

Wellness

www.goodspaguide.co.uk | Autumn/Winter 2017

Making the most of your spa time

10 Ways to get that glow

TREATMENTS

BENEATH THE MASK
Finding the right facial

SPOTLIGHT ON

FRANCE
FOUR TRÈS CHIC SPAS
FROM PARIS TO THE RIVIERA

THE TREATMENT BIBLE

Your complete guide to all things spa

SPA+
wine

THE BEST PLACES TO UNCORK AND UNWIND

Into the deep

Sacred pools to Nordic lagoons

the good **spa**guide



dive *in*



Whether it's sacred pools and rivers, lava-heated waterfalls or

treatments dangling over lagoons and oceans, there are so many glorious ways to indulge our love of H₂O.

Water covers 71 per cent of the world's surface, and human beings have drunk, swum, sailed, worshipped, bathed and healed in this remarkable natural substance for millennia. It's little wonder that we're obsessed with the stuff.

The Spa Spies floated around the globe to dip into watery spas that are worth splashing out on.

Unleash your inner mermaid and dive into these aquatic spas.

THE DEEP BLUE SEA *Scubaspa, Maldives*

You can literally dive in from one of these spectacular floating spas in the Maldives. Scubaspa's (scubaspa.com) Yin and Yang are two luxury yachts that sleep 45 scuba spa-istas. As well as all the diving, there's a 300m² Asian-themed spa onboard with an outdoor spa lounge and a bathing platform, so you can swim or snorkel off the boat – who needs a pool when you have the warm, clear waters of the Indian Ocean? There's a secluded deck for Thai massages and a yoga pavilion where guests can enjoy morning classes delivered by the resident yoga master. The five treatment rooms, including a double with bathtub, have doors opening onto the ocean, so you can keep your connection to the water while blissing out with a Balinese massage.



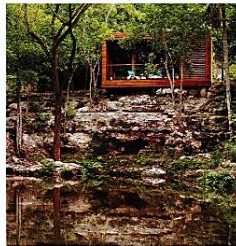


*Main image: The Datal, Langkawi
Left: Chablé Resort and Spa
Below centre: Chablé Resort and Spa
Below: The Datal, Langkawi
Bottom centre: Intercontinental Bora Bora Resort*

SACRED POOLS

Chablé Resort and Spa, Mexico

Chablé (chablesort.com) is a stupendously chic five-star resort deep in the Mayan forest. Think striking white cube buildings, rectangular blue clear pools amid lush palms and crumbling ruins: mysticism meets modernism. Its vast and elegant spa has seven pools built upon a huge underground cenote – a natural swimming hole formed by the collapse of porous limestone bedrock, and the centrepiece of the spa's healing journeys. The Mayans believed cenotes were entrances to the Mayan underworld, portals to the subconscious and afterlife. The website warns: 'Never insult the waters'. You don't want angered Mayan gods to ruin your me-time.



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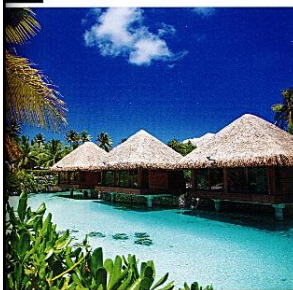
ENDLESS HORIZONS

Regent Seven Seas, Europe

Health and cruise ships don't always go together – who honestly has the willpower to resist a mountain of profiteroles? However, Regent Seven Seas (rssc.com) has just launched the Seven Seas Wellness programme. Not only will you adhere to a healthy Canyon Ranch diet and fitness

options while on the cruise, you will also be able to jump ship and sample some of the most wonderful spa experiences around the world. In Athens, for example, you can swim, snorkel and delight in the brackish hydrothermal, mineral-rich waters of the Vouliagmeni Lake. In Sorrento, you can immerse yourself in the restorative hydrothermal pools and caves of the Stufe di Nerone baths.

you can experience Full Moon Yoga at the Dharma Shanti River Terrace perched over the flowing waters of the sacred Ayung River. You can dangle above the river in meditation pods or anti-gravity yoga harnesses, or catch the morning sun in the riverside infinity pool.



RIVERS

Four Seasons Resort Bali at Sayan, Indonesia

The treatment rooms of the Sacred River Spa open out onto a peaceful lake, deep in the lush forest. Spa rituals, ceremonies and treatments embrace local and spiritual practises; try a warm river stone massage or book to have your chakra cleansed by a traditional Balinese healer. The High Priestess herself offers a water-purification ritual at her personal temple, while a former Buddhist nun also hosts meditation sessions and Life Talks. Time your visit to the Four Seasons (fourseasons.com) perfectly, and

LAGOONS

The Retreat at Blue Lagoon Iceland

Elitist water nymphs can now enjoy their own private slice of Iceland's legendary, albeit touristy, Blue Lagoon. From 2018, you can check into the exclusive The Retreat (hotel.bluelagoon.com), built into a moss-covered lava flow dating from 1226 and surrounded by the geothermal waters of the lagoon. Relax in the subterranean spa which moves you along a lava flow through heat experiences, pools, waterfalls, and panoramic relaxation spaces to your Blue Lagoon Ritual. The hotel's private suites also open onto the lagoon's warm, healing waters and jaw-dropping geological surrounds.

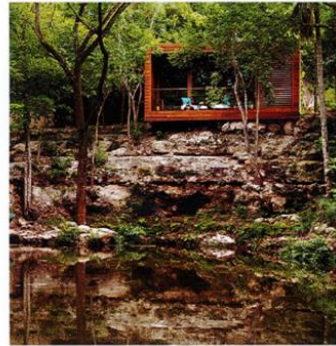




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