

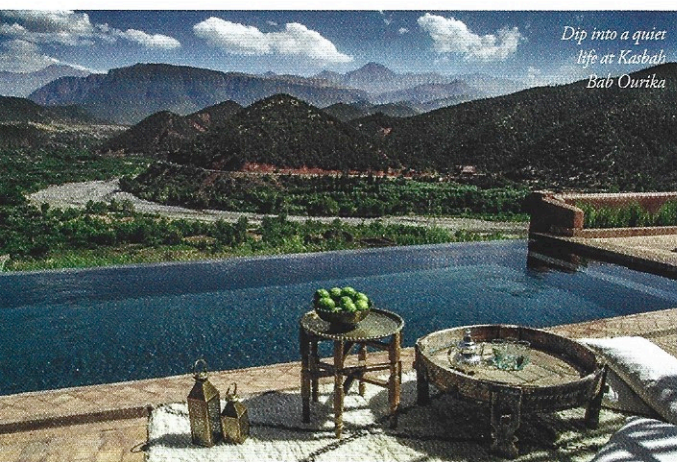
Vanity case



The Oberoi offers all the wellness retreats you require.

TO SLEEP *The Oberoi*

The Oberoi's light-filled spa is fuss-free, functional and unfailingly restorative. Try a scrub-down in the prettiest hammam you've ever seen; after, watch the turtles bob and blink in their natural lily pond as you sip mint tea. Three-, five- and seven-day programmes focus on weight loss, sleep improvement or better health, employing everything from kasa bowl therapy to cardio-boxing to ensure your goals are met. oberoihotels.com



Dip into a quiet life at Kasbah Bab Ourika.

TO ESCAPE *Kasbah Bab Ourika*

This terracotta-coloured kasbah offers guests countless quiet spots to sprawl. Nestled amongst the bougainvillea is a pink-hued spa, where powerful argan-oil massages by local therapists boost circulation and leave muscles sedated. The essence of this place is in its laid-back laissez-faire. Even the most tightly-wound city dweller will find peace on a low-slung day bed in a cool courtyard, sipping a fresh lemonade; playing Scrabble in the sitting room at night, warmed by thick Berber rugs; or on spectacular hikes which carve through the sun-scorched hills. kasbahbabourika.com

HOW TO SPA

MARRAKECH

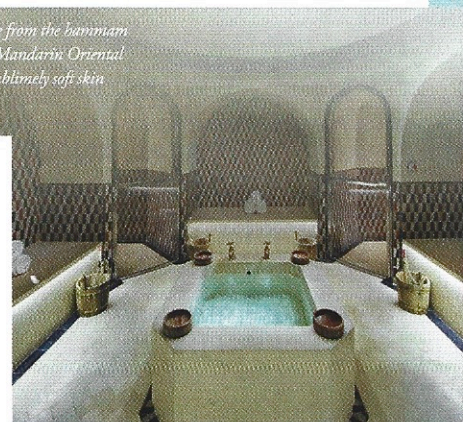
Escape to Morocco for ultra-luxe hammams, spirit-lifting kasbahs and desert retreats

By FRANCESCA OGIERMANN-WHITE & LEO BEAR

TO SPA *Mandarin Oriental*

Hidden behind the Mandarin's heavy wooden doors are palatial villas, with cool, cream interiors lit by lanterns; beyond are inky pools, and terraces shaded by billowing linens. But the hotel's true allure is in its spa. Under soaring archways worthy of Andalusian cathedrals, hallways give way to softly glowing rooms where argan-oil massages and soapy, skin-softening hammams are taken on marble slabs. Throughout the year, visiting practitioners – such as reiki healer Shaylini, acclaimed masseuse Jimmy Jarret and Ayurvedic expert Yamin Chocro – weave their magic, releasing blocks both physical and subconscious. You'll leave feeling unburdened, the delicate scent of orange blossom on your skin. mandarinoriental.com

Emergence from the hammam at the Mandarin Oriental with subtly soft skin.



TO DINE *La Mamounia*

Since the Roaring Twenties, this princely abode has played host to the rich and famous. Ernest Hemingway, Grace Kelly and Winston Churchill all frequented the storied hotel and its 17 acres of historic gardens. Dinner at Le Marocain is a seductive, spice-laced feast; otherwise settle into a crimson-velvet armchair at the buzzy Bar Majorelle for the best people-watching inside the walls of the Red City. mamounia.com



Revel in some secluded self-care at Inara Camp.

TO GO OFF-GRID

Inara Camp

Here, cream canvas tents flapping in the breeze – kitted out with king-size beds and wood-burning stoves – offer respite from the beating sun. By day, pad slowly through the sands on colourfully fringed camels. As darkness falls, gather round the campfire, and marvel at the star-soaked sky. elegantresorts.co.uk



Take a trip back to the Roaring Twenties at La Mamounia.

Crème MSR-H, £290,
BIOLOGIQUE RECHERCHE.
Masque Quintessence,
£120, **LEONOR GREYL.** Eau Triple
Berkane Orange
Blossom Perfume,
£138, **BULY 1803**



TATTLER