

TRAVEL

FIVE-STAR SPAS

If you're after some 'new year, new you' time, why not book into a spa for a little rest and relaxation? Near and far-flung, these are some of our favourite destinations...



VELASSARU, THE MALDIVES

THE RESORT The Maldives are renowned for their immaculate beauty, offering crystal-clear waters and pristine white sand and Velassaru Maldives is no exception. Enjoy a 25-minute speedboat ride from Male airport, the resort is a haven for nature lovers, with baby ducks, turtles and shoals of fish swimming under the surface. It has six restaurants – one of which, Sanda, offers oceanfront dining – an infinity pool, fitness centre and leisure facilities including tennis courts and a five courts. If you're after the ultimate Maldivian stay, it's here. **THE SPA** Relax and enjoy an idyllic oasis overlooking the stunning turquoise waters off Velassaru. With ten treatment rooms plus a steam room, yoga pavilion and a hydro-pool perched over the water, it's a spa experience not to be missed. Treatments include body scrubs, wraps and facials, while the Velassaru signature massage guarantees a

blissful 90 minutes that will melt away stress, soothe sore muscles and induce a sense of well-being. **THE STARS** Denise Van Outen (right) and Billie Piper are Maldivians. **THE DETAILS** Fly to Male with British Airways from £728; visit va.com. Resort offers seven nights at Velassaru Maldives in a deluxe villa, including breakfast, flights and transfers to the resort, for £1,350 per person. Visit www.velassaru.com, quoting tour ref. FC196. The Velassaru signature massage is £114 (around £84).



THE PRODUCTS *Voyal Lamy Days Scented Bath, £17; Mincell Moments Reliving Body Oil, £24; Effervescent Nourishing Sugar Scrub, £24; visit voya.co.uk*



HELLO! lifestyle



THE PRODUCTS *It's Gold Cellular Age Restore Face Cleanser, £37; Hydrating Toner For Hydrating The Skin, £37; Face Oil For Glowing Radiance, £37; visit its-spa.com*

THE ALPINA GSTAAD, SWITZERLAND

THE HOTEL Set within the chocolate-hued town of Gstaad, famed for its chic designer shopping and a firm favourite with cosily and celebratory alike, lies the Alpina Gstaad. With its core-elegant Alpine style – think timber-clad walls, local stone, antique furniture and columns sheathed in saddle leather – coupled with jaw-dropping mountain views, you'll be hard pressed not to leave feeling completely restored. The two Michelin-star restaurant – one Japanese fusion, the other gourmet – certainly won't disappoint either. **THE SPA** The Six Senses Spa's Energy

Healing programme is designed to restore vitality, boost energy and provide mental clarity – ideal for anyone looking for a positive and fresh start to the new year. The procedures are said to promote physical, emotional, mental and spiritual well-being and feature a Kandahari Back Treatment, using soothing ancient massage techniques, and chakra and sound healing. A three-day four-night package also includes yoga and meditation, an anti-aging wrap and a holistic massage – for a reborn for 2018.

THE STARS Sir Elton John, Prince Albert and Princess Charlotte of Monaco and their children, Madonna (top left) and Berle Eckstrom and his family all love Gstaad. **THE DETAILS** British Airways flies to Geneva with prices starting from £26; visit alpinahotel.com. The Alpina's three-day package costs CHF1,500 (around £1,199) per person inclusive of all treatments. Nightly rates start from CHF850 per room based on two sharing, including breakfast and a daily credit of CHF100 per person per day to be spent in the hotel's facilities. Visit dealingspaand.ch.



THE PRODUCTS *ESPA Moisture Balm, £30, available from 1 February; Redefine Advanced Resurfacing, £78.92; Optimal Skin Protection, £63.19; visit espa.co.uk*

INTERCONTINENTAL LONDON – THE O2

THE HOTEL Situated by the Thames on the Greenwich Peninsula, the InterContinental London – The O2 is the perfect blend of history, luxury and comfort. The 452 modern rooms have state-of-the-art technology and floor-to-ceiling windows, but every corner of the hotel has been meticulously designed to reflect the maritime history of Greenwich – the heavy timber is inspired by the historic ships and dockyards, for example. Guests enjoy a vibrant mix of dining options, including

the Clipper Bar and Market Brasserie, offering regionally-sourced produce and unrivalled views. Particularly impressive is the Eighteen Sky Bar, where you can enjoy cocktails overlooking the London skyline, including the next-door O2 concert venue. **THE SPA** Catering to every need with an extensive list of ESPA treatments, The Spa offers facial, body scrubs and massages inspired by the Greenwich Meridian. The signature treatment is the Meridian Time Ritual, 105 minutes

of head-to-toe pampering. After a light body brush, guests can destress while cocooned in an ESPA mud wrap, followed by a scalp massage and personalised facial. Total harmony. **THE STARS** Martin Curry (above) recently performed at the O2. **THE DETAILS** Room rates start at £185, including breakfast, based on two adults sharing. The Meridian Time Ritual treatment is £149 for 105 minutes. For more information, visit london-theo2.com.





MADINAT JUMEIRAH, DUBAI

THE RESORT With a private beach and almost two miles of waterways and gardens within the property, Madinat Jumeirah features three grand hotels, 29 traditional summer houses, seven villas, more than 50 restaurants and bars, an amphitheatre and extensive health and leisure facilities – not forgetting a boutique marketplace, the Souk Madinat Jumeirah. With so much on offer, catering for every palate, you may find there's little incentive to venture outside the resort.

THE SPA The award-winning Talise Spa offers peace and tranquillity amid the hustle and bustle of this vast complex. Consisting of 26 luxury suites, sauna and steam rooms, plunge pools and relaxation areas, it features treatments from Sodashi, Margy's and Shiffa and is the ideal way to unwind after a hard day's shopping in the souk. For the ultimate zen, opt for the Alphasphere Deluxe wellness experience, which involves lying in a pod while



THE PRODUCTS Sodashi Body Balance Salt Therapy Exfoliant, £73.70; Brightening Marine Mineral Mask, £120; Serenity Body Oil, £63; visit sodashi.co.uk



colours, sounds, lights, shapes, vibrations, warmth and scents combine to engage your senses and transport you to a state of calm.

THE STARS Tom Cruise, Eva Longoria Bastón (above), Orlando Bloom, George Clooney and Roger Federer have all been spotted in Dubai.

THE DETAILS Hayes & Jarvis offers a three-night package at Jumeirah Al Qasr from £899 per person, based on two people in a deluxe room with breakfast and a complimentary upgrade to half board. Price includes return flights with Emirates from London Gatwick; visit hayesandjarvis.co.uk. The Alphasphere Deluxe experience starts from 225 dirham (about £45); visit jumeirah.com.



CHABLÉ RESORT & SPA, MERIDA, MEXICO

THE RESORT Blending age-old grandeur with minimalist cool, Chablé Resort & Spa is an artfully restored 19th-century hacienda in the heart of the Yucatán jungle. It's serene and beautiful with more soul than you can shake a stick at, offering views of verdant palms and flowering vines. Decorated in calm-inducing tones, each lovely *casita* opens on to its own terrace with a private dipping pool and hammocks for lazy

afternoons in the sun. At night, make your way through lush gardens lit by hundreds of fireflies to the *ba'im*, one of three dining points, to savour tasty Mexican dishes washed down with a mezcal-heavy libation or three.

THE SPA Centred

around a Mayan *cenote* sacred site, the Chablé's serene spa is a temple to wellbeing. As well as guided meditation sittings and conscious-breath workshops, *temazcals* (traditional Mexican sweat lodges) offer otherworldly group chanting sessions. Treatments range from energising scalp massages to full-body healing rituals, each one beginning with a Mayan inauguration ceremony. Feeling out of sync? Try the Energetic Sound and Stone Cleansing – a half-hour wonder during which singing bowls and chimes ebb negativity away to recalibrate the mind, body and soul.

THE STARS Cam Delevingne and Gwyneth Paltrow (left) are aficionados of Mexico. **THE DETAILS** British Airways flies from London to Cancun from £476; visit ba.com. *Casitas* start from £835 (not including service & tax) per night based on double occupancy, with breakfast; visit chablesort.com. The Energetic Sound and Stone Cleansing treatment is \$100 (around £74).

THE PRODUCTS Fresh Sugar Face Polish, £52, from harrods.com; Votary Super Seed Nutritional Supplement, £35; visit votary.co.uk; Coqui Coqui Rosas Frescas Eau de Parfum, £60, from nela-porter.com



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REPORTS: ALEXANDRA LIGHT; MATE LOCRETI; HARRIET CHAPIN; COOK-BATES; MEGAN COMNAV; RACHEL STORY; PHOTOS: GETTY IMAGES; REEF FEATURES



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