

GRAZIA

PLUS
25% OFF
LULU GUINNESS
ALL WEEK!
T&Cs APPLY



EXCLUSIVE
**>> MEGHAN'S
MAKE-UP
ARTIST ON
THEIR 10-YEAR
FRIENDSHIP**

BRITAIN'S
WEEKLY
GLOSSY



**>> KATIE'S
STRUGGLE**

— for six years'

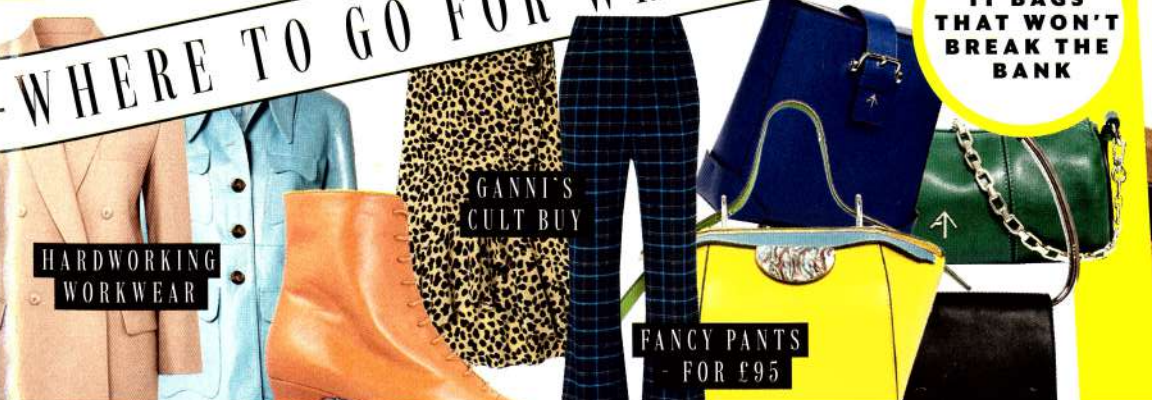
Hey MID- SPENDER!

**>> SINGLE AT 37
'WHY I'M
GLAD I HAD A
BABY SOLO'**

THE GUILT-FREE BUYS YOU'LL LOVE FOREVER

- WHERE TO GO FOR WHAT

IT BAGS
THAT WON'T
BREAK THE
BANK



HARDWORKING
WORKWEAR

GANNI'S
CULT BUY

FANCY PANTS
FOR £95

BEAUTY
SPECIAL
OUR
ULTIMATE
SPA GUIDE

PLUS
YOUR TAKE-
HOME TRICKS
AND TIPS

£2.50 SPAIN €3.95 GREECE €4.50



IN AN AGE WHERE NOTIFICATIONS REIGN SUPREME AND SELF-CARE IS CONFINED TO GOOD INTENTION, IT'S TIME TO BRING THE FOCUS BACK TO YOU.

Tear up your to-do list, flip the script and send negativity packing with this line-up of super spas...

AND BREATHE...

EDITED BY HARRIET CHARNOCK-BATES



MIND OVER MATTER

Find inner peace at these soulful spots

ANANDA IN THE HIMALAYAS INDIA

Those seeking positive transformation can call off the search. High in the hills above Rishikesh – the very birthplace of yoga – Ananda promises to reacquaint you with the best version of yourself. Treatments are governed by ayurvedic healing principles, moments of quiet contemplation are actively encouraged and, upon arrival, clothes are switched for cotton kurta pyjamas. Whether you're struggling with grief or simply running low on serotonin, this otherworldly spiritual refuge will set you on the right path.

We say: Carefully-considered itineraries might feature yogic flame-gazing and therapeutic stretching alongside shirodhara – a calming practice during which herbal oil is poured over the 'third eye' – and soul-soaring treks to the sacred Kunjapuri temple. The whole experience is life-affirming and truly extraordinary.

Try this: The powerful Reiki Healing with Crystals unleashes trapped energy, bringing the mind, body and spirit back into balance and inducing a long-lasting sense of stillness.

The Rebalance programme begins at £565 per person per night; anandaspa.com

**BEST FOR
EMOTIONAL
CLARITY**



**BEST FOR
R+R**



MONASTERO SANTA ROSA ITALY

This cliffside sanctuary offers a welcome slice of calm away from the burgeoning crowds on the Amalfi coast. With striking views, exceptional food and a host of impressive botanical treatments, the 17th-century former convent is a honeypot for headspace-seekers and foodies. Along with clay wraps to fight fatigue and stress-melting facials, the spa offers hour-long extravaganzas that relax the nervous system and restore the body's natural biorhythms.

We say: Carved into the rock face, this candlelit spa is invitingly sleepy, with a roster of Farmacia Santa Maria Novella immersions to untie emotional knots and ease pent-up tension. Pre-treatment, hop between the rock sauna and the aromatic showers, sipping fresh Sicilian lemon juice as you go. Then afterwards, reflect on the loveliness of it all with a stroll in the fragrant gardens.

Try this: Massage for Relaxation and Peace – a rebalancing rub-down of sorts that combines warm, fragrant oil blends with the most mellowing of movements. You'll emerge loose-limbed with a significantly clearer head.

Rooms from €400 per night; monasterosantarosa.com

BEST FOR
CALM
AMID
THE
CHAOS



MANDARIN ORIENTAL BANGKOK THAILAND

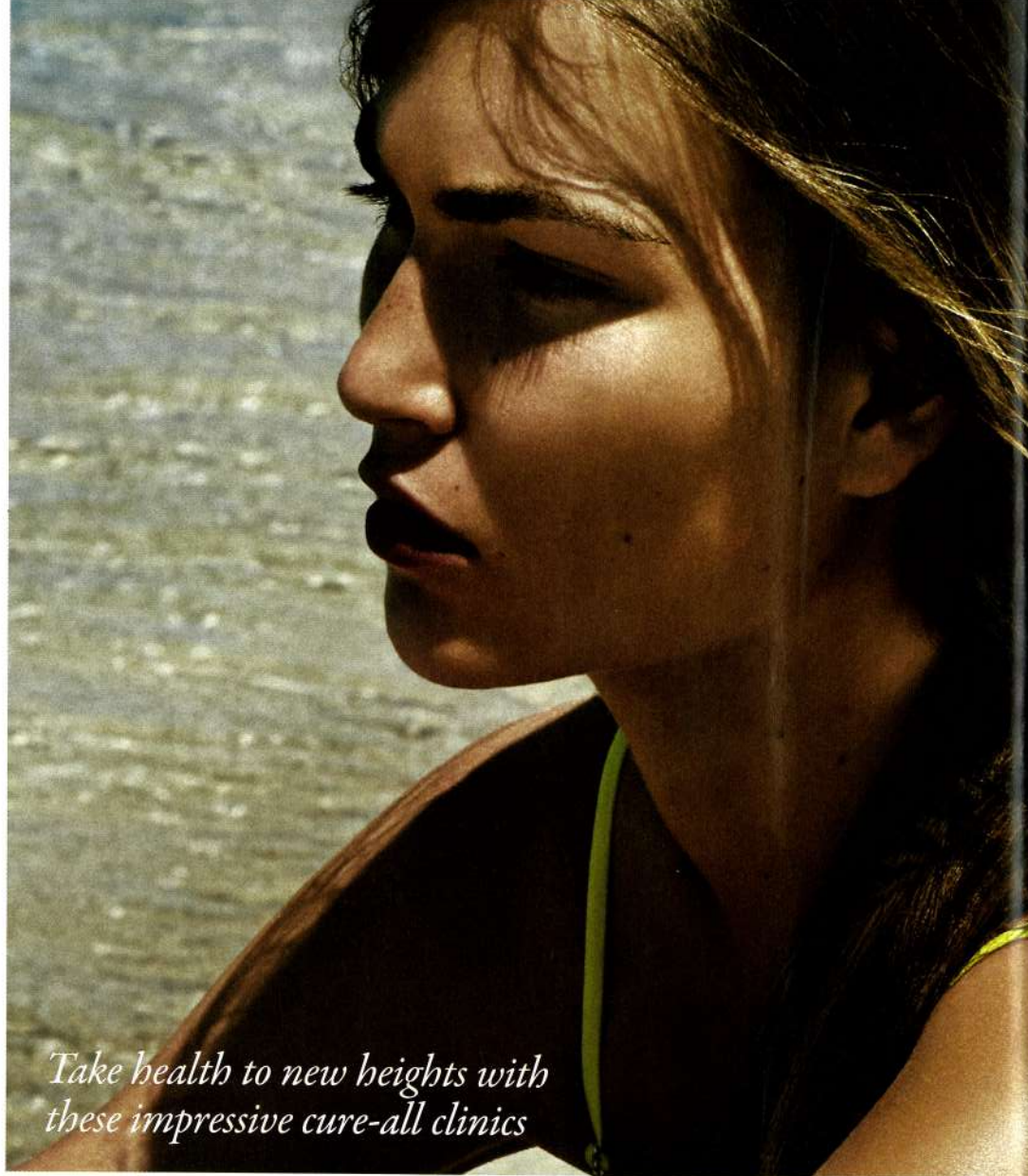
Along the Chao Phraya River, just a short stroll from the all-hours buzz of Bangkok, this elegant institution exists as an inner-city zen den for stressed-out souls. Guests in need of next-level respite can take the charming teak boat across the water to the atmospheric spa – framed by frangipani and scented with lemongrass – where mind-mellowing treatments await.

We say: So much more than somewhere to slip off to for a great facial or knot-softening massage – though that’s not to say those are off the menu – the spa ceremonies on offer draw on age-old methods to realign out-of-kilter bodies and stressed-out minds. Treatment rooms are spacious, softly lit and bordered by temple-style polished wooden panels, and there are peace-promising tai chi classes to join. Evenings come to a close at Terrace Rim Naam, where you’ll find inventive twists on authentic local dishes.

Try this: Performed atop a futon, the Traditional Thai treatment melds rhythmic acupressure with assisted stretching. Expect a few crunches and cracks, but the re-energising effects can be felt right away.

Rooms from £550 per night;
mandarinoriental.com/bangkok

BEST FOR
A FULL-BLOWN
HEALTH
OVERHAUL



Take health to new heights with these impressive cure-all clinics

DOCTOR'S ORDERS

LANSERHOF TEGERNSEE GERMANY

Underpinned by the gruelling (yet eye-wateringly effective) Mayr method, Lanserhof Tegernsee leaves no stone unturned. The crack team of doctors are a force to be reckoned with, employing the latest in tech wizardry to address a range of issues, from arthritis to chronic digestive disorders – and there’s a brand spanking new sleep laboratory to get over-ticking brains in check. Stints here aren’t exactly easy, but if you’re hell-bent on hitting the reset button, this is the place to do it.

We say: A vision in larch wood and glass, this Bavarian medi marvel is entirely deserving of its stellar reputation. Following an exhaustive roster of tests,

herbal compresses are administered to kick stagnant livers into action and colonics to sort out sluggish bowels. There’s also reflexology, amino acid infusions and salt baths galore. When you’re not hooked up to electrodes, the saltwater pool beckons, though the drastic diet switch-up – aimed at giving your gut a rest – may render you weary for the first few days. Regardless of your reason for visiting, you’ll leave with a new-found respect for your insides.

Try this: In the 50-minute-long Detox Drainage treatment, a peppermint oil blend and slow, sweeping movements encourage the expulsion of toxins, supporting the body’s cleansing process. *A seven-night stay starts at €5,215, which includes the LANS Med Basic Package and single occupancy in a double room; lanserhof.com/en*

**BEST FOR
SPECIALIST-
LED
RETREATS**



**THE FARM AT
SAN BENITO**
PHILIPPINES

Truly one of a kind, The Farm at San Benito dances to the beat of its own drum. Though the setting is lush and jungly and the feel wholeheartedly holistic, the medically led retreats are not to be scoffed at. Programmes span a range of areas, from cellular detoxification and heart health to chronic pain management, all under the guidance of a dedicated team of doctors.

We say: Stiff joints? Book a Tibetan steam session. Feeling bloated? Stomach-soothing Hara-Puri massage. Tension headache? Ear acupuncture. Yes, the offering is somewhat kooky but the results are mind-blowing. Regardless of whether you book in for a week or only a few days, you'll depart feeling a great deal better than when you arrived.

Try this: Not for the faint-hearted, the Intravenous Ozone Therapy involves the extraction and reintroduction (once it has been ozonised) of blood, to reinforce the immune system and keep inflammation at bay.

Rooms from £262 per night;
thefarmatsanbenito.com



**BEST FOR
HIGH-TECH
HEALING**

**WALDHOTEL HEALTH
+ MEDICAL EXCELLENCE
AT BURGENSTOCK RESORT**
SWITZERLAND

Bordered by meadows in the Swiss Alps, this newly opened health hotspot prides itself on tackling all manner of ailments, whether physical, emotional or a combination of the two. Full-body MOTs are paired with battery-recharging enterprises (like robing up for stress-annihilating spells in the hot-and-cold wellness space) while ultrasound scans come as standard. Tailored-to-you schedules might include pulmonary function tests and cryotherapy alongside invigorating Susanne Kaufmann treatments. Plus, thanks to the resort's status as an accredited hospital, you can rest easy that you're in incredibly safe hands.

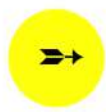
We say: Heavy on natural materials (think locally excavated Alpine stone and timber from the surrounding forests), you'll find yourself breathing more deeply from the get-go. The light-flooded bedrooms – each one

with its own sizeable terrace – peer out over Lake Lucerne, and there are some stellar hiking and biking trails on the doorstep. In the spa, top-of-their-game specialists get to the root of your concerns before detailing how best to sort them. You'll leave with a health dossier to keep you on track post check-out, but by then, the wheels for reaching peak wellbeing will already be well in motion.

Try this: Keen to up your game health-wise? The Waldhotel Check Up is a brilliant starting point. Beginning with an in-depth consultation, it involves a series of clinical assessments – from energy metabolism tests to dermatology skin screenings – to give you a clear idea of what you're working with.

The three-day Waldhotel Check Up programme begins at £2,987 per person, which includes spa access and breakfast; buergenstock.ch/en





ONE FOR THE WEEKEND

Close-at-hand hideaways that prove going the distance isn't always necessary



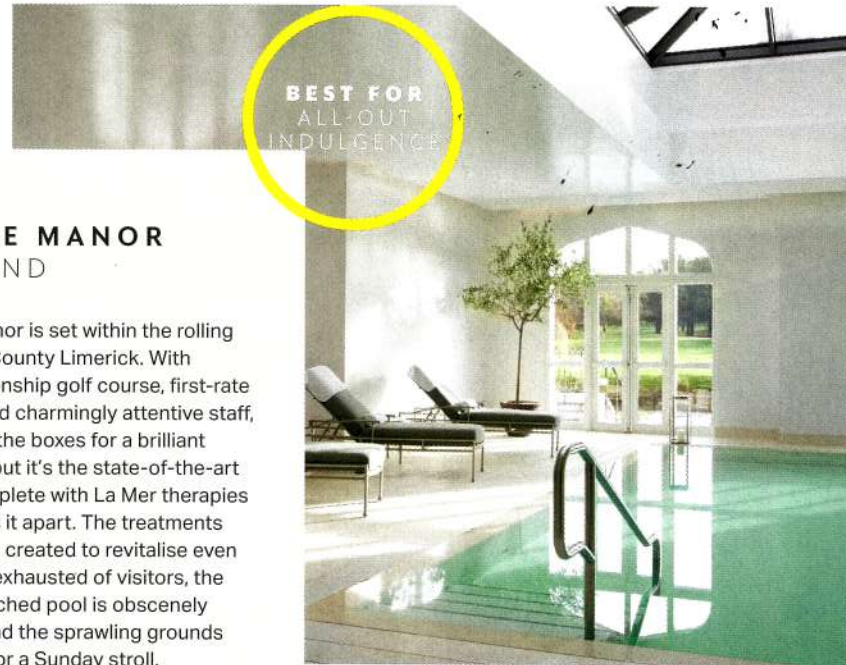
DOMAINE DES ETANGS FRANCE

BEST FOR
NURTURING
WITH A
SIDE OF
NATURE

The focal point of this rural French retreat is a biscuit-coloured chateau pasted straight from the pages of a storybook. The aim, in keeping with such a blissful set-up, is to reconnect with nature, so clear your head with a walk, a swim, some cycling or a spot of horse-riding, then have your body's stresses banished at the spa, where the estate's earthy elements are translated into therapies that loosen, lighten and enliven in equal measure.

We say: The turreted corner suites give great views (up into the rafters and out over the grounds), the Michelin-starred Dyades restaurant serves lunches worth lingering over and the thermal baths will leave you refreshed and radiant – but the peace-seeker's pièce de résistance is the still-working mill-turned-warren of treatment spaces. Before they drift shut, your eyes are drawn to the intricate works by botanical artist Duy Anh Nhan Duc, and your ears will appreciate the gentle hint of birdsong that drifts in on the breeze.

Try this: Down to Earth is 90 minutes of out-and-out heaven, re-energising weary limbs and relaxing well-worn back muscles by way of deep-tissue manipulation. Fresh verbena tea afterwards is just the ticket.
Rooms from €400 per night;
domainedesetangs.com



BEST FOR
ALL-OUT
INDULGENCE

ADARE MANOR IRELAND

Adare Manor is set within the rolling green of County Limerick. With a championship golf course, first-rate cuisine and charmingly attentive staff, it ticks all the boxes for a brilliant getaway, but it's the state-of-the-art spa – complete with La Mer therapies – that sets it apart. The treatments have been created to revitalise even the most exhausted of visitors, the light-drenched pool is obscenely elegant and the sprawling grounds are ideal for a Sunday stroll.

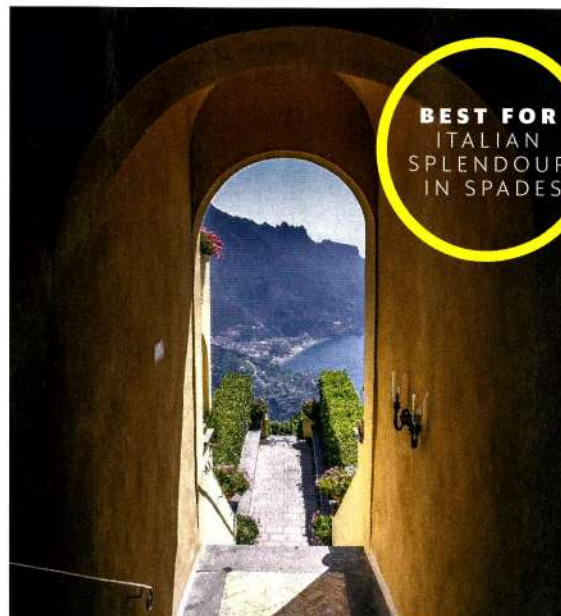
We say: Despite undergoing a recent revamp, this escape has held on to its heritage. It is undeniably grand (think wood-panelled walls, open fireplaces, and sweeping arches) without feeling stuffy, and the menu in the Oak Room is a revelation. Hit the relax button and head to the spa for a tailored facial or a Margaret Dabbs pedicure.

Try this: Designed to upgrade your shut-eye, the Sleep Sound treatment comprises firm kneading and the application of cooling Irish stones. It's sigh-inducingly soothing.
Rooms from £250 per night;
adaremanor.com

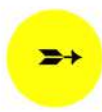
BELMOND HOTEL CARUSO ITALY

Occupying a position high in Ravello's undulating hills is Belmond Hotel Caruso – a grand Italian resort offering five-star service, ocean views and plenty of charm. Don't leave without hopping on board Summer Time, the hotel's speedboat, which whips guests up the coast for pastel-hued Positano photo opps from the waves.

We say: Head to the wellness centre for a purifying pre-treatment steam, then wander into the rose-scented gardens to have aches and pains pummeled away.
Try this: A head-to-toe glow starts with the Sottosale ritual – a full-body bonanza that sloughs away rough skin with a Sicilian sea salt concoction. Jetting away with little ones? Book them in for a specifically designed massage or manicure.
Rooms from €900 per night + VAT;
belmond.com/italy



BEST FOR
ITALIAN
SPLENDOUR
IN SPADES



FIT FOR PURPOSE

High-energy escapes to set pulses racing



THE BODY CAMP IBIZA

Proving there's more to the White Isle than hedonism, The Body Camp offers an all-encompassing approach to wellbeing; focusing on boosting both your physical and mental health from the second you set foot in the super-villa (hello, ultra-sleek 15m pool).

A dedicated troop of trainers, chefs and mind coaches guide you towards your end goal while arming you with strategies to help you keep up the good work once home. Although the days are jam-packed – with 6am starts and a strict workout schedule – the team here favour encouragement over barked orders.

We say: Turn off your phone, try every activity and shake off any inhibitions (something the team will aid with their end-of-week dance video – yes, really). Don't be daunted by the prospect of a plant-based diet – not only is it cleansing, but so damn delicious you'll barely notice. As for the 'E' word (that'll be exercise), you needn't be a gym bunny to book on, but a base level of fitness helps with the cardio. Expect to sweat tons, but also laugh, relax and reset.

Try this: The plan's all-in, meaning you'll experience everything from brutal boxing drills and silent hikes to hands-on cookery classes.

From £1,500 per week, including accommodation, meals and fitness; thebodycamp.com

BEST FOR
EMPOWERING,
EXPERT-LED
PROGRAMMES



SIX SENSES KAPLANKAYA TURKEY

Presiding over a cypress-studded sweep of Aegean coast an hour's drive from Bodrum, this is a transformative destination spa with applause-worthy eco-credentials. The vast, super-smart wellness space, which is home to a Holistic Anti-Ageing centre and 20 treatment rooms, is nothing short of sublime, while the resort's expert-directed fitness offering sets the ocean-gazing triumph apart from the crowd.

We say: Following a NASA-approved body composition evaluation, guests adhere to meticulously mapped-out workout regimes, and though you can expect to be put through your paces, the strength-building sessions will see your confidence soar. Those keen to up their kitchen know-how can join raw cooking classes, there are heaps of sunbathing spots to slink off to between sessions, and the coastal walks with clued-in guides are an excellent way to explore. Treatments run the gamut from anxiety-eliminating Watsu massages to wrinkle-smoothing rubs, and the expert instructors will ensure you stay focused along the way.

Try this: The Signature Hammam will blast away any lingering cobwebs in a flash. It's somewhat intense, but you'll resurface from this purifying pursuit feeling brand new.

Best at Travel offer five nights at Six Senses Kaplankaya from £849pp, based on two sharing a Seaview Ridge Villa on a B&B basis, including return flights from London; bestattravel.co.uk

BEST FOR
A HEAD-TO-
TOE BLITZ

SIX JUMEIRAH AT SAADIYAT ISLAND RESORT ABU DHABI

Balance is the key to feeling good, and you can consider body and mind masterfully looked after at this sun-drenched stay on Saadiyat Island. Along with unparalleled views across the Arabian Gulf, time here grants you access to one of the most impressive workout spaces the world over: the latest outpost of Bodyism. Combining high-powered training sessions with tried-and-tested advice, the bespoke fitness programmes deliver serious results, and the carefully curated, nutritionist-approved menus are far from bland.

We say: The impeccable fitness studio is staffed by trainers who'll keep you motivated and recommend therapies (think toxin-busting body wraps and brightening, tightening cryo treatments), and there's a tennis court, triptych of pools and a traditional Arabian Rasul chamber. The Bodyism spirit is echoed by the hotel's ban on plastic bottles and straws, while Jumeirah is committed to preserving the white sand dunes – a nesting site for endangered Hawksbill turtles.

Try this: The signature Bodyism Oracle takes into account your strength, sleep patterns and lifestyle, allowing a tailored fitness and nutrition prescription to be crafted. You'll check out leaner and with off-the-chart energy levels.

Rooms from £275; jumeirah.com

BEST FOR
TARGETED
SELF-
NURTURE





BEST FOR
PURE
LUXURY



CHEVAL BLANC RANDHELI MALDIVES

Two words: spa island. Or rather, the most sprawling, spoiling spa set-up you've ever clapped eyes on, framed by swaying palms, peppered with thatched treatment villas and strung with hammocks. The satisfyingly indulgent treatment line-up comes courtesy of Guerlain, and should you feel like picking up the pace, there's no shortage of wellness-led workout classes on offer.

We say: After glimpsing baby reef sharks on the dhoni ride over to the spa, you'll be greeted with a cold, Guerlain-spritzed towel and sensational views out across the atoll.

Begin with a one-on-one yoga session led by Indian master Puñeet Sharma, then mooch along to your treatment pavilion to let the world-class therapists do what they do best.

Try this: Pep up a less-than-perky complexion with Guerlain's Orchidée Impériale Prestige Treatment. A flurry of speedy, sculpting massage strokes followed by the application of an ultra-concentrated serum leaves skin lifted and radiant.

Rooms from \$2,000 per night (approx. £1,519); chevalblanc.com

WORDS: LAURA ANTONIA JORDAN, CAROLYN ROBERTS, HANNAH COATES, JOELY WALKER, SOPHIE OURESHI, EMMA STODDART, RICHARD MACKICHAN, SIOBHAN WARWICKER, PHOTOS: KARINA TWISS



SUNSHINE SAVIOURS

*These wellbeing wonders
deliver serenity central*



BEST FOR
SELF-CARE
WITH A
CONSCIENCE

BAWAH RESERVE INDONESIA

Six pancake-batter islands set in an expanse of turquoise water make up the remote paradise of Bawah Reserve – a sustainably-minded escape in Indonesia's Anambas archipelago. Generous bathrooms feature copper tubs, spiral stairs wind through decks of reclaimed teak, and chairs crafted from flotsam blend almost seamlessly with the lush forest backdrop. With no TVs and minimal WiFi, there's little choice but to unwind, whiling away the days snorkeling in the lagoons before kicking back in the serene spa.

We say: Daily treatments are included in the room rate, which makes it even easier to indulge. With an emphasis on the holistic rather than the aesthetic, the menu boasts enough varieties of massage to sample a different one every day of your trip. From healing therapies to relieve mental strain to achingly-intense reflexology, you'll arrive home fully restored.

Try this: When your knots are fully kneaded, opt for the Yoga Facial. A contoured jade stone is swooshed over the skin, sculpting, de-puffing and chiselling in cheekbones you had long given up on.

Scott Dunn offers seven nights at Bawah Reserve Island from £3,980pp, based on two adults on a full-board basis, including flights and transfers; scottdunn.com