



SPA GODDESS

IN ASSOCIATION WITH **wellbeing escapes**

SPA GODDESS

LEO BEAR WRAPS HERSELF IN TOWELLING TO TEST THE LATEST LUXURY SPAS ACROSS THE GLOBE

SPA REVIEW > THE GAINSBOROUGH BATH SPA, UK

For those who enjoy taking to the waters, there's no beating this stunning new bathhouse. For starters, you don't have to share the water with anyone else as it's a thoroughly private experience. The good stuff is piped from the bowels of the city into a light-filled atrium lined with mosaics. Every spa-goer is assigned an hour's bathing time and the whole ceremony is thoroughly restorative. It starts at the 'aroma bar' where you're presented with a probiotic elixir of fermented fruit to sip while you inhale various Neal's Yard oils. After choosing three for use during your treatments, the remainder of the bespoke blend is injected into a little pouch to take home. Up next, a long soak in a trio of pools before the treatments begin. Organic Amala products are used for facials and Kerstin Florian for the body, and all of the highly trained therapists are wonderfully friendly. Cranberry and hibiscus tea with macaroons is laid on afterwards, rounding off one of the UK's most spoiling spa experiences. The Bath House isn't open to non-guests but the 'Day Spa and Stay' packages are ideal for visiting spa goddesses.

MUST-HAVE TREATMENT: Aromatherapy massage (90 minutes).

WOW FACTOR: A churning vat of hot chocolate is set bath-side for spa-goers to help themselves to. Utterly delicious.

THEGAINSBOROUGHBATHSPA.CO.UK

HOLLYWOOD HIT

In response to a rising influx of health-conscious travellers, LA's Beverly Hills Hotel has introduced an in-room 'meditation menu' featuring one-on-one mindfulness sessions to assist with jet lag and stress. Book your clients into a suite and they'll also find a 'relaxation kit' in their digs with a yoga mat (emblazoned with the hotel's iconic banana leaf print), a Buddha Board, a massage ball and a selection of essential oils. Furthermore, the hotel's poolside Cabana Café now includes super-healthy protein-packed smoothies, kale-based juices and Acai bowls on its menu. Prime people-watching territory...



**TRIED
&
TESTED**

**BRAUN
SILK-EXPERT IPL**

Braun's new Silk-Expert IPL uses pulses of light to zap body hair for good. It's the fastest IPL technology on the market – you can do both legs in about eight minutes – and with regular use, limbs can be hair-free within about three months. Just in time for spring. Hurrah! Available at boots.com for £399



SPRING CLEAN

Continuing the bathing theme, Borgo Egnazia in Puglia has unveiled new roman baths in its Vair spa. The bathing area includes a frigidarium (19C), tepidarium (37C) and caldarium (39C). Post-dip, bathers are invited to a resting room for salt scrubs and massages. Rooms start from €220 per night on a bed and breakfast basis.

BORGOGNAZIA.COM

ZAP THE FAT

L'Albereta in Italy has added a fat-zapping treatment at its award-winning Henri Chenot spa. At €1,000 a session, Cryolipolysis isn't cheap but it is effective. Now for the science: fat cells are frozen (and killed) in a fridge-like chamber, then over the course of a few months the cells are reabsorbed and eliminated by the body naturally.

ALBERETA.IT

ICE ICE BABY

Yogis seeking to embrace the winter chill should be directed to Swedish Lapland where they can try their hand at Arctic ice yoga. Three-hour sessions are being held at Active North Camp on the frozen Byske River from January 1. Following each session, participants can look forward to a warming cup of Chaga tea and a wood-fired sauna session.



ACTIVENORTH.SE

TO THE MANOR REBORN

Ockenden Manor, one of the best spas in the south of England, is upping the holistic ante by joining forces with Elemental Herbology. The products, which are made in England and responsibly harvested, will be used in the spa (exclusively) for the foreseeable future. A new signature treatment, the Elemental Rebalancing Ritual, has been created and includes aromatherapy, hot Thai compresses, stretching, a foot scrub, a facial and a glass of local sparkling wine. Cheers!

HSHOTELS.CO.UK



TREND ALERT

SPA SOMMELIERS

One of Europe's smartest vineyard hotels, Abadia Retuerta Le Domaine in northern Spain, has unveiled a spa where guests are greeted by 'spa sommeliers'. Instead of lotions and potions, they wheel around trolleys loaded with fine wines, most of which are produced on the estate. I can't think of a better way to get in the pampering mood.

LEDOMAINE.ES



Source: Travel Weekly {aspire}

Date: Thursday 8, December 2016

