



WELL HEALED

From tree-posing in Sri Lanka to fasciatherapy in Paris, retreat to these restorative spa destinations for a trip of the holistic kind

RITZ PARIS PARIS, FRANCE

A must-visit for Chanel fans, the legendary hotel is home to Chanel au Ritz Paris, the world's first Chanel Spa and a sanctuary that epitomises the brand's art of skincare and style. The ultimate indulgence is the Le Grand Soin. The customisable treatment starts with the signature Le Massage de Chanel, where fragrant oils

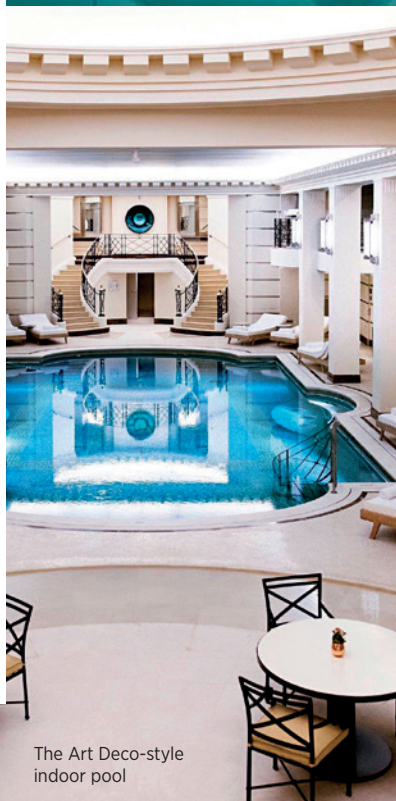
and deep, long strokes are used to relax your muscles and joints. Next comes a highly concentrated coat of collagen, followed by a facial of your choice using

products from a Chanel Beauty skincare collection, such as Sublimage for anti-ageing or Le Blanc for a radiance boost.

Visit ritzparis.com



A Chanel spa suite



The Art Deco-style indoor pool

KENSHŌ ORNOS BOUTIQUE HOTEL & SUITES MYKONOS, GREECE

Kenshō is an oasis of traditional Aegean architecture and modern luxury. Inside the subterranean spa, carved-rock walls, an illuminated pool, tropical rain beds and a hammam await. Try the Hot Shell Massage, where heated seashells help boost blood circulation, and the Express After Sun facial to hydrate and heal your skin after a day out. Visit kenshomykonos.com



Bedrooms are designed using natural elements like wood and stone. The Cave



AMANEMU SHIMA, JAPAN

With an outdoor thermal spring garden, a 21,528sqft spa and two onsen bathing pavilions, you will feel a sense of calm immediately upon entering Amanemu. Set aside at

least three nights for one of the four Wellness Immersions—Mindfulness & Stress Management, Detox & Cleansing, Beauty & Slow-Ageing or Recovery & Recuperation—each of which combine private specialist therapy sessions, spa treatments, group movement sessions and personally curated wellness menus for a blissfully holistic journey. Visit aman.com

From top: Experience complete zen at Amanemu. A tranquil view from the Nagi Suite



SPA AWARDS 2019



Melanie Grant's stylish interiors



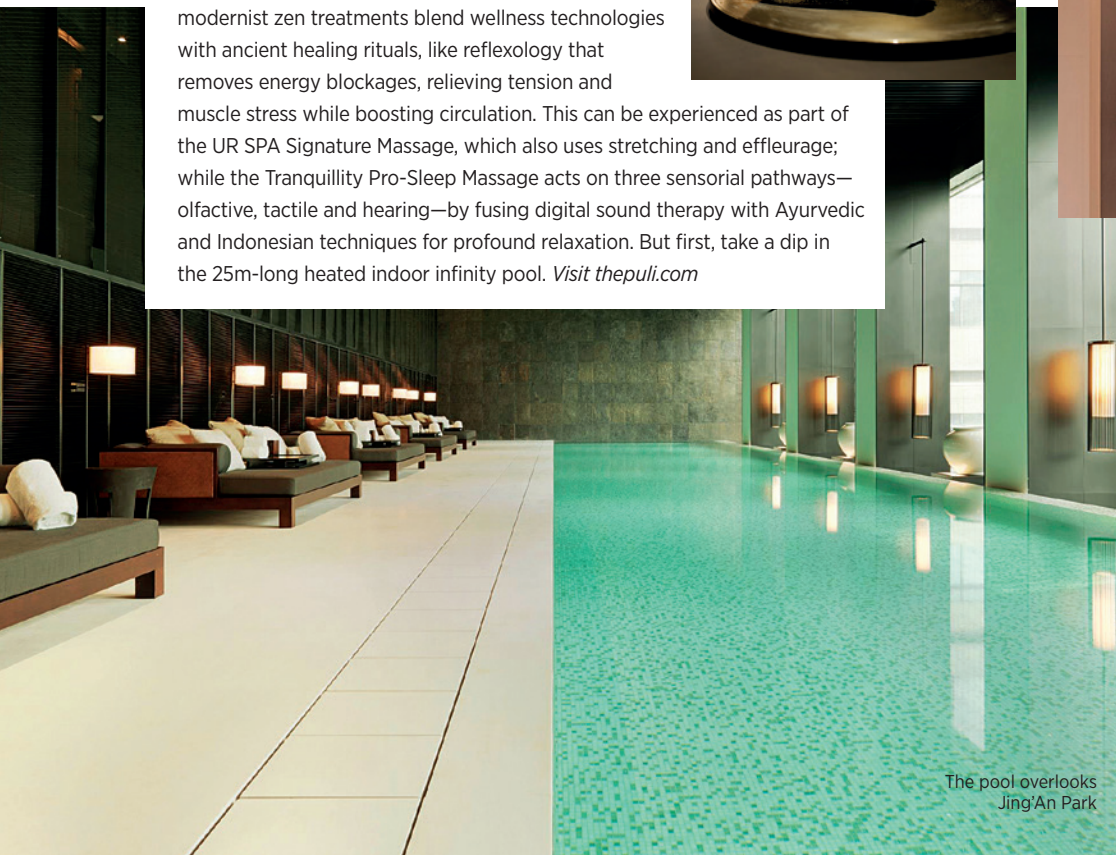
MELANIE GRANT SYDNEY, AUSTRALIA

Located in Double Bay—one of Sydney's most prestigious neighbourhoods—since 2012, the go-to facial guru among local insiders has established herself as one of the best facialists and skin professionals in the region. Book in advance (we suggest three months) for the Bespoke Clinical Facial with Melanie Grant herself. Based on your completed questionnaire, Grant first does a stimulating deep double cleanse along with a fine diamond microdermabrasion, followed by a lactic acid peel and a customised dermal booster infused via ultrasound. An organic cream mask is then layered under a collagen mask and left to set before LED light therapy. Each treatment ends with a restorative European Massage to boost circulation and imbue radiance. A final application of Augustinus Bader's cult cream and a spritz of SPF 50 protection, and you're good to go. Visit melaniegrant.com

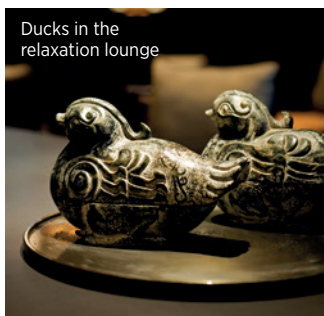


THE PULI HOTEL AND SPA SHANGHAI, CHINA

UR SPA is a city slicker's hideaway in The PuLi Hotel and Spa, China's first luxury urban resort. Here, modernist zen treatments blend wellness technologies with ancient healing rituals, like reflexology that removes energy blockages, relieving tension and muscle stress while boosting circulation. This can be experienced as part of the UR SPA Signature Massage, which also uses stretching and effleurage; while the Tranquillity Pro-Sleep Massage acts on three sensorial pathways—olfactive, tactile and hearing—by fusing digital sound therapy with Ayurvedic and Indonesian techniques for profound relaxation. But first, take a dip in the 25m-long heated indoor infinity pool. Visit thepuli.com



The pool overlooks Jing'an Park



Ducks in the relaxation lounge



Tri, a lush clifftop respite in Sri Lanka

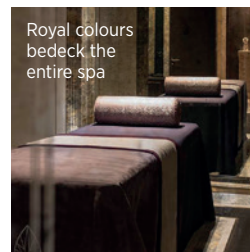
TRI AHANGAMA, SRI LANKA

Sri Lanka's first sustainable luxury hotel is set on the shores of Lake Koggala, in the heart of cinnamon-producing country. The word "Tri", meaning "three", refers to the three mind-body types in Ayurveda, and the "tree" pose that you can master in the daily Quantum Yoga sessions. No euphoria-inducing stay here is complete without experiencing its Ayurvedic therapies—an expert will assess your mind-body type then tailor sequences according to your ability level and inner nature. Visit trilanka.com



THE LANESBOROUGH LONDON, UNITED KINGDOM

The marbled, mirrored interiors of the 18,000sqft The Lanesborough Club & Spa are the most opulent in the capital—and exclusively for use by hotel guests and members only. Services extend across beauty, fitness and wellness, including



Royal colours bedeck the entire spa

tailored workouts and, of course, exquisite spa treatments. Think: A pearl and jasmine crystal scrub to restore vitality, clarity and flow to your

body; and a White Caviar Brightening and Firming Facial using La Prairie products to leave your skin smooth and toned.

Visit oetkercollection.com