

◁ find all manner of lotions and potions to take home. *Doubles from £433 (hotelchelsea.com).*

ANTWERP: *Botanic Sanctuary*

On the site of a monastery dating back to 1226, bookended by tasteful modern structures, Botanic Sanctuary has successfully fused tradition with modernity. Guests are greeted by oversized, Loewe-esque paper flowers suspended from the roof of the lobby; and the in-house florist ensures that every corner of the hotel – even the 15th-century chapel – is adorned with eye-catching bouquets at all times. Beyond a verdant herb garden lies the vast spa, occupying three storeys and flooded with natural light; and it's here that Dr Xavier Le Clef, who practises both Western and Chinese medicine, uses electrical impulses to measure cellular frequencies. (The results can even pinpoint individual vertebrae that need realignment.) His work is complemented by access to a personal trainer, a state-of-the-art gym and a health coach. But there is plenty of opportunity to be pampered. A hot stone massage followed by a trip to the infrared cabin will guarantee monastic levels of serenity. *Doubles from £379, including breakfast (botanicantwerp.be).*

BOSTON: *Four Seasons One Dalton Street*

The gleamingly hi-tech Four Seasons One Dalton is primed to ensure even the most burnt-out executives can enjoy the deepest repose. Suites in this shiny, 61-storey skyscraper are generously sized, and floor-to-ceiling windows offer city skyline vistas across the Charles River. The beds are scrumptious, with the softest linen and pillows (for those with energy to burn, Peloton bikes can be installed in your room). However, it's the One Dalton Spa where you'll get the best reset. Using camomile and lavender balms, as well as oils from Ground Wellbeing in combination with gentle massage and assisted stretching, its Sleep

Ritual leaves one feeling deeply soporific. Wallow in the pool, complete with underwater music; and breathe a little deeper in the eucalyptus-scented steam room. *Doubles from £716 (fourseasons.com).*

VENICE: *Aman Venice*

A cannoli's throw from the Rialto Bridge, this is the hallowed venue of George and Amal Clooney's nuptials. No wonder the hushed 16th-century palazzo, with 24 suites, is one of Europe's hardest hotels to get into. And even though its third-floor spa is nothing more than a trio of billowy, cream stone treatment rooms, its treatments are top drawer, in line with Aman's globe-conquering wellness strategy. Massages focus on trigger-point release and lymphatic drainage, while facials employ Aman's new rice-infused skincare line, made in Japan. Afterwards, slink down to the secret garden for a negroni or treat yourself to seasonal dishes such as black kale ravioli and crispy baby artichokes in the hotel's frescoed dining room overlooking the Grand Canal. *Magnifico! Doubles from £1,391, including breakfast (aman.com).*

NEW YORK: *Equinox Hotel*

For those who want it all, Equinox Hotel New York, nestled on the West Side, is the urban oasis they've been looking for. Here, they can hit new fitness highs in 60,000 square feet of workout space – which includes an indoor saltwater pool and a sublime, expansive, heated outdoor pool – while also biohacking their way to a more resilient body in the science-backed spa. Innovative treatments such as the MLX i3 Dome (combining far infrared radiation with plasma and light therapies) stimulate and detoxify the body, while the Icoone Roboderm – a lymphatic sculpting device – helps to achieve optimal body firmness. Wellness carries on to the cooking: indulge in health-forward dishes at Electric Lemon or dine under the stars on the 8,000-square-foot outdoor terrace.

And when the day is done, rest comes effortlessly: a 'Dark. Quiet. Cool' reset button transforms your sleek and chic suite into a tranquil, blacked-out haven, its temperature dropping down to 18°C – clinically backed for optimal sleep. You will return home revitalised – and ready to rebook. *Doubles from £689 (equinox-hotels.com).*

BATH: *The Gainsborough Bath Spa*

A Unesco World Heritage Site steeped in Regency splendour, where 'the ton' travelled to bathe in mineral-rich waters, Bath's legacy is honoured at The Gainsborough Bath Spa. The honey-hued building is home to a palatial pool and breathtaking space where mind and body are enlivened by expertly administered facials, top-to-toe massages and mistings of neroli water. Thanks to a recent partnership with innovative Hungarian skincare brand Omorovicza, the establishment has now added five Mineral Cure Rituals to its offering, including two treatments using cell-stimulating gold. For a discreet stay, book into The Townhouse, a Grade II-listed residence that sleeps five: muffled with tapestries and stocked with essentials (from sourdough bread to sparkling wine), it makes for a royally fine staycation. And, mere steps away, there's the Cross Bath, an open-air thermal pool where Celts once worshipped. Townhouse guests get exclusive access. *Doubles from £290 (thegainsboroughbathspa.co.uk).*

PARIS: *Hôtel de Crillon, A Rosewood Hotel*

A star in the City of Lights, this Place de la Concorde institution, built in 1758, shines brighter than ever. Its original lustre endures in the majestic frescoed ceilings and elegantly appointed suites, some with pretty terraces and views of the Eiffel Tower. It's also resolutely modern, thanks to the glamorous carousel of big-screen stars, fashion types and editors who regularly glide through its doors. After hours, you'll find them at the Bar

Les Ambassadeurs, sipping vintage champagne in this season's Chanel. By day, they pass time at Sense, A Rosewood Spa. It's this gleaming, two-storey space that keeps physiques svelte with a new Ryokan Reminiscence treatment from the French-Japanese brand EviDenS de Beauté (a full body exfoliation enhanced by Lomilomi massage techniques); and guests can stretch out in the shimmering, golden-tiled pool. But to really zone out, order a new CBD-inspired treatment that ensures supercharged levels of utter serenity. *Doubles from £1,767 (rosewoodhotels.com).*

LONDON: *The Lanesborough*

Regally presiding over Hyde Park Corner, The Lanesborough is revered for its princely accommodation – check the butler-serviced suites – and its stylish Library Bar, which stocks an enviable selection of cognacs dating back to the 1770s. Then there's its sumptuous spa, whose cavernous rooms are a riot of marble, and patronised by a healthy number of Belgravia locals. Created and administered by resident aesthetic doctor Dr Kaywaan Khan, the Time Travel programme fuses futuristic regeneration with five-star luxe for some serious, Benjamin Button results. Kick things off with a turmeric and ginger shot; then climb beneath a duvet, ready for some hi-tech wizardry: an EMS (electrical muscle stimulation) wand to tone facial muscles; injectable skin boosters to pump up hydration; and applications of vitamin C and plant-based exosomes, pushed deeper into the dermis by means of a microneedling pen. But what truly raises the bar is the expertise of the therapists; they provide blissful distraction by massaging your neck, shoulders and foot soles with healing CBD balms. A final spell under the LED lights and your skin looks like glass, with a smooth, high-shine finish and zero redness. Now slink straight to the bar to show off your fabulous new face... *Doubles from £1,000 (oetkercollection.com).* □