

THE LUXURY TRAVEL CLUB FROM TRAVEL WEEKLY

aspire

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GRAND DESIGNS

Abu Dhabi builds its appeal as a luxury cultural destination

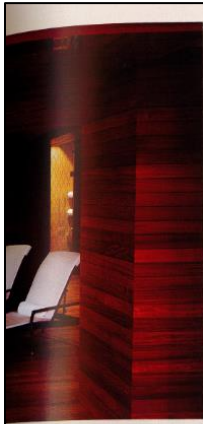


JENNIFER ANISTON
Film star shares her love of Paris, Mexico and Greece

BABY STEPS
Top tips for travelling in style with a toddler in tow

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BEACH BEAUTIFUL

Hip new hotel hangout The Confidante Miami Beach has teamed up with the celebrity training company 'V Art of Wellness' to launch a series of free fitness classes for its guests - all of which are held on the beach. The sessions, which are also open to non-guests (for \$20 a pop), capitalise on the fact that the body exerts 30% more energy when exercising in the sand. The 60-minute workouts including cross-training, yoga and circuits are at 10am each morning. THECONFIDANTEMIAMIBEACH.HYATT.COM

HOT, HOT, HOT

Introducing a sultry new spa: Chablé Resort & Spa in Mexico's Yucatan region. Perfect for clients who like to mix adventure with wellness, treatment rooms are carved into natural cave formations and look like something out of the movie *Avatar* - complete with hanging vines. Seasonal organic menus, a generous tequila collection and 38 beautiful casitas (with private pools) create a blissful blend of healthy living and hedonism. CHABLERESORT.COM



ANTI-AGEING PROTECTIVE CARE FROM RESULTIME

Providing triple protection against UVA and UVB, while fighting premature skin damage and pigmentation, this excellent sun lotion for the face is a pre-requisite for anyone who travels regularly. It's scent-free, non-cloggy on the pores and ideal for sensitive skin.

£34 for 50ml



RETREAT, C'EST CHIC!

Weight loss expert Louise Parker has launched her first wellness retreat at The Capra in Saas-Fee in Switzerland. Combining workouts, nutrition workshops and cookery classes, the fitness retreat (April 1-8) is a sure-fire way to get your clients in shape for summer. CAPRA.CH/RETREATS



RAISING ARIZONA

Already a bastion of wellness, Arizona in the US has a new kid on the block: Andaz Scottsdale Resort & Spa. Treatments at the Palo Verde Spa & Apothecary harness the power of the surrounding Sonoran Desert delivered from indoor and outdoor treatment rooms. Throw in hydrotherapy pools, eucalyptus steam rooms, a pool just for spa-goers plus space for lolling around in the sunshine, and this is one for heat-seeking Brits. The highlight? The spa's 'blending bar' where bespoke oily elixirs are conjured. SCOTTSDALE.ANDAZ.HYATT.COM



ALL ABOARD

Who doesn't love train travel? The civilised tinkle of china at teatime and the slow chugging of the carriage lulling you into a gentle sleep. And so it comes as music to my ears to learn that Belmond has introduced a Bamford 'spa carriage' aboard the glorious Belmond Royal Scotsman train. Travellers will be able to book a treatment from mid-April. With a backdrop of sweeping glens, towering peaks and silvery lochs, I can't think of a more scenic backdrop for a massage. BELMOND.COM



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CHABLERESORT.COM

