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### THE BEST LONDON SPAS

#### THE ATHENAEUM SPA

AT THE ATHENAEUM

This urban bliss-out zone can be hired in its entirety. Try the Ren Manuka Honey Facial – perfect paired with an afternoon tea of honeycomb marquis, honey macaroons and scones served with honey (from bees in Regent's Park). *Honey Afternoon Tea, £39 a person; Ren Manuka Honey Facial, £60, at the Athenaeum (020 7499 3464; www.athenaeumhotel.com).*

#### AMAN SPA

AT THE CONNAUGHT

Europe's only Aman spa is located in this iconic Mayfair hotel. As well as the luxurious signature massages and wraps, this is the place for acupuncture and travel treatments (the wonderful Watsu floating sessions are almost as good as a night's sleep). *Facials, from £110 (020 3147 7305; www.theconnaught.co.uk).*

#### COMO SHAMBHALA

AT THE METROPOLITAN

Chill out in the Como Shambhala spa at the smart Metropolitan Hotel. The hedonistic day package includes a gift set and afternoon tea; or try a fantastic Indian head massage. *Treatments, from £90 (020 7477 1000; www.metropolitan.london.como.bz).* □

## 7 BEST THAI ESCAPES

### The Arcanum; and Banyan Tree Koh Samui

THAILAND

Those seeking a life-changing holiday might consider Phuket's new wellness sanctuary the Arcanum, which offers everything from hardcore detoxes (colonics, juice fasts) to yoga. The staff pride themselves on their before- and after-care, making sure that you are fully prepped to get the very most out of your stay and continue to reap the benefits long after you've left. Alternatively, check into Banyan Tree for its signature 'rain-forest' hydrotherapy, which includes a bucket drench shower, rain walk, ice fountain and aromatherapy steam chamber.

*The Arcanum (0845 505 0565; www.arcanum-phuket.com), from £360 a person a night full board. Seven nights at Banyan Tree Koh Samui (+66 77 915 333; www.banyantree.com), from about £1,878 a person.*



Banyan Tree Koh Samui



The Grand Resort Bad Ragaz

## 8 BEST FRESH-AIR CURE

### The Grand Resort Bad Ragaz

SWITZERLAND

The Grand Resort Bad Ragaz spa-and-hotel complex sits in a stunning Swiss valley in the St Gallen canton, just an hour's skip from Zurich. Space, clean air, mountainscapes and rivers all contribute to the good vibes. The spa offers detoxes and weight- and stress-management programmes alongside anti-ageing therapies, sleep treatments, massages, scrubs and wraps. Stay in a Spa Suite, where even the bathwater comes from the local healing hot springs; each bathroom boasts its own steam room and sauna, while the resort's spa has the world's first Swarovski-crystal herbal steam bath.

*The Grand Resort Bad Ragaz (+41 81 303 3030; www.resortragaz.ch), from about £1,300 a spa suite a night.*

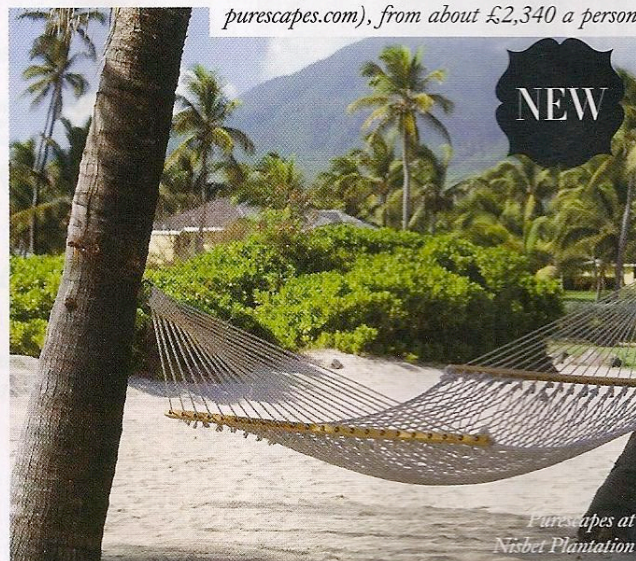
## 9 BEST BODY-SHAPER

### Purescapes at Nisbet Plantation

SAINT KITTS AND NEVIS

For those who appreciate fabulous locations, Purescapes has recently launched in chi-chi Nisbet Plantation Beach Club in Nevis. Staff here are all about functional training and rock-solid core stability – expect a combination of hiking, biking, scuba-diving, surfing and kayaking. But thankfully there is no military-style bullying here; instead the staff, many of whom are also nutritionists or physiotherapists, are endlessly encouraging.

*Seven days at Purescapes (020 3239 9670; www.purescapes.com), from about £2,340 a person.*



Purescapes at Nisbet Plantation