

AUGUST 2014 £3.60

SPA TREK

*24 pages dedicated
to perfect pampering*

BEST BEACH READS

SPORTS LUXE

LUKE

How to work the trend

Florence Brudenell-Bruce on island life

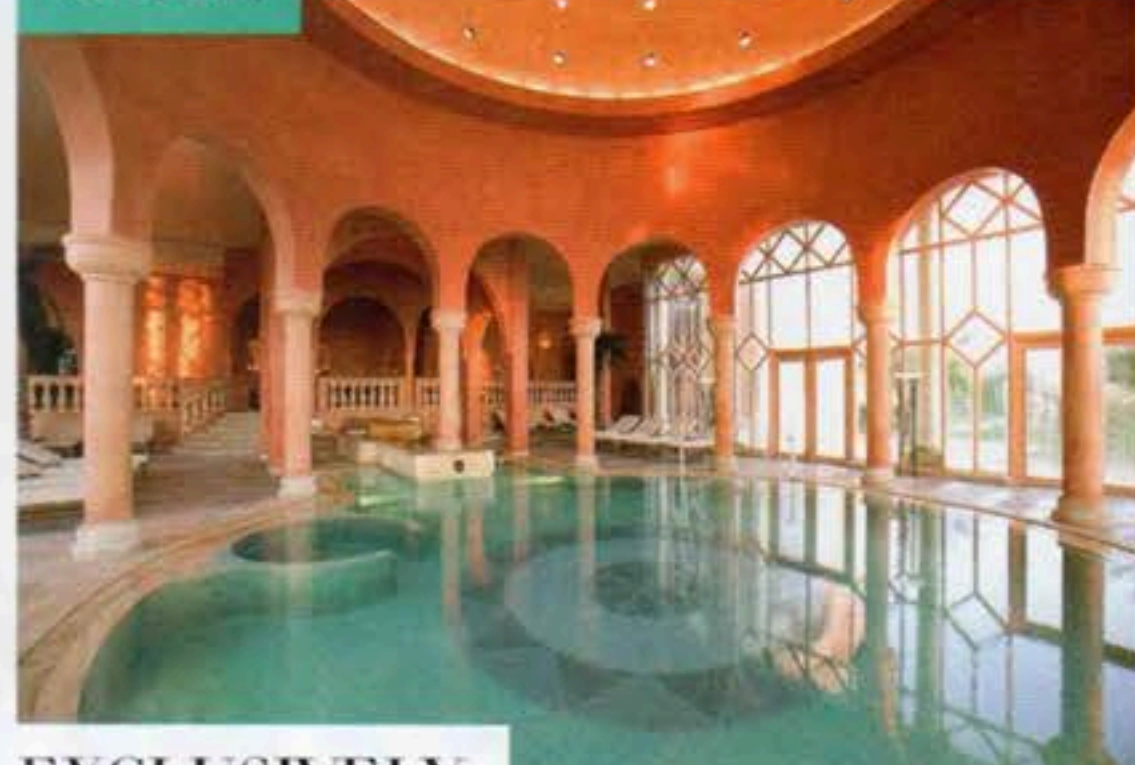
THE BEST OF BOTH WORLDS



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Whether it's to detox, de-stress or just have some 'me-time', we handpick the perfect places for pampering...

August 2014 | COUNTRYANDTOWNHOUSE.CO.UK | 77 »

SPA
GUIDE

EXCLUSIVELY
ESPA

The Thalasso Spa at the The Residence Tunis is one of the finest and largest (3,500sq/m) destination spas in the region, sporting 30 treatment rooms, hammam, thermal cabins and a seawater pool. Delicious aromatherapy brand ESPA has designed a new spa menu incorporating traditional therapies exclusively for the hotel. Treatments include Revitalising Oasis Ritual and Essence of Earth and Ocean Experience.

theresidence.com/tunis

Spa News

The Spa Spy reveals the top luxe spa escapism stories from around the globe

ALL'S WELL ON VAMIZI

The quintessential African paradise isle, and home to 'nature's biggest spa' (all treatments use natural recipes borrowed from local women), announced a new yoga and wellness centre to include signature treatments. Vamizi Ocean Ritual combines indigenous ingredients to create a healing journey of body and mind set against the hypnotic sounds of the ocean. Dreamy. vamizi.com



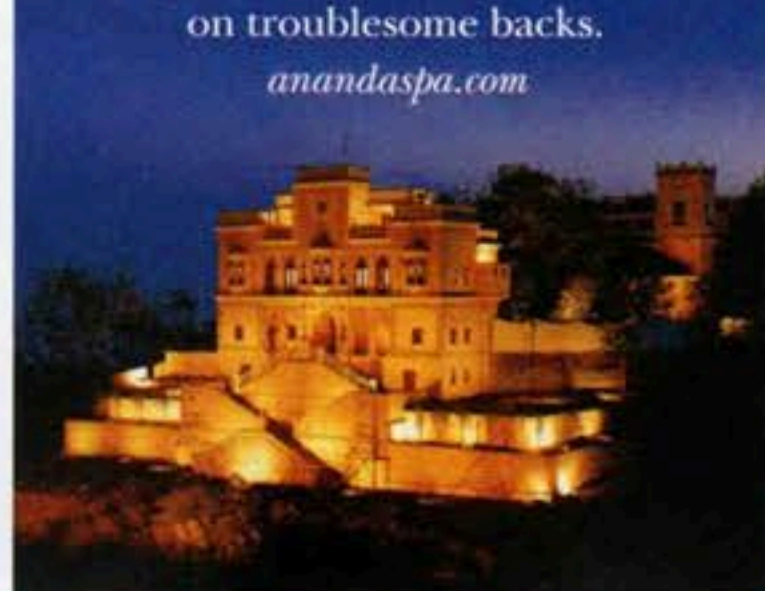
TRIM DOWN IN TURKEY
Celebrity 'beautiful body' trainer (Rosie Huntington Whiteley et al) James Duigan and his globally respected Bodyism team take residency at the deluxe D. Hotel Maris this summer with their celebrated Clean and Lean programme. Designed to help strip fat, enhance health and improve posture, the Clean and Lean philosophy marries bespoke personal training and healthy cuisine, designed by the wellbeing expert himself, for a proven life re-boot. dhotel.com/tr



BACK TO BASICS IN THE HIMALAYAS

Sitting at the foothills of the Himalayas the Ananda Spa is one of Asia's most iconic Ayurvedic retreats. Throughout the year visiting masters offer specialised healing retreats and workshops. October sees craniosacral practitioner Cameron Walker work his spiritual magic. Originating from osteopathy, cranialsacral therapy is thought to work wonders

troublesome ba



II. A ISLAND

'Beyond organic' and super-luxe spa brand Ila teams up with The Cotton House. Mustique this winter, creating the island's inaugural luxury spa retreat. Running from 10-17 November, the unique wellbeing week promises a personalised experience tailored to specific individual or group needs, including signature treatments, made to measure yoga programmes, sound healing and a menu of rejuvenating spa cuisine. Guests can choose from suites, beachside boltholes or a top-hedged villa with panoramic views of the island and turquoise Caribbean waters.

FIVE HOT CITY TREATMENTS

1 SKINBREEZE BY DEBBIE THOMAS, HARI'S

Interested in microdermabrasion but a little fearful? The A-listers' favourite skincare expert Debbie Thomas has a pain-free version with glowing results. *From £165 for 60 mins; harissalon.com*

**2 THE MINT GREEN TEA
TINGLER DOLPHIN SQUARE**

3 TINGLER, DOLPHIN SQUARE
A mint leaf foot soak, green tea and ginger exfoliation, detoxifying body wrap and targeted massage leaves you feeling smooth and rejuvenated from head to toe. Literally. £75 for 60 mins; dolphinsquare.co.uk/spa

3 HAYFEVER RESCUE FACIAL, FOUR SEASONS, HANTS
The anti-inflammatory facial combines cold eye compresses, light lymphatic drainage and acupressure to soothe itchy eyes and clear streaming noses. £105 for 60 mins; fourseasons.com/hampshire

REFLEXOGRAPHY.
PULGAR HOTEL

5 BULGARI HOTEL
A retreat for feet using a combination of reflexology and choreography set to music specifically composed to complement the choreographic nature of the massage sequence. £200 for 60 mins; bulgarihotels.com

5 LEGEOLOGY LYMPH-LITE, BEAUTY WORKS WEST
Created by 'Legologist' Kate Shapland, a 55-minute leg contouring treatment using a combination of exfoliation and a lymphatic draining massage, leaves tired legs lighter and puff free. £80 for 55 mins.