

Salt Caramelade by
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The C&TH
**SPA
GUIDE**

Follow these pages to find the best spas for everything from a gentle cleanse to a holistic makeover. Edited by *Daisy Finer*

PHOTO: PATRICK WONG

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THE SPA GUIDE

WELLBEING WEEKENDS

Short on time? Mix a spot of spa with a mini break



HOTEL GRAND TREMEZZO, Lake Como, Italy

It's the family touch that makes the difference at hotels and this lakeside jewel is no exception, where the devil is in the detail and they know what you want even before you do. Eating and drinking is de rigueur but you can restore some balance: stroll through the Italianate gardens and head steeply upwards till you find Bobo the bear. Take a selfie with him, then bring it back and you'll get your own mini version. There's also the spa, not just any old spa, but an Espa spa, which boasts an infinity pool, hammam, yoga studio and some of the most effective treatments around. And if you've forgotten your togs, the hotel shop is to die for. **BOOK IT:** Elegant Resorts offers two nights B&B from £890pp, including flights and transfers. elegantresorts.com

HOTEL CAFÉ ROYAL, London

Next time you hurry across Piccadilly Circus, think about the healthful relaxation you could be having in a secret space right under your feet. The Café Royal, now a sleekly modern hotel with a calm, Eastern influence to its décor, has been a centre of London dining and entertaining for over 150 years and has conserved its ornate, gilded, Belle Époque public rooms. But the underground Akasha Spa has a 21st-century sense of luxury and serenity. Based on the four elements, with holistic treatments that link Western innovation with Eastern tradition, its natural materials, warm colours and fresh aromas exude wellbeing. Nine treatment rooms, including one for couples, a gym, fitness and yoga classes, a sauna and hammam and a beautifully lit pool with London's first Watsu pool for private hydrotherapy sessions make this a place to linger.

BOOK IT: Day spa packages from £95.
Doubles from £440.
hotelcaferoyal.com



ONE AND ONLY THE PALM, Dubai

Intimate by local standards and regarded as the most elegant resort in Dubai, One & Only The Palm will definitely make an impression. But look further than the magnificent setting, private beach and fabulous restaurants, and it's the Guerlain spa that will blow your mind. Therapists get to work with a series of rituals, inspired by a fusion of Arabic culture and French savoir-faire. Désert d'Orient is a typical journey, taking in a silky milk scrub followed by a cleansing body wrap and steam, topped off with a lush personalised massage. Where Guerlain triumphs in the treatment room, it's One & Only that sets the bar in terms of service, with all staff expertly trained and sensitively informed to provide the ultimate spa experience.

BOOK IT: Premier rooms from approx £700.
oneandonlyresorts.com