

PSYCHOLOGIES

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MAGAZINE

How to create an **extra hour** in your day

Make sense of your guilty pleasures (then enjoy them)

SHOULD YOU PLAY THE **SHRINK** WITH YOUR FRIENDS?

WELLBEING
Why your body **needs** the sun

INTRODUCING PHILIPPA PERRY'S THERAPY CASEBOOK

THIS SUMMER'S STAR
ROSE BYRNE

«I'm as vulnerable as the next person»

DOSSIER 18-PAGE SPECIAL

Be a happier couple

RELATIONSHIP MASTERCLASS: Everything you need to know now about money, sex, parenting... and how to argue



Spa special

Balance your
body, mind
and spirit

BEST FOR... **winter sunshine**

Es Saadi Palace Spa, Marrakech, Morocco

The Es Saadi Palace, nestled in a private 20-acre garden in the Hivernige quarter of the city, is an easy 15-minute transfer from Marrakech airport. While the hotel boasts traditional Moroccan decor, the spa area, which houses the Dior Institute, is so new it sparkles. The spa is built around a 100-year-old eucalyptus tree, the pool surrounds its roots and it can be seen from all floors.

The softly lit Dior treatment room is achingly chic. The walls are covered in padded lilac fabric and smoked mirrored cabinets. I was wrapped in warm blankets and towels as my face was gently exfoliated and a deliciously fresh mask applied. My back, neck and arms were then massaged. I was in Dior heaven and didn't ever want to leave. After the treatment, I visited the relaxation area, a peaceful room with several large waterbeds. I lay down and within minutes I was floating into a deep sleep.

Away from the spa, there are plenty of attractions within easy reach – perfect if you're on a weekend



break. Take a walk round Yves Saint Laurent's exotic Majorelle Gardens and Islamic art museum. They afford an intimate glimpse into his life, and his passion for Morocco. **Liz Simon**

Treatments cost from £31. Rooms cost from £167 per night, including breakfast. Deluxe suites cost from £406 per night (essaadi.com)

INSIDER TIP
Temperatures in December average 24°C, making this a perfect short-haul destination



BEST FOR... **healing**

Ayii Anargyri Spa Resort, Paphos, Cyprus

Deep in the Cypriot hills, 45 minutes' drive from Paphos airport, lies Ayii Anargyri. Once a monastery, this natural healing spa uses the sulphurous water from a local spring in many of its treatments.

My first included a full body exfoliation, sulphur mud treatment and massage. For my second, I lay in a hot tub of sulphur water while the therapist used a hose under the water to massage my body. It provoked an odd feeling of vulnerability, but afterwards I felt rejuvenated, almost as if there was an instant improvement to my circulation.

Ayii Anargyri runs off 40 per cent renewable energy and in the morning, you'll spot the chef gathering herbs, vegetables, fruit and eggs. Meals are served with fresh orange or grape juice or warm almond water from the resort's trees. **Sophie Herdman**

Treatments cost from £31, Double rooms from £133 per night, including buffet breakfast (ayiianargyrisparesort.com)

INSIDER TIP
Ayii Anargyri can organise up to two weeks of personal training, set menus, tailored treatments and consultations