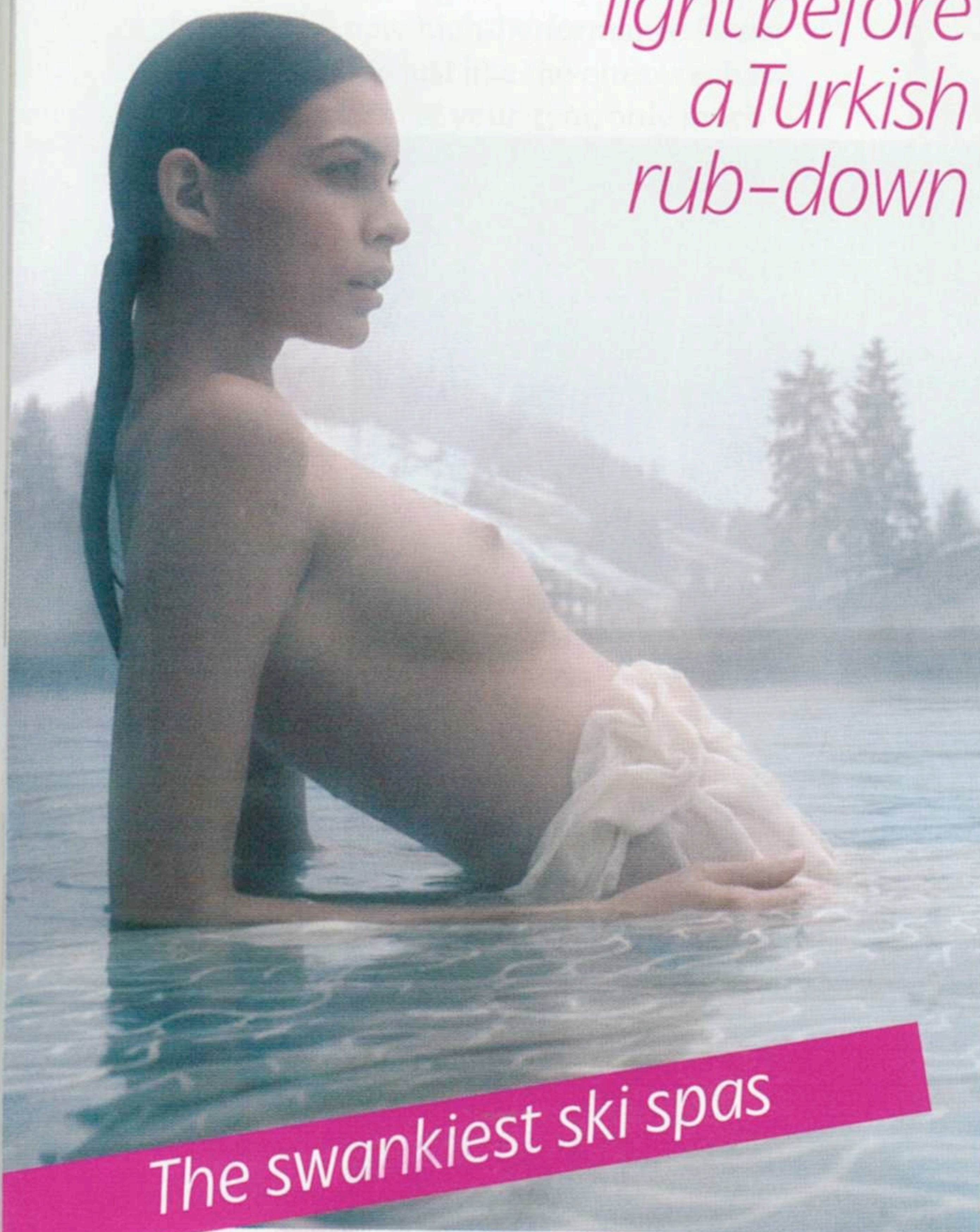


Bathe in a calming light before a Turkish rub-down



The swankiest ski spas

The Black Spa

Schwarzer Adler, Kitzbühel, Austria

The new Black Spa has four different saunas and an open-air 'snow room' where you can cool down afterwards with the falling snow from the mountains. The rooftop pool offers the most spectacular view of the pistes.

Everyone should try the Breuss massage, which uses the old Austrian method of massaging the spinal column to relieve back pain and helps with a host of other health issues too. Visit adlerkitz.at or book through Carrier (tel: 0161 491 7650; carrier.co.uk/ski).

Alpine Spa, Hotel Goldener Berg

Lech, Austria

This is where Colin Firth chased Renée Zellweger down the piste in *Bridget Jones's Diary* and where Princess Caroline of Monaco and Elle Macpherson choose to stretch their limbs with must-have ski guide Eric. The spa here specialises in Alpine treatments that aid circulation. Toasty hay baths are warm compresses made up of mud and hay that revitalise the body and boost red-blood-cell production. It's no wonder that glamorous Upper East Side fashionistas Lilian von Stauffenberg and Karen Groos return year after year to this resort. Visit hospiz.com/goldenerberg.

Aquaflores Spa, La Fer à Cheval Megève, France

Get in line behind John Travolta and Kelly Preston (who are filming on location here) for one of star therapist Corinne's massages – she used to treat the national women's alpine skiing team in Les Deux Alpes. And try the quirky après-ski programme – a thorough body massage, followed by a session on an underwater bicycle in the swimming-pool that aims to get your body in tune for the tough legwork of off-piste skiing. Visit feracheval-megeve.com.

Givenchy Snow Spa, Cheval Blanc Courchevel 1850, France

Roman Abramovich heads the glossy Russian posse who decamp here in the winter. Owner Bernard Arnault has a private apartment that you can stay in when he's not there. The spa is white and minimalist and the indoor pool is lined with huge windows from which you can view the bubble lift floating past from the Experience Shower, which recreates the sensation of a thunderstorm with colourful flashing lights. Then you can have your

Dr Zhivago moment riding into the village on a horse-drawn carriage with a toasty fur over your lap and empty Louis Vuitton trunks piled high on the back to fill up with shopping. Visit chevalblanc.com or book through Carrier (tel: 0161 491 7650; carrier.co.uk/ski).

Elemis Spa, Hotel Nevai Verbier, Switzerland

This super-modern spa has a huge Turkish hammam, plus a terrace where you can recline between treatments alongside such Verbier regulars as Sophie Thompson and Clare Milford Haven while wrapped up in cosy blankets. There are fireplaces in every room so you can warm up and have the Oxygen Calm facial to restore skin if it's the worse for wear after you've been partying in the Farm Club with Princesses Beatrice and Eugenie the night before. Visit nevai.ch.

Four Seasons Resort Whistler British Columbia, Canada

Treatment rooms look like mini-chalets with wooden beams and deep open fires. Everyone loves the First Nations treatment – this uses a heated compress made of herbs and berries gathered from

surrounding forests, which is pumped onto the body to soothe sore muscles. Visit fourseasons.com/whistler.

The Spa at the Gstaad Palace Gstaad, Switzerland

Our all-time favourite mountain spa like Disneyland for beauty addicts. The ground-floor setting of a fairytale castle is an array of anti-ageing facials from the Cinque Monde is available, as is the Experience – a soul-soothing treatment of epic proportions. The ceremony starts in a Moroccan-style steam room, which is accessed by a swing door to an electric-blue treatment room where you can bathe in a Moroccan-style steam room. Next up is a Turkish-style rub-down with black soap and skin-buffing mitts, followed by a massage with a sudsy silk pillow. The treatment culminates with another steam room and a soak in an inky-black private pool set beside a fireplace. We assume Daniel Craig would approve. Visit www.gstaadpalace.com.

Home recovery plan



The most exciting news on the beauty scene is you maintain a healthy glow when you get home. Guerlain's Cellular Cream Platinum Extract, £500, costs as much as a ski jacket but it's worth the platinum extract. It's a metal detector on the skin getting the minerals

surface moving and boosting collagen. The late-night glühwein has taken its toll. Guerlain's Orchidée Impériale Cellular Cream is a four-step hydrating programme that activates and stimulates skin. The cream contains formulas to oxygenate, regenerate and restructure skin that's taken a battering. Sisley's Restorative Facial Cream, £90, with shea butter and botanical extract, soothes irritation. If the harsh winds have caused burst blood vessels and capillary veins to creep up on your healthy skin, Sisley's Photospray (tel: 0800 783 8400) is a laser that increases natural collagen production threefold to recreate Heidi-esque complexion. Finally, if you're craving for carb- and cheese-laden comfort eating, try LifeExtension's Natural Weight Loss

a supplement that stimulates metabolism and appetite-suppressing. It contains green-tea extract with a calming effect helps with the comfort eating.

