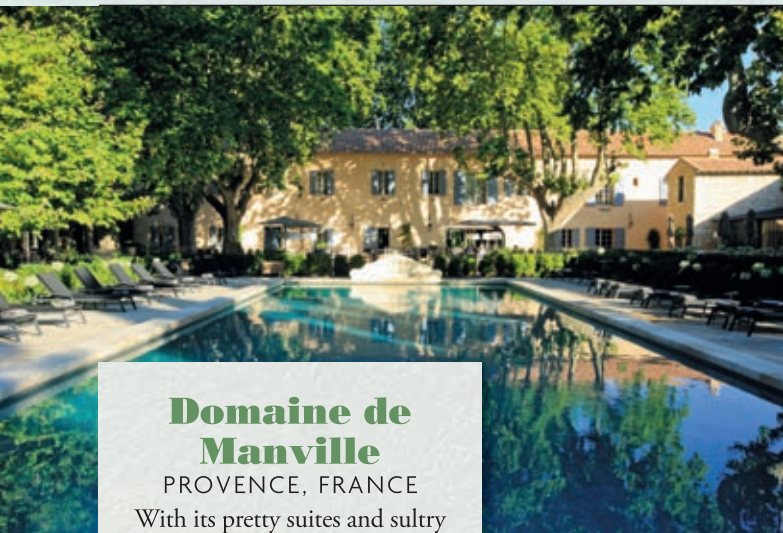


TATLER

A black and white photograph of a woman's head and shoulders in profile, facing right. She is wearing a large, thick, textured towel turban that covers her hair and forehead. Her eyes are closed, and she has a serene expression. The background is a plain, light color.

IN ASSOCIATION WITH
Healing  Holidays
AND ESPA

SPA GUIDE
2016



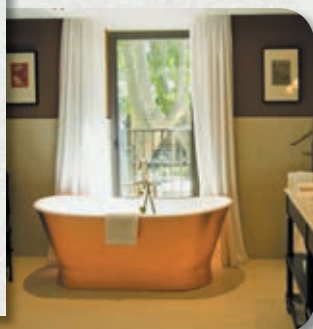
Domaine de Manville

PROVENCE, FRANCE

With its pretty suites and sultry spa, Domaine de Manville is just the thing for sporty couples who like their food, with or without sprogs in tow. Rooms are colourful and cool, and its spa/fitness programmes are of the traditional Provençal variety: rigorous hikes around the estate and guided rambles through the nearby Alpilles National Park – caves, castles, beehives and fields of wild fennel. Back on home turf, there's a swanky golf course and, at spa o'clock, a kids' club in two gypsy caravans. The smooch factor in the spa is ramped up a notch with candlelit massages and milk baths *à deux*. At dinnertime, chef Matthieu Dupui-Bauml coaxes lentils, carrots and ceps into deliciousness, but if you fancy something rather naughtier, you're more than welcome to it.

HEADS UP Weekends are busy with local golfers. **BOOK IT** Double, from £190, including breakfast (domainedemanville.fr; 00 33 4 90 54 40 20). Eurostar (eurostar.com) travels to Avignon from £99.

Mandarin Oriental
has opened in
Marrakesh with a
ravishing spa, with
walled gardens and
ornamental pools.
(mandarin
oriental.com)



Nihiwatu SUMBA ISLAND, INDONESIA

Long popular with the smart surfer set, this remote island now attracts the ultimate spa pilgrims, drawn by the promise of a startlingly effective journey, both literal and spiritual. Basecamp is Nihiwatu – sprawling eco-villas, lashing waves and an on-site equine centre. Tear yourself away from the surf – or your private plunge pool overlooking the break – and sign up for the Nihi Oka Spa Safari, a gentle 90-minute trek across Sumba's *Jurassic Park*-style west coast that will blow your mind. At the end of it: breakfast, and then it's on to the open-air treatment platform perched on a sheer cliff, where two therapists are at your disposal for massages, wraps and reflexology. Back at base, there's group alfresco yoga, surf lessons or just a simple, life-affirming beach stroll. Whoever wrote 'It's the journey, not the destination, that counts' obviously never found Nihiwatu: here, it's both.

HEADS UP Book Horse Whispering with Carol – the interaction she orchestrates between you and the horses is astonishing. **BOOK IT** Cleveland Collection (clevelandcollection.co.uk/tatlerspa; 020 7843 3596) offers seven nights, full board, from £2,580, including flights, transfers and group yoga/meditation classes.

NEW PROGRAMME

Kata Rocks

PHUKET, THAILAND

Picture a fleet of spaceships teetering on jungle-covered cliffs overlooking an emerald-green sea. Now think of aeons-old wellness practices and philosophies, and you've got Kata Rocks. At this glamourpuss getaway you get all the fun of a holiday – big sunnies by the infinity pool and nightly peacocking at the neon-lit bar – plus the feelgood factor of one-on-one yoga sessions, herbal steams and oily massages at the Infinite Luxury Spa. The seven-day Re-Charge retreat is just the thing to kickstart your Thai trip. We love the lush Ila facials, but it is the spiritual body-massage rituals that steal the show. Standouts include the kundalini – perfect for combatting jetlag – or the prana, an energising pummelling with lemongrass compresses.

And then there's the blessing ritual, which brings Buddhist singing bowls and healing stones to the table. Go with it. Throw in a few days of juicing if you fancy some rapid weight loss, or lap up gastro cuisine by the pool if that's more the boost you're looking for. **HEADS UP** Go in the first week of December, when the Phuket King's Cup Regatta crowd sails into town. **BOOK IT** Double, from £380, including breakfast; five-day Recharge Programme, from £505 (katarocks.com; 00 66 7 637 0777).





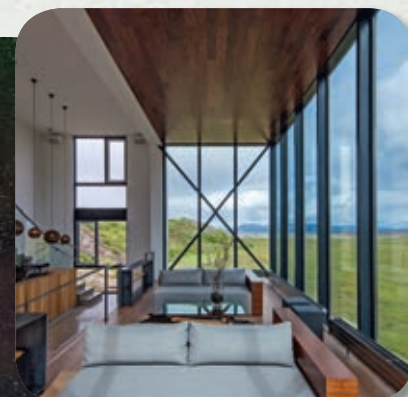
La Sultana

OUALIDIA, MOROCCO

A bumpy couple of hours' drive from the hustle of Marrakesh is Oualidia, a small fishing village on Morocco's wild Atlantic coast, a sensational spot for a raw, retreat-type respite. Sister to the jewel-box La Sultana hotel in Marrakesh, this outpost is a rugged Moorish palace of a place overlooking a sandy-edged lagoon and rugged dunes, with the ocean crashing just beyond. Back in the calm of the spa – imposing, cathedral-like and stone-carved, with huge Moroccan lamps and a cloistered mini pool for gentle laps – you'll be amazed at how well you scrub up after a Royal Hammam treatment: vigorous body buffing and a wrap with two types of clay. Other treatments make full use of local products such as argan oil and henna, but note that the therapists speak no English, so you'll have to rely on your knotted muscles to do the talking. **HEADS UP** Stock up on their local rhassoul-mud and argan-oil products. **BOOK IT** Red Savannah (redsavannah.com; 01242 787800) offers five nights at La Sultana Oualida and two nights at La Sultana Marrakesh, from £1,695, including breakfast, flights and transfers.

Ion Hotel NESJAVELLIR, ICELAND

Healing starts and ends here with the wild, monochrome landscapes – all glittering snow and mossy black boulders (season-dependent) that stretch as far as the eye can see. The hotel itself, an hour from Reykjavik, is absurdly cool, occupying the former staff house of a power plant. There are rough concrete walls, abstract art and whacking great windows showcasing the lunar landscape. But there's warmth too, delivered in spades by the dashing Icelandic owners, as well as in the quirky restaurant. The Lava Spa is tiny, just one treatment room and a steaming-hot outdoor pool heated to 40°C by the earth's core – getting in is a shiveringly satisfying experience. Treatment-wise, Soléy Organics products infused with Icelandic herbs and volcanic ash spice up the wraps and facials, and afterwards, there's a relaxation room overlooking the *Fortitude*-esque landscape. It's ski suits at dawn for adventurous souls who want to scale frozen waterfalls or ride through lava fields. After dark, the primal pleasures keep on coming: this is one of the best places to see the northern lights. **HEADS UP** You can drink as many pink-birch mojitos as you like and you won't get a hangover – something to do with solar winds and magnetic activity (or so the barman said). **BOOK IT** Wexas Travel (wexas.com; 020 7838 5892) offers three nights, from £695, including breakfast, flights and car hire. ▷



PHOTOGRAPHS: SIGURJON RAGNAR

| 6 DAYS

| 7 DAYS

| 8 DAYS

| 9 DAYS

| 10 DAYS



Hotel Royal Evian Resort

EVIAN-LES-BAINS, FRANCE

Lakeside spa-ing just got swisher. This grande dame, built on the shores of Lac Lemman in 1905 in honour of Edward VII, has had an almighty two-year makeover, entrusted to interior designer François Champsaur and architect François Chatillon.

They've done her proud, adding oodles of élan (velvet sofas, hypnotic swirly carpets, ornate cloistered ceilings), while keeping her history and heritage intact. The Spa Evian Source is something of a super-spa, with its lake views, 30 therapy rooms, steam room, sauna, aqua pool/gym and outdoor hydro-contact trail (a series of jacuzzis). The classic treatments are overseen by

British-born manager Amanda Deloncle and her discreet, attentive and blissfully tactile therapists – for example, La Prairie caviar-based facials, with their wondrous caviar pearls, leave jaded city skin all luminous and shimmery. For those in search of the more esoteric, Eastern treatments such as crystal-therapy massage rely on your faith in the healing powers of oils, crystals and chakras. And if your bottle of Evian water really isn't hitting the spot, pop over to the nearby Thermes Evian and bathe in the stuff; it's said to promote healing and cell regeneration. **HEADS UP** Big on golf? Book into Le Manoir du Golf residence – it's virtually

ON the 18-hole championship course. **BOOK IT** Double, from £260, including breakfast (evianresort.com; 00 33 4 50 26 50 50).

British Airways (ba.com) flies to Geneva from £73.

La Réserve Geneva

GENEVA, SWITZERLAND

La Réserve is just 10 minutes from Geneva airport, so you can be out of the office and into one of its tiger-striped suites quicker than you can say 'curse my thighs'. Dr Valérie Leduc, one of Europe's top angiologists (circulatory expert), oversees the leg therapies, and after giving your pins an ultrasound, she'll inject all visible thread and spider veins with a chemical cocktail. Yes, there is pain, and yes, you might need to lie down afterwards, but the results are plain to see. Further legwork involves a thorough going-over with a strong-sucking lipomassage probe, lymph-draining massages and mood-lit bubbly-wubbly hydrobaths. Later on, Martine will soothe your limbs with ice-cold white-marble pebbles and menthol. Further comfort comes from Café Lauren, with an eye-poppingly good menu. Parts of the programme are punishing, but your body is in good hands: La Réserve's therapists have decades of experience. Throw in a check-up with Sebastien, the osteopath with the bluest eyes in Switzerland, and a personalised exercise plan, and you'll be digging out those Daisy Dukes in no time. **HEADS UP** They've got a new machine that can freeze cellulite cells – and banish them permanently. **BOOK IT** Double, from £355, including breakfast. Beautiful Legs therapies are individually tailored; treatments from £175 (lareserve.ch; 00 41 22 959 59 59). Swiss flies to Geneva from £77 return (swiss.com). ▷

