipes, sampled the decadent 1,900 sq m spa. The 27-room spa offers outstanding treatments using products by Daniele de Winter and Naturopathica. **DON'T MISS** the Atlantis Sunset Ritual (Dhs1,320 for two hours 30 minutes), a heavenly package including exfoliation, seaweed wrap, full-body massage and jasmine facial.

Atlantis the Palm, Dubai; +971 (0)4 426 1000, atlantisthepalm.com



A gaggle of stars have sampled the delights of the Atlantis spa



THE G, GALWAY, IRELAND

Take a dip in the G's black tranquility pool

The boutique G hotel might seem off the beaten track, located in the small but lively town of Galway in Ireland. But supermodels including Linda Evangelista, Erin O'Connor and Jasmine Guinness travel here from all over the world to chill out and unwind. Designed by celebrated milliner Philip Treacy, the hotel is fashionista heaven, with colour-themed bars to suit your mood (pink, blue and white) and Treacy touches in every room. The focal point of the spa, located on the top two floors, is a black polished tranquility pool, and the relaxation room looks out to the exclusive rooftop Zen garden.

DON'T MISS the Pure Time Pure Indulgence treatment (Dhs1,150 for two hours), in which therapists analyse your skin to create a selection of luxury tailor-made facials, wraps and massages.

The G, Galway, Ireland; +353 91 865 200, theghotel.ie



The Park Hyatt spa in Shanghai is the highest in the world

WATER'S EDGE PARK HYATT, SHANGHAI

Gliding across the 20-metre infinity pool at Water's Edge is as close as you get to heaven – literally. Set on the 85th floor of the Shanghai World Financial Centre, this is the highest spa in the world. The treatments take some trumping too: the Chinese reflexology, massage and acupressure are excellent.

DON'T MISS the Qing Gua Sha cleansing therapy (Dhs375 for 60 minutes), which boosts circulation using a smooth-edged bone tool.

Water's Edge, Park Hyatt
Shanghai, China; +86 21 6888 9482, hyatt.com

Shanti Ananda boasts stunning scenery and luxe treatments



SHANTI ANANDA MAURICE, MAURITIUS

Like its celebrated sister retreat in the Himalayas, Shanti Ananda Maurice offers world-class Ayurvedic therapies and boasts a stunning beachside location on the quiet south coast of Mauritius.

The likes of Kylie Minogue and Martina Navratilova have sampled the 50,000 sq ft spa's mix of Indian and Western treatments. There's even a spiritual advisor on hand at the resort who can help you to get your life in perspective.

DON'T MISS Shanti's 90-minute fusion massage, which offers the best of both Ayurvedic and international techniques (Dhs640).

Shanti Ananda Maurice, Mauritius; +230 603 7200, shantiananda.com ■



BANYAN TREE SPA, INDONESIA

Overlooking the South China Sea and nestled in a lush, tropical setting, staying at the Banyan Tree Bintan in Indonesia is a treat for the mind, body and soul. The spa is located next to the Rock Edge swimming pool, and the treatments use products designed especially for Banyan Resorts.

DON'T MISS the Royal Banyan (Dhs545 for three hours) – an oil-free Thai acupressure massage to alleviate muscle tension.

Banyan Tree Bintan, Indonesia; +65 6849 5800, banyantree.com



Chill out in Indonesia at the Banyan Tree resort