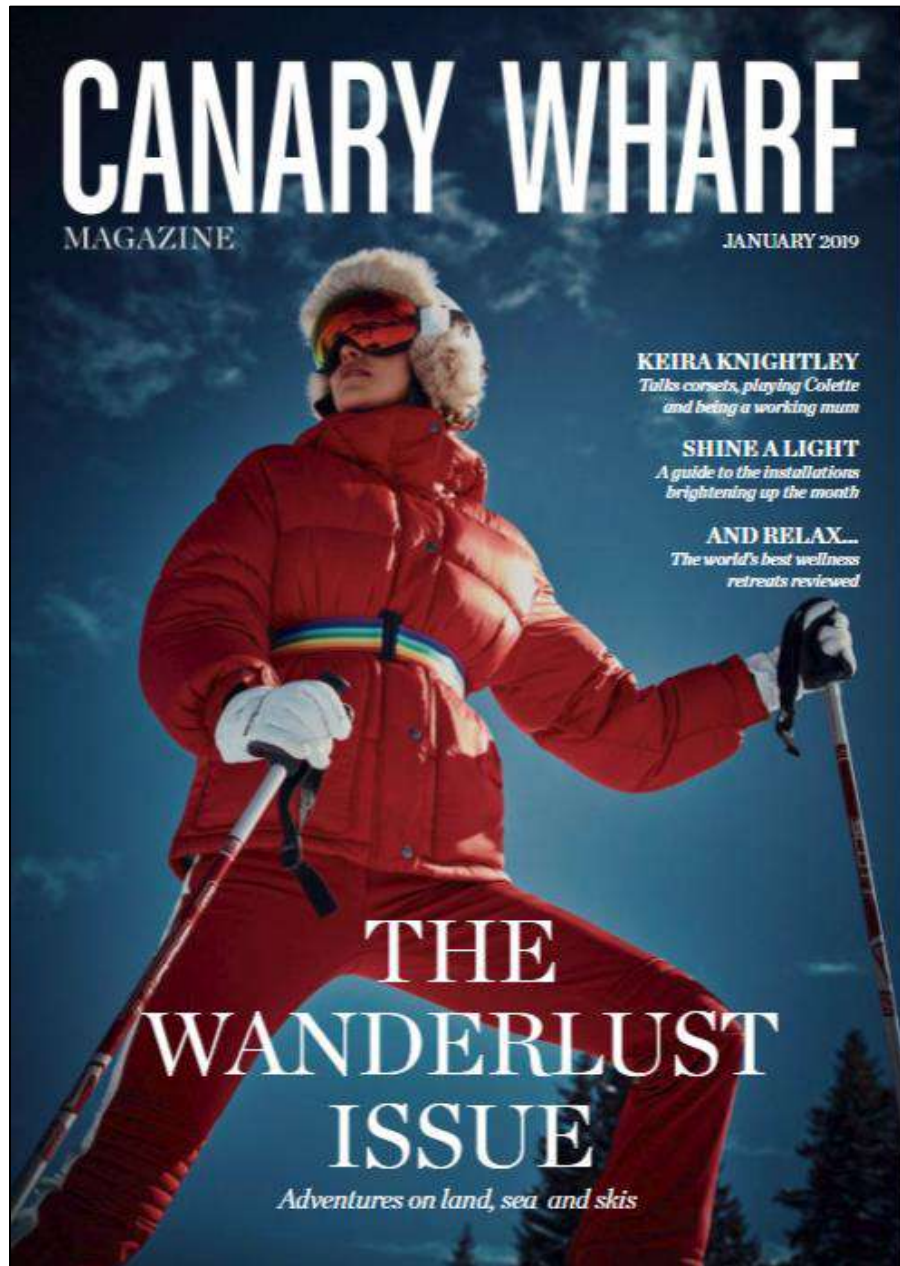
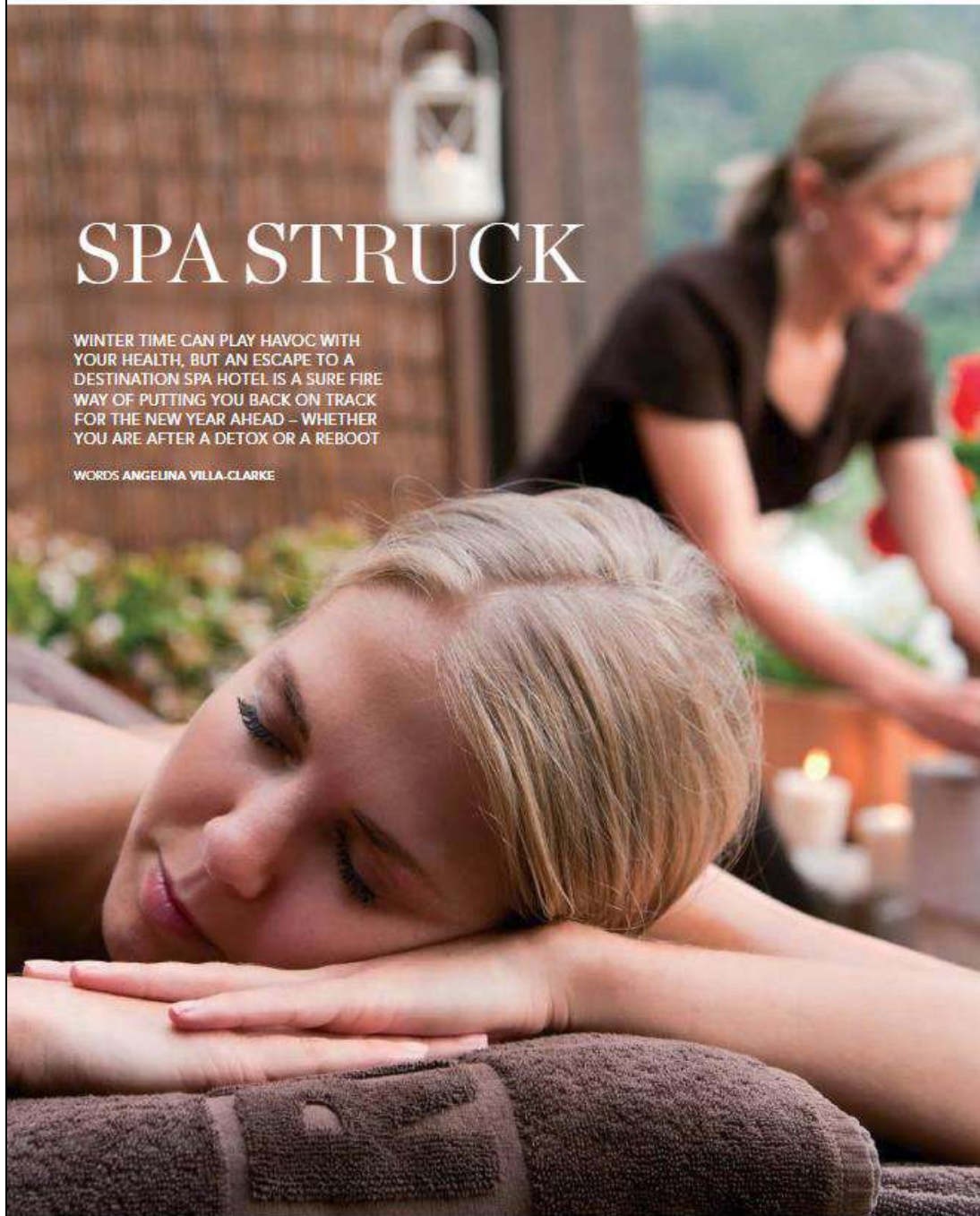


Press Coverage 2019: Chablé Resort & Spa

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SPA STRUCK

WINTER TIME CAN PLAY HAVOC WITH YOUR HEALTH, BUT AN ESCAPE TO A DESTINATION SPA HOTEL IS A SURE FIRE WAY OF PUTTING YOU BACK ON TRACK FOR THE NEW YEAR AHEAD - WHETHER YOU ARE AFTER A DETOX OR A REBOOT

WORDS ANGELINA VILLA-CLARKE



The light-drenched spa is renowned as one of the UK's best and comes with an impressive indoor pool



BEST FOR A WEEKEND RETREAT:
CALCOT & SPA, THE COTSWOLDS, UK

This tranquil hotel has a polished farmhouse feel aimed at a well-heeled crowd. Despite its immaculate design, it is far removed from the stuffy formality that can come with country house living. The perfect escape for a wind-down weekend, you'll rest your head in pretty bedrooms, ramble around the serene grounds and tuck into locally-inspired cuisine in laid-back dining rooms.

The light-drenched spa is renowned as one of the UK's best, and comes with an impressive indoor pool, outdoor hot tub and spa lounge complete with roaring fire. There's a wide range of well-thought-out treatments from Cacti, Biotec, Elemis and Aromatherapy Associates, including the Tranquil Sea massage – a nurturing therapy for those undergoing cancer treatment.

This January, working the mind as well as the body, the hotel continues its 'In Conversation at Calcot' series with Ella Mills, the founder of Deliciously Ella, talking about nutrition and diet (24 January 2019). Food for thought.

calcot.co



BEST FOR PURE ESCAPISM:
CHABLÉ RESORT & SPA, MEXICO

When this 18th-century hacienda hotel – found in the Yucatan jungle – opened in 2016, the world's travel connoisseurs went in a spin due to its blend of historic and modern interiors, daring cuisine and attention to detail. It has already won a tranche of awards with a second property recently opened.

Tropical gardens envelop the hotel's 38 casitas, with private pools, and many with nods to the surrounding wild nature and the building's past as a working hacienda (think: crumbling walls, winding tree roots and lantern-laden trees).

While some new hotels open the spa as their last project, Chablé

has instead placed its retreat at its heart. Based around a natural cenote (a freshwater sink hole), the spa offering is based around an immersive range of journeys, based on ancient rituals and age-old wellness heritage. As well as the cenote, there are medicinal healing gardens and three lodges for temazcal ceremonies conducted by visiting shamans. Treatments, such as salt therapy, rebirth massages and re-awakening ceremonies, are designed to inspire the mind and lift the soul, and are based on traditional Mayan techniques. Book in for the Full Moon Jungle Bathing for a totally tropical experience.

chableresort.com/yucatan



