



## Caudalie at Hotel Marqués de Riscal, Spain

We can't think of a better way to top up your antioxidants than staying at Marqués de Riscal. In 2006, Caudalie added to its anti-ageing *Vinothérapie* empire with this 1,400-square-metre spa in the heart of Rioja, and with Frank Gehry (the architect of Bilbao's Guggenheim) behind the design, it's the most impressive of the company's establishments. You'll still find their signature honey-coloured wood interiors, burnt-umber floors and gorgeous skin-brightening scrubs and detoxing wraps, but the superb architecture will flood your brain with extra serotonin. Caudalie's skincare has devout followers, so do try a facial while you're here.

*Seven nights, from £2,306 a person B&B, including flights and car hire for the duration of the holiday, with Kirker (020 7593 2288; [www.kirkerholidays.com](http://www.kirkerholidays.com)). Treatments, from €51.*

## CLOSER TO HOME

The Crème de la Mer beauty room at **Harrods Urban Retreat** is a luxurious, deep-sea-style cocoon on the sixth floor of Harrods, with aquarium-lined walls, a soundtrack of waves (minus whales and pan pipes), and face and body treatments using sea-mineral-rich Crème de la Mer. *Crème de la Mer treatments, from £65, available at Harrods Urban Retreat (020 7893 8333).* ▶

[www.harpersbazaar.co.uk](http://www.harpersbazaar.co.uk)



## Auberge du Soleil, USA

This Californian resort has made its own eco version of thalassotherapy using the Napa Valley's own spring water, mud and minerals. You can't help but take up clean living at this 33-acre olive grove: the food and wines are locally sourced; the spa uses Napa's own grapes, olives and flowers; and the earth-toned cottages hide behind rich green ivy. The new La Plage pool space adds a more modern touch. The beauty menu changes daily, with specials dependent on the flower and herb harvest, but the thalasso massages, wraps and hair and scalp treatments are regular features. *Auberge du Soleil (+1 866 228 2490; [www.aubergedusoleil.com](http://www.aubergedusoleil.com)), from \$616 a room a night. Treatments, from \$180.*



## Grand Hôtel Loreamar Thalasso Spa, France

This impressive hotel overlooks a wild, windswept stretch of the Atlantic, in the glam coastal town of St Jean de Luz. But behind its traditional exterior, you'll find a space-age spa. You won't want for anything in this excellent hotel with a Michelin-starred restaurant, and the thalasso is the real thing. *Grand Hôtel Loreamar Thalasso Spa (+33 5 59 26 35 36; [www.luzgrandhotel.fr](http://www.luzgrandhotel.fr)), from €210 a room a night.*

