



View of Victoria Harbour from Asaya's hot pool at Rosewood Hong Kong

ROSEWOOD Hong Kong, China

Amid the skyscrapers, traffic jams and construction noise, Asaya feels miraculously peaceful. It's more than just a five-star spa; it's a health club, beauty clinic, therapy centre and healing hub, all rolled inside the ravishing Rosewood hotel. Check into a lodge on the seventh floor terrace, surrounded by reflection pools and vertical gardens, and you might fancy yourself in a villa in Bali. Or take a suite in the 43-storey hotel (all glossy lacquer and showstopping views of Victoria Harbour) and use the VIP lift to flit downstairs in your bathrobe. A Restorative Muscle massage will lower your blood pressure and prise your shoulder blades from your ears in 60 minutes flat – Hong Kong therapists really know their acupressure points – or try a 3D skin analysis and Votary facial for a clean-as-a-whistle complexion. Programmes feature yoga, singing bowls and healthy Mediterranean lunches at Asaya Kitchen; plus more imaginative therapies, such as positive psychology and 'expressive arts', which might make you cry – in a cathartic way. This is healing at its haute-cst. *Doubles from £450 (rosewoodhotels.com).*

Tap into 'blue mind' from a private pool in a Sunset Villa at Santo Maris

SANTO MARIS Santorini, Greece

Who wouldn't let out a sigh of relief when they step into this all-suite hotel on Santorini's north coast? Shimmering with Grecian glamour, it's the island's first proper venture into truly upscale wellness – and it's everything the rest of the island isn't: serene, spacious and blissfully quiet. Built into a steep hill, the resort tilts towards the Aegean and its cottages are cool as tzatziki, with domed ceilings and interiors forged from volcanic rock. Hands-on healing comes in the form of ancient Greek rituals carried out in the cave-like Anassa spa; there's poolside yoga and – for seismic-level thigh-burn – e-biking on the nearby island of Thirasia. For full immersion, book one of the eight new wellness suites, kitted out with essential oil diffusers and mindfulness aids. Ultimately, it's the surroundings that deliver. When you're engulfed in cobalt hues, where sea meets sky, 'blue mind' – a form of creative problem-solving – is impossible to avoid. Tap into it and you might just experience an epiphany. *Wellness suites from £1,755, including breakfast, minimum four-night stay (santomaris.gr).*

Recuperate the Parisian way on the Eiffel Terrace in the Josephine Baker Suite, Hôtel Lutetia



HÔTEL LUTETIA Paris, France

The most glamorous hotel on the Left Bank, the Lutetia is famed for its Belle Époque architecture, its glossy cream-and-dark-wood suites overlooking Square Boucicaut... and its Akasha spa. It's the most chic place to recuperate after a foot-slog round Saint-Germain-des-Prés, and a favourite with off-duty fashion editors. The marble-lined decor is uber-luxe; but it's the intuitive therapists who make this place stand out. Every stroke in their perfectly pitched massages, from Thai-based to detox, eases out stubborn knots with deft fingertips and targeted pummeling. Sessions of reflexology are a sole-searching solution for such issues as stress or sleeplessness. Muscles mollified, make for the Bar Josephine for a wonderfully soporific Paris, Paris cocktail – a citrusy blend of vodka, elderflower liqueur and champagne. Then slip back to your suite, lay your head on your monogrammed pillows and drift off. *Doubles from £1,340 (hotellutetia.com).*