

BEST SPA ONE&ONLY REETHI RAH, MALDIVES

Winner of three *Condé Nast Traveller* awards, including Number One in the World and Favourite Overseas Spa, One&Only Reethi Rah is the destination of the moment for those in search of five-star delights and a seriously world-class spa.

One&Only Spa by ESPA offers a fresh approach to healing in the Maldives, brought about by the creative combination of One&Only and ESPA, the internationally renowned UK-based spa specialists. Visitors are taken on a sensory journey they'll never forget – one designed to leave your mind, body and spirit totally relaxed and rejuvenated.

Your journey begins with an initial consultation, after which your wellbeing consultant will choose some signature treatments specifically for you from a selection of Eastern-inspired therapies, such as Ayurvedic-style holistic treatments, bathing rituals and exfoliations and a

host of massage styles, from Balinese to Thai and Shiatsu.

Since beauty and pampering generally go hand in hand, there are also top international stylists on hand in the beauty studio and world-renowned French podiatrist Bastien Gonzalez's team offer a range of magical treatments, for hands and feet. While the Spa Bar will ensure you're as beautiful inside as out, thanks to a mouth-watering range of healthy drinks and snacks.

In addition to pampering, you'll find a variety of workouts, from Kundalini yoga in the Chi Pavilion, Reiki and holistic therapies to the latest exercise programmes in the Technogym, such as Kinesis, which uses gravity to exercise and strengthen the body's muscles.

However, with so much on offer in the vast 9,500 square metre spa itself – from vitality pools and crystal steam rooms to ice fountains and lifestyle showers – why venture further? For more information about One&Only Reethi Rah and other One&Only Resorts, please visit www.oneandonlyresorts.com, or email info@oneandonlyresorts.com.mv

RISING SPAS

The winners of this year's Readers' Spa Awards were all well deserved. Now we take a closer look at why they come up trumps with so many *Condé Nast Traveller* readers



READER
OFFER

Visit the Capri Hotel & Spa in September and October and quote *Condé Nast Traveller* – you'll receive 10% off the 'Leg School' package. Prices start at 4,250 Euros per person. Visit www.capripalace.com



BEST MEDICAL/THERMAL SPA
CAPRI PALACE

Spas have long moved away from simple pampering towards a more holistic approach, but at the Capri Palace Hotel, you'll find a spa that takes health care to a whole new level, offering your body the kind of care and dedication that you could expect to receive from a long-standing family doctor.

Under the leadership of Professor Francesco Canonaco, a medical doctor and specialist in food science, immunology and aesthetic medicine, the spa offers a radical new range of seven-day programmes that target specific health and body problems. So whether you'd like to ensure a healthy heart, lose weight or return your legs to their former glory, you're in the right place.

'The Leg School', as the latter is called, is a week-long programme designed to rejuvenate your legs and maximise their appearance by addressing sluggish circulation and swelling.

During your seven-night stay at this world-famous luxury hotel, you'll be placed on a personalised diet plan to help you work towards your goal, while being 'treated' with a host of therapies such as lymphatic drainage, thalassotherapy scrub and anti-cellulite massages – all designed to improve the appearance and texture of your legs.

In addition you'll receive daily applications of cold mud and bandages to increase circulation, and Kneipp therapy – known for its impressive effects on the vascular system.

You'll also be taking regular exercise in the form of invigorating aqua gymnastics in the thalassotherapy pool and ecological walks, where you can enjoy Capri's breathtaking scenery while simultaneously toning up your thighs and calves.

After a full week of honing and pampering, your legs will be ready for anything, so just make sure to pack some thigh-skimming outfits in order to show them off to their best advantage when you leave!