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THE WELLNESS REPORT

THE ESSENTIAL SPA GUIDE

Reboot your mind, body and soul with our edit of the best spas and wellness resorts of 2018.

Words by Rose Beer.

PUGLIA, ITALY

BORGO EGNAZIA

Perched on Italy's fashionable southern heel, Borgo Egnazia's (borgoegnazia.com) astonishing vistas, tumbling bougainvillea, crisp linens and plump garden-fresh produce are the perfect tonic. That said, it's in the flickering candlelight of the award-winning spa that this hotel comes into its own. A talented roster of staff work tirelessly to ensure your path to wellbeing is seamlessly integrated into your stay, whether you are cycling through ancient olive groves, being expertly massaged with local olive oil, experiencing a Roman bathing ritual, or being sent to bed with hand-blended smelling salts to ease you into sleep.

Don't leave without... Trying the spa's vegan beauty range, made with local ingredients. Then take home some Puglian magic.



KOH SAMUI, THAILAND

KAMALAYA

Visitors flock to Kamalaya (kamalaya.com) to experience its majestic island environment and a bespoke, effective approach to wellness and healing. Rocking stress levels? Emotional unrest? A burning desire to boost your fitness? The Kamalaya team will initiate change.

The hotel's hilltop spa boasts open-air treatment rooms that ramble through the jungle surrounds, while a team of therapists, ayurvedic doctors, acupuncturists, yogis, physiotherapists and mentors await to tend to your every need. There's an impressive focus on sustainability, too. Plastic bottles are banned on site and guests are given reusable flasks for the duration of their stay. Meanwhile, staff run monthly beach-cleaning expeditions and food waste is composted for the gardens.

Don't leave without... Visiting the herb-infused steam caverns built into the rocks, then cool off at the plunge pools with their awe-inspiring panorama.



KAREN WALKER EYEWEAR
Castaway Crazy Tort tortoiseshell sunglasses
£150



ASCENO
Geometric-print silk pyjama-style jacket
£325



ASCENO
Geometric-print silk pyjama-style trousers
£245



SAINT LAURENT
Tribute leather crocodile design slides
£470

CANYON POINT, UTAH

AMANGIRI

A stone's throw from the famous Lake Powell, Amangiri (aman.com) sits near the invisible border between Arizona and Utah. No ordinary hotel, but a modernist marvel, its razor-sharp corners are inspired by the rugged Utah landscape and by their nature, disappear into it. It's famously hard to find...

Unsurprisingly, guests come here to be remote, albeit in the context of the remarkable service and exceptional architecture for which the Aman hotel group is famed. The vast, 25,000sq ft spa is committed to relaxation and is inspired by traditional Navajo healing techniques. Sweeping desert views, an extensive water pavilion, watsu pool, steam room, dry sauna and outside treatment rooms witness expertly delivered treatments from an extensive menu. Afterwards, lounge by the outdoor pool, which snakes stylishly around a vast sandstone escarpment.

Don't leave without... Boosting your endorphin levels with one of the daily guided hikes.



RAJASTHAN, INDIA

RAAS DEVIGARH

An hour from Udaipur, deep in the Aravalli Hills, is a majestic 18th-century palace in frangipani-filled grounds. Ravishing restorations of Raas Devigarh (raasdevigarh.com) have made an impressive boutique hotel with bright, contemporary interiors and breathtaking views.

Those looking for a meaningful spa adventure should indulge in the three, five or nine-day Devi Blessing regimes. The ultimate way to relax, recalibrate and rebalance, they offer well-executed daily treatments, each focusing on a different chakra. Expect first-rate sound therapy, reflexology, massages, scrubs, wraps and herbal poultices. Scrumptious spa products are by Ila, who use ethically sourced ingredients including Rajasthani damascene rose otto, jasmine from Tamil Nadu and Himachal tuberose.

Don't leave without... Exploring the hotel to discover myriad hidden courtyards and balconies overlooking one of India's most ancient landmasses.





TEMBOK, BALI

SPA VILLAGE RESORT

On the black volcanic sand of the north-east coast of Bali lies the thatched Spa Village Resort (spavillageresort.com) reached via paddy fields and secluded fishing villages. This escape, for adults only, focuses on relaxation and rejuvenation with a worthy determination that guests disconnect. Phones are frowned upon and wi-fi is restricted to the hotel reception.

Expect a focus on wellness from the start. Guests receive a footbath as they arrive, while in the spa, there's a pleasing focus on Balanese healing practices and local ingredients, from volcanic sand to tamarind leaves, rice scrubs and fresh aloe vera. Food is fresh, healthy Indonesian fare and bartenders willingly whip up herbal tonics with turmeric, palm sugar and tamarind to aid digestion and eliminate toxins.

Don't leave without... Taking to one of the pools' floating platforms post supper. Lie on your back and witness a starry sky unsullied by artificial light.

DEVON, UNITED KINGDOM

YEOTOWN

Set in a stylish converted farmhouse deep in North Devon's rolling hills, Yeotown's (yeotown.com) hardworking five-day retreats help guests boost their health and vitality, with a firm focus on gain rather than deprivation. Your typical spa, boot camp or retreat this is not. Through a series of life-enhancing experiences, guests are guided towards physical, emotional and spiritual wellbeing with a convenient side of weight loss. There's a healthy emphasis on sustainability, too.

Yeotown days take on a satisfying rhythm: exercise (expect everything from sunrise yoga to heart-pumping hikes, Pilates, circuits, cycling, surfing and archery), is interspersed with hearty, home-cooked meals so tasty you will hardly notice that they are wheat, gluten, caffeine, refined sugar and meat free. Days close with superb spa treatments to prepare weary bodies for sleep.

Don't leave without... Taking one of the body-melting massages by the roaring fire.



LAKE GARDA, ITALY

LEFAY RESORT

Carved into the mountainside above Lake Garda, the award-winning Lefay Resort (le fayresorts.com) has impressive eco-credentials: buildings are made from biocompatible materials, rainwater is recycled and electricity comes from renewable sources. Find house-pressed olive oil drizzled over bread, while its own-brand cosmetics range boasts similar sustainable values.

The Lefay Spa Method aims for complete mental and physical wellbeing by combining Western research with classical Chinese medicine. Thus, traditional treatments sit alongside wellness programmes addressing everything from weight loss to insomnia and bad posture. That Lefay is serious about its treatments and never prescriptive about how you spend downtime is testament to its huge popularity with the stylish Milanese crowd, who flock here in droves with children and grandparents in tow.

Don't leave without... Visiting the saltwater floatation cave and the lofty alpine meditation garden.





CORNWALL, UNITED KINGDOM

THE SCARLET

Overlooking the sands of beautiful Mawgan Porth, The Scarlet (scarlethotel.co.uk) remains the gold standard when it comes to sustainable spa experiences in the UK. Staff are fiercely proud of their eco credentials. Arranged over five levels, 37 rooms wrap around the cliffside, each enjoying a balcony with far-reaching beach views.

The peaceful, cossetting spa focuses on complete wellbeing more than skin-deep beauty, offering excellent ayurvedic-inspired treatments. Hang out in cushion-filled pods suspended from the ceiling and take in astonishing vistas from windows of the indoor pool. Outside, a natural pool is chemical free, using a living reed bed as a filtration system for a fresh and wild experience. There are cliff-top hot tubs, too.

Don't leave without... Trying the brilliant Living Sea Therapy bath salts found in every room, made with hand-harvested Cornish sea salt and seaweed.

DOURO VALLEY, PORTUGAL

SIX SENSES DOURO VALLEY

Nestled at the base of the spectacular Douro Valley, the Six Senses resort (sixsenses.com) overlooks one of the world's oldest wine-producing regions, and from its vast organic vegetable garden to its interactive wine library, the 19th-century manor house is a celebration of nature's harvest.

But the beating heart of the hotel is the expansive, thoughtful spa with indoor and outdoor pools, steam and dry-heat chambers, wide, cushiony relaxation beds and rousing floor-to-ceiling views. Highlights include the Sleep With Six Senses programme – think bamboo pyjamas, eucalyptus-infused sheets and clever monitors to track your sleep patterns. The resort also has regular visits from world-renowned practitioners of everything from osteopathy to life coaching.

Don't leave without... Visiting the Alchemy Bar where you can blend local organic herbs, fruits and spices to produce artisanal laundry products, treatment oils, body scrubs and home fragrances.



GLOUCESTERSHIRE, UNITED KINGDOM

THYME MEADOW SPA

Thyme (*thyme.co.uk*) inhabits a 17th-century manor and farm meticulously restored by a local family over a period of 15 years. Their passion for food, exceptional entertaining, local heritage and conservation is evident throughout, with modern technology guaranteeing that the property is as energy efficient as possible.

Thyme's sparkling new spa is the latest exciting addition: expect soothing interiors, tranquil treatment rooms and a cutting-edge, chemical-free pool filled with spring water that flows from an adjacent meadow. With a keen focus on rest and rejuvenation, treatments tend to both body and mind, while cult skincare label Aurelia makes its first foray into the spa world here. Harnessing probiotic ingredients, its products protect, restore and balance the skin from within.

Don't leave without... Taking a seat outside the spa to watch the morning sun rise behind the majestic Cedar of Lebanon tree.



AURÉLIE BIDERMANN
Thalia gold-plated hoop earrings
£210



ROCHELLE SARA
The Lavei bikini top
£130



ZIMMERMANN
Melody tie-front top
£395



ZIMMERMANN
Melody floral-print silk trousers
£395

CHABLÉ SPA

Opened in 2016, Chablé Yucatán (chableresort.com) comprises a truly modern spa and painstakingly restored 19th-century hacienda that deliver a brilliant brand of wellbeing and hedonism in the middle of a Mayan forest.

Seeking healthy escapism? Chablé's extensive staff can deliver everything from focused detoxes to journeys of profound emotional development. Celebrating its heritage, the spa is built around a cenote, a natural water-filled cave formation considered sacred by the Mayans. Its generous, lengthy treatments mix modern technology with ancient Mexican culture, incorporating the regions' most powerful ingredients and age-old techniques.

Don't leave without... Trying one of the four different types of temazcal (deep-heat Mayan cleansing rituals) with the resident Shaman.

