



The Spa Guide 2018

A complete guide to the best luxury spas in the world



BY DAISY FINER

Plan your new year spa break with help from the C&TH Spa Guide 2018, your complete guide to the best luxury spas in the UK and around the world. See our comprehensive collection of spas – from family-friendly UK bolt-holes to luxe retreats in Italy and Alpine ski breaks in Switzerland...

The Best Spas in the World 2018

Wellbeing

Treading the spiritual path can lead to better health in mind and body

Chable Resort and Spa, Chocholá, Mexico



To the Mayans, cenotes (natural swimming holes) were sacred, so it makes sense that the spa at this stunning new 750-acre Yucatán resort is built around one. Dip into the complimentary daily programme of classes and you might find yourself practising early morning zen meditation or full moon yoga. Or book in for a treatment in one of the wooden cabins with a cenote-facing balcony. The Mayan herbal compress massage, where herbs grown onsite are combined with organic oils to ease muscle tension, leaves you floating. Tucked away in the forest is the temazcal or ‘sweat lodge’ for anyone wanting a deeper, more soul-searching experience. It’s not for the faint-hearted (literally – as volcanic rocks are heated to up to 1,000°C) or those who are claustrophobic (you sit in the igloo-shaped lodge in the dark), but it can be incredibly emotionally cleansing as chanting and gentle questioning by a shaman help you recall some of your earliest feelings. The joy of this place is that it

is more about balance than deprivation. A magical haven to unplug and reconnect.

BOOK IT: Doubles from £835 B&B (chableresort.com). Return flights via Mexico City from £547.57 (aeromexico.com)