

The ESCAPE *Spas*

DESTINATION TRANQUILITY

*Whether it's a chic Middle Eastern
mini-break or a luxe stay at a
far-flung locale, rejuvenate
your body and soul at the world's
top spa destinations*



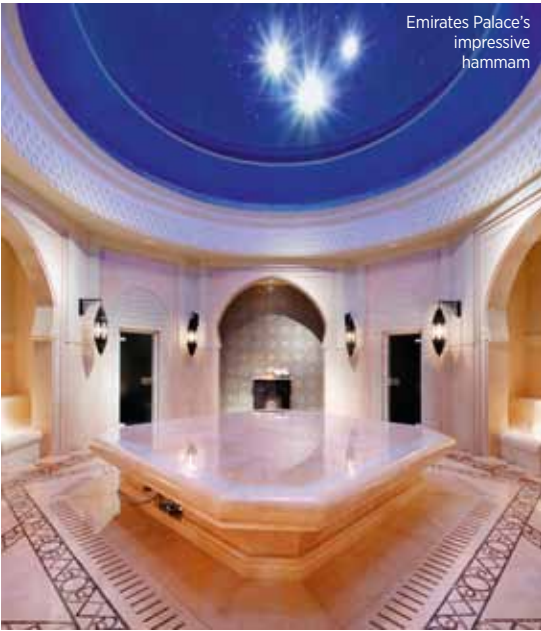
The epic Long Pool at The Chedi Muscat

Best for
CHIC
RETREAT

MUSCAT, OMAN
The Chedi Muscat
Consistently rated one of the world's best hotels, The Chedi Muscat is less than an hour's plane ride from Dubai International Airport, yet feels a world away. The hotel's position where the Al Hajar Mountains meet the Gulf of Oman is unparalleled, as are its elegant Moorish-inspired rooms and top notch restaurants, but it's The Spa at The Chedi Muscat that has us returning time and time again.

Positioned adjacent to the aptly-named 103-metre Long Pool (the region's longest), The Spa offers an Eastern philosophy with Asian oriental rituals; think Thai foot reflexology, Ayurvedic massage and Balinese bathing ceremonies. Another highlight is the seaweed-based treatments by VOYA, which prove that being enveloped in the green weed is a surprisingly enjoyable experience.

The Spa is also home to one of the most beautiful gyms *Bazaar* has ever seen; with a relaxed living room-style décor and a full array of equipment including power plates, Kinesis wall and Pilates Reformer, it even makes working out an enjoyable way to spend your holiday. *Treatments from Dhs430; Rooms from Dhs1,430 a night; Ghmhotels.com*



Emirates Palace's impressive hammam

Short-haul Sojourn

ABU DHABI, UAE

For the ultimate Arabian experience head to Abu Dhabi's iconic Emirates Palace to experience its brand new spa. Boasting one of the region's most beautiful and decadent Moroccan hammams, you'll immediately be transported back to old Arabia. True to form, the new spa offers a truly five-star experience with treatments such as the Palace Massage, where therapists work with 24-carat gold, diamond and caviar oil for truly indulgent pampering. Finish your beautification with a luxurious manicure to feel exquisite from head to toe. *Treatments from Dhs495; Rooms from Dhs1,875 a night; Kempinski.com*



Courtyard garden spa room at Park Hyatt Dubai

DUBAI, UAE

A sophisticated blend of Moroccan and Arabian influences, a visit to Amara spa at the creek-side Park Hyatt Dubai is the stylish way to get away from it all, without even leaving the city. Each of the eight spacious luxury suites, including three couples' suites, features its own private outdoor terrace and lounge area... A rain shower under the Dubai sky is an indulgent treat not to be missed.

Ahead of the festive season, *Bazaar* recommends indulging in Detox At Amara. The 90-minute package includes a 45-minute seaweed treatment designed to flush out toxins, followed by a sublime oil massage to ease tension. A light meal in the courtyard finishes off your experience, but that's not the end of it. Post-treatment, you're invited to spend the rest of the day enjoying the spa facilities, including the stunning 25-metre swimming pool. In-laid with palm trees and four whirlwind pools, it's our top pick for a stylish afternoon on a sunlounger. *Treatments from Dhs795; Rooms from Dhs1,295 a night; Dubai.park.hyatt.com*

PRICES APPROXIMATE

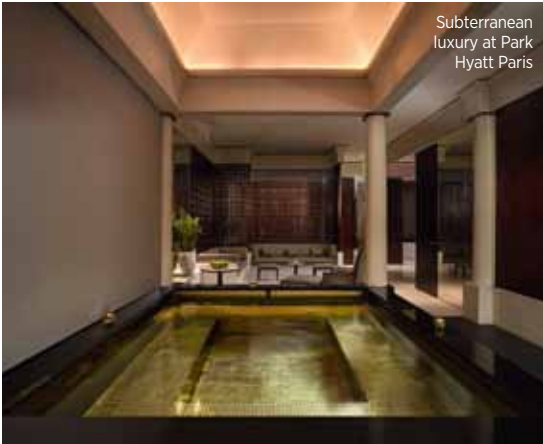


Yoga zen at Constance Ephelia

MAHÉ, SEYCHELLES

Constance Ephelia
In a spot that can't be beaten, Constance Ephelia is situated on two of the most beautiful beaches on the island of Mahé. Surrounded by lush vegetation, the sweet scent of frangipani and clear topaz water, you'll feel instantly relaxed as soon as you arrive. Recently re-branded, U Spa Constance Ephelia is the largest spa in the Indian Ocean. If it's a wellness approach you're after, check out the inviting shala yoga house and fitness centre to stretch travel-weary limbs. Or for a less energetic option, the signature U-experience massage uses locally-sourced oils to release tension and leave you in a blissful state of mind. Post-treatment, one of nature's wonders, Morne Seychellois (the highest peak in the Seychelles), provides a stunning backdrop for relaxing by the reflective pool.

Treatments from Dhs660; Rooms from Dhs5,350 a night; Constancehotels.com/en/hotels-resorts/seychelles/ephelia



Subterranean luxury at Park Hyatt Paris

PARIS, FRANCE

Park Hyatt
Away from the noisy French traffic in Park Hyatt Paris' lower level, Le Spa is the perfect place to rest post-shopping weary legs and clear your mind of Chanel bags (at least for a few moments anyway). *Bazaar* recommends the Creme de la Mer Facial; using the decadent skincare brand, expert facialists tailor the treatment to suit your skin type and concerns, and blissfully pamper you for over two hours. The result? Glowing skin that lasts for days. *Treatments from Dhs520; Rooms from Dhs3,220 a night; Paris.vendome.hyatt.com*

PRICES APPROXIMATE

Medium-haul Mini-Break



Sophistication at Corinthia Hotel London

Best for
BODY
OVERHAUL

LONDON, ENGLAND

Corinthia
Relaxation is not the first thing that springs to mind when you think of the hustle and bustle of England's capital, but step inside London's flower-filled Corinthia Hotel and you may just change your mind. Set over four floors, ESPA Life Spa covers every beauty need you could possibly think of. The impressive fitness centre is home to highly-qualified trainers to help whip you into bikini body shape (*Bazaar's* favourite is its morning runs around the city). Acupuncturists and herbalists provide complementary therapies tailored to your requirements, while spa staples such as the massages and facials are among the best we've tried. To top it all off, the spa has a hair salon, nail suite and indoor pool. No wonder this is one of London's most in demand destinations. *Treatments from Dhs920; Rooms from Dhs3,850 a night; Corinthia.com*

QUANG NAM, VIETNAM

Nam Hai
Nestled between some of Vietnam's most exciting tourist spots, UNESCO site Hoi An and the city of Huế, the Nam Hai resort is the ultimate in luxury. With a beautiful beachfront peppered with hammocks and two inviting swimming pools to dip into, this hotel certainly knows how to encourage you to relax. Just a short slipper shuffle from your stunning villa is the jewel in Nam Hai's crown: The Spa. Set out on the water, the individual treatment rooms will have you floating away blissfully before your therapist even begins. From refining facials and body polishes to therapeutic massages – not to mention the calming foot cleanse on the veranda pre-treatment – there's a therapy for all tastes. Tailor-make your own package (couples' packages are also available) with the help of the friendly staff and melt away into one of the best spa experiences you'll ever try. *Treatments from Dhs570; Rooms from Dhs2,387 a night; Namhai.com*



Spa treatment room set on water at the Nam Hai Resort



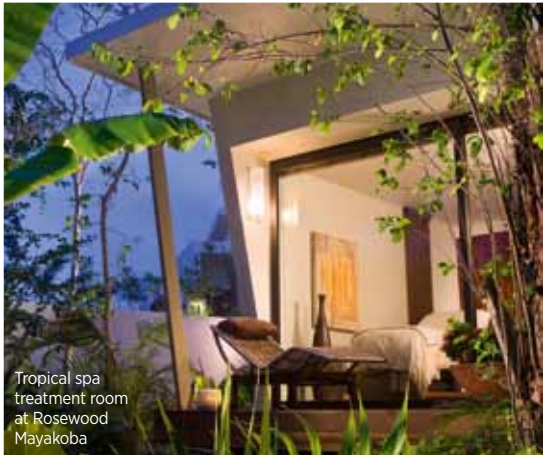
The Four Seasons Los Angeles' iconic swimming pool

Long-haul Lazing

LOS ANGELES, USA

Four Seasons Los Angeles
From the iconic swimming pool to its Beverly Hills location, it's no wonder Hollywood's A-List still flock in their droves to LA's Four Seasons hotel. Expect to see Oscars statuettes on the breakfast table come awards season and the world's most sought-after stars sitting pretty poolside. The Spa at Four Seasons Hotel Los Angeles is home to some of the best therapists from around the world, who guarantee to have you red-carpet ready inside and out. Make sure you try the Biomeditation Therapy; the hands-on treatment aims to strengthen the mind and heal the body by eliminating energy blockages, leaving you feeling the benefits for days, even weeks, afterwards. *Treatments from Dhs500; Rooms from Dhs1,820 a night; Fourseasons.com/losangeles*

PRICES APPROXIMATE



Tropical spa treatment room at Rosewood Mayakoba

RIVIERA MAYA, MEXICO

Rosewood Mayakoba
In a magical setting within the tropical jungle, Sense at the Rosewood Mayakoba is undoubtedly one of the world's most outstanding spa destinations. A unique retreat-within-a-retreat, you'll cross a bridge to reach the private spa island, where the 12 treatment rooms and eight island suites are open to the gentle breeze. It's as close to nature as you can get, while still being pampered in the lap of luxury. The spa's therapeutic treatments take advantage of the Mexican location by incorporating indigenous ingredients made from local plants, such as aloe and agave cactus. The outstanding facilities include all the bells and whistles – think plunge pools, steam grottos, saunas and experiential showers. Total luxury in the most beautiful of environments... The best kind of nature-versus-nurture debate. *Treatments from Dhs550; Rooms from Dhs1,890 a night; Rosewoodhotels.com/en/mayakoba-riviera-maya*

PRICES APPROXIMATE



Four Seasons Koh Samui's outdoor bath

KOH SAMUI, THAILAND

Four Seasons Koh Samui
Set amongst the cliffs of one of Thailand's most beautiful islands, Koh Samui, the Four Seasons property is about as luxurious and memorable as you can get. Think white sands, crystal blue waters, delicious food and blissful massages to while the hours away. Not to mention the fact that each villa comes complete with its own infinity pool overlooking the stunning surroundings. If it is a high impact approach to wellness you are after, check out the picturesque fitness centre, yoga on the beach, or the new Muay Thai Boxing ring, which sits perched on top of a cliff and offers breathtaking views of the island. If boxing gloves and knee kicks are not for you, then the resort's luxurious spa most certainly will be. Full of Eastern charm, treatments include the signature Siam Fusion Massage which combines Thai pressure point manipulation followed by a deep tissue massage using aromatherapy oils and Swedish techniques, which will pummel you into blissful pampered state. It also offers a plethora of treatments for couples; *Bazaar* recommends the Divine Night Ritual. Step into a moonlit spa for an unforgettable massage and romantic bath perfect for honeymooners. With many of the treatments also available from the comfort of your sunlounger on the beach, the hotel offers the ultimate indulgence. *Treatments from Dhs545; Rooms from Dhs2,270 a night; Fourseasons.com/kohsamui*

Best for COUPLES' BLISS