

Spring 2011

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# Spa Secrets

mind, body & soul

## DIANE KRÜGER

the face of Calvin Klein beauty on her latest film roles

## top reviews

spas & hotels around the world

**WIN!**  
a luxury spa break for two to spain

## beach retreats

luxury spas to get away from it all this spring

## workout wardrobe

look stylish whatever you choose to sport

## GET SET

bootcamps to get you fit this spring

# travel hotspots 2011

destinations & spas not to miss this year

## let's face it

testing the latest facials on offer

£3.75



# Hot SPOTS

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Stuck for an idea of where to head this year? **Kellie Smith** gives you the lowdown on the hottest destinations for those looking for something a bit different from a spa break

*Best for*  
DESERT  
& SPA

## OMAN

If you've experienced the frenetic pace of Dubai and want a more scenic holiday in the sun — without the skyscrapers — look no further than neighbouring Oman. Only a seven-hour flight from the UK, its varied topography of mountains, beaches and desert means the pace of life may be slower, but there's enough scope to keep the energetic entertained. Race up and down huge sand dunes in 4x4s or on camels or, if you're a water baby, there are many pristine dive sites to explore.

Oman already has a reputation for its luxury accommodation with over 10 five-star hotels offering a spa experience. Now the government is investing \$20 billion (£12.40 billion) in the tourism sector, this is a destination to watch. Spa goers are eagerly awaiting the opening next year of The Anantara Al Madina A'Zarqa Resort & Spa, set on the beach only 40 minutes from Muscat. In the meantime, Shangri-La's Barr Al Jissah Resort & Spa, The Chedi Muscat, and Al Bustan Palace are some of the most renowned luxury hotels with spas.

▷ **Check in: The Chedi Muscat**

This summer the luxury Chedi Muscat will open a brand new spa featuring a gym, sauna, steam room, eight treatment rooms and the Long Pool — a 103 metres outdoor swimming pool. [www.ghmhotels.com](http://www.ghmhotels.com)

*Best for*  
SHORT SPRING  
SPA BREAK

## MARRAKECH

The Moroccan city becomes even more alluring this spring with the launch of new flights — hopefully making prices even more competitive. British Airways will begin flying from Gatwick from the end of March, while British Midland begins services in April, adding to those already offered by low-cost airlines such as Ryanair.

Less than three hours from the UK, the city is an ideal short break in spring when temperatures hit a pleasant mid-20C. Go for the chance to experience local customs such as the hammam, combined with historic tours and, of course, shopping in the souks to purchase spices and handicrafts.

While public hammams offer a rather raw experience of the age-old ritual of purification and well-being, most hotels offer a more 'sanitised' or 'pampering' version. The Mamounia Spa recently underwent a £100m facelift and has a 25,000ft spa including two traditional hammams.

▷ **Check In: Es Saadi Gardens & Resort**

This 20-acre luxury resort looks like a palace with 90-rooms and 10 oriental-themed villas with private pools. Indulge in the Marrakesh Hammam, where the skin's exfoliated with black soap and wrapped in Fez ghassoul earth — mineral-rich clay extracted from the Atlas Mountains — to remove impurities, and leave it soft and silky. [www.essaadi.com](http://www.essaadi.com) >