

Condé Nast Traveller

SPA SPECIAL

TRUTH IN TRAVEL

MARCH 2010 NUMBER EIGHT

READERS' SPA AWARDS 2010

The best spas in the world

**Feel great,
look great**

Well-being
destinations
in the sun

**DISCOVER
AYURVEDA**

Detox the traditional way

Our essential guide
to spas in Thailand

PLUS

Head for the east!
Affordable European spas

in association with

ESPA

*To Vicky
& Guest*

Condé Nast
Traveller

Sarah Miller and Simon Leadsford
invite you to celebrate the

Readers' Spa Awards 2010

in association with ESPA

at The Ballroom
Mandarin Oriental Hyde Park
66 Knightsbridge
London SW1X 7LA

Monday 1 February 2010
6.45pm–8.30pm

Doors open at 6.30pm and the awards ceremony will start promptly at 7.00pm

RSVP essential:
Tel: +44 (0)20 7152 3479
Email: rsvpspa@condenast.co.uk
Dress: Smart

With thanks to:
Laurent-Perrier Champagne
RDA Organic
Isklar

Cover photograph: Hugh Arnold



Flavour of the month

Like restaurants, many spas are growing their own ingredients for treatment menus that change with the seasons

SPRING As winter comes to an end, the spa at Masseria Torre Coccaro in **Puglia** moves on from olives to grapefruit facials, body scrubs incorporating crushed fava beans, and face masks made with nettle and *barattiere*, a cross between cucumber and melon. 00 39 080 482 9310; www.masseriatorrecoccaro.com



SUMMER The renovated Lido in **Bristol** showcases the same seasonal ingredients in both its restaurant and its Ila treatments. Last summer, rose and poppyseed were on the menus: in the full-body massage and scrub in the spa, and the cupcakes and ice cream in the restaurant. 01179 339530; www.lidobristol.com



AUTUMN The Auberge group's Encantado in **Sante Fe**, New Mexico, is among US properties using seasonal ingredients. Hot sage compresses were used in last autumn's immune-system-boosting Herbal Body Rejuvenation treatment, while clay, myrrh and cinnamon bark were part of the Ultra Exfoliation Facial. www.encantadoresort.com



WINTER In the tropical **Seychelles** on Frégate Island Private, guests can prepare for a tan with a Papiyon Body Scrub, incorporating sea salt, turmeric, sandalwood and fresh Seychelles oranges, at their best in January. 00 27 21 556 99 84; www.fregate.com

CITY CHIC

London

The capital's spa scene is offering increasingly sophisticated facilities and treatments to seasoned spa-goers

- New spas at **The Dorchester** and **Sofitel London St James** have eschewed all things Zen to create high-glam, sociable spaces where friends can get ready for a big night out. Highlights include the nail suite (above) at The Dorchester (www.thedorchester.com), and Cinq Mondes hammam at Sofitel (www.sofitelstjames.com).
- The world's first Aman day spa has just opened at **The Connaught**, with a granite-tiled pool and treatments from India, China, Thailand and the Americas (www.the-connaught.co.uk).
- For Zen faithfuls, **Mandarin Oriental Hyde Park, London** has developed a fabulous new product line with Aromatherapy Associates for use in supremely relaxing meridian massages (www.mandarinoriental.com); in Chelsea, Malaysian day spa **Ushvani** has launched a capsule collection, including a covetable coconut and hibiscus oil, plus yoga classes in its Sentosa Studio (www.ushvani.com).
- **The Six Senses Spa at Pan Peninsula** in Docklands has added seaweed-based products by Voya to its Ila and Aromatherapy Associates treatments (www.sixsenses.com).
- Reflexology guru Andrea Hurst is now based at **Spa Illuminata** in Mayfair (www.andreahurst.co.uk); visit her for a post-holiday Anti-Jetlag Restoration Session.



CAPE CRUSADERS

From its farm in Knysna, **Africology** makes botanical products using essential oils and plant extracts from the *fynbos* ('fine bush'), the Western Cape's ecologically diverse plant kingdom. Ingredients include aloe vera, antioxidants marula and rooibos, and African potato, used to fight infection. Find Africology products in treatments on the new **Zambezi Queen** river safari (www.zambeziqueen.com), and at the new Amani spas at Earth Lodge and Bush Lodge, Sabi Sabi Private Game Reserve, outside Kruger National Park (www.sabisabi.com).

SNOW ME Rejuvenate with a sports massage or facial in your chalet from Beauty & the Piste, a mobile spa service in Swiss ski resorts. www.beautyandthepiste.com