

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



Medical, thermal & natural spas



Nowhere impresses you more than Spain's fabulous **SHA Wellness Clinic** near Alicante, which you rate for its *treatments, cuisine and accommodation*, placing it just ahead of the famous **Clinique La Prairie** in Montreux, which scored top marks for *medical facilities*. You can't fault the *ambience/design* of the **Capri Palace Hotel & Spa** in Italy and consider the *facial treatments* at the **Abano Grand Hotel's Anti-Aging Thermal Spa** second to none. In Iceland, the **Blue Lagoon Spa's** natural *facilities* put it into your top 10.

- 1 **SHA Wellness Clinic**, nr Alicante, Spain 95.41
- 2 **Clinique La Prairie**, Montreux, Switzerland 94.02
- 3 **Beauty Farm, Capri Palace Hotel & Spa**, Capri, Italy 93.12
- 4 **Anti-Aging Thermal Spa, Abano Grand Hotel**, nr Padua, Italy 92.63
- 5 **Caracalla Spa**, nr Baden-Baden, Germany 91.93
- 6 **Mayr & More**, Carinthia, Austria 91.46
- 7 **Therme Vals**, Vals, Switzerland 90.48
- 8 **Les Bains de Lavey**, Lavey-les-Bains, Switzerland 89.93
- 9 **Blue Lagoon Spa**, Reykjavik, Iceland 89.74
- 10 **Terme di Saturnia Spa & Golf Resort**, Tuscany, Italy 88.60

4 SAFARI SPECIALS

- **Al Maha Desert Resort & Spa**, Dubai (www.emirateshotelsresorts.com)
- **Karkloof Spa**, KwaZulu Natal, South Africa (www.karkloofspa.com)
- **Royal Malewane**, Kruger National Park, South Africa (www.royalmalewane.com)
- **Royal Zambezi Lodge**, Zambia (www.royalzambezilodge.com)

SHA Wellness Clinic, near Alicante in Spain, is your favourite medical spa