

SPA GUIDE

A woman with long, wavy brown hair is sitting on a wooden deck next to a swimming pool. She is wearing a white, ribbed, one-shoulder swimsuit with a thin red trim along the neckline and hem. She is looking down and to her right. The background is the clear blue water of the pool.

45 pages
of how to
soothe the
mind, cleanse
the body and
invigorate
the soul...

THE SPA GUIDE

BEAUTY QUEENS

Big name brands that deliver



LA MER AT ADARE MANOR Co Limerick, Ireland

What better way to reboot your system than at a fantasy neo-gothic castle that has just undertaken its own life-affirming makeover? The two-year renovation of this historic estate, once the home of the Dunraven family, is said to have been one of the biggest construction projects in Ireland outside of Dublin, and no expense has been spared. At a glance it appears to have been faithfully restored to its 19th-century heyday – gurning gargoyles, decorative carved staircases and hand-knotted Tibetan rugs – but the bones of the building conceal all the technical wizardry a modern spa-goer has come to expect. The small, but perfectly formed spa is exceptional in that it is the first, and only in Ireland, to have partnered with Crème de la Mer. What began as a physicist seeking to self-remedy burns sustained after an experiment gone amiss has snowballed into the cult brand beloved by serious beauty fanatics. With the bracing Wild Atlantic Way just a short drive away, it seems only appropriate to be slathered in products that harness the power of the sea. After the 180-minute La Mer Miracle Broth experience you'll be looking for any excuse to dive headfirst into the four-poster princess bed you've had your eye on since check-in.

BOOK IT: Doubles from £285 B&B. adaremanor.com



ESPA AT CASTELLO DEL NERO Tuscany, Italy

If you want to zzzz in a 12th-century former nobleman's castle – set in 740 tranquil acres of rolling hills – then try Castello del Nero's new Sleep Retreat created with ESPA. Bag a suite with Pompeian-style, 18th-century frescoes and let the butler draw you a steaming, essence-infused bath strewn with rose petals. If you're awake by lunchtime, tear yourself away from your zillion thread-count Egyptian sheets to eat foods rich in tryptophan (makes the sleep

hormone melatonin) and fresh ricotta and spinach ravioli (with its sleep-inducing magnesium), all whisked up in the hotel's Michelin-starred restaurant. Then, pop down to the spa for the ESPA Sleep Ritual: think mindfulness meets massage with a foot ritual, cymbals to open the chakras, breath work and meditation, and a hot stone massage with a restorative body oil of frankincense and rose geranium. All guaranteed to calm a busy mind and have you sleeping like a bambino.

BOOK IT: Doubles from €422 B&B. castellodelnero.com



VINOThÉRAPIE AT LES SOURCES DE CAUDALIE Bordeaux, France

Pampering combined with Michelin-starred dining and wine tasting? Mais oui, naturellement. Just 20 minutes from Bordeaux, in the Château Smith Haut Lafitte Vineyards, the world-class Vinotherapie spa sits in beautiful French gardens, surrounded by endless acres of green, green land, offering the perfect weekend away for spa bunnies, gourmands and oenophiles. After all, a little of what you fancy never hurt anyone. Feel virtuous on bike rides and walks through the wondrous countryside, then return and surrender

to your senses. Traditional hands-on face and body treatments with signature Caudalie facials and massages (no half-hearted Swedish massages here) invigorate and rejuvenate stressed-out bodies (the Caudalie brand was developed here by the vineyard owner's daughter, Mathilde Thomas, and the château is its very heart and home). After that, it's wining and dining in the way only the French know how, before collapsing, fully sated, in a cloud-like bed for the sleep of the dead. Bliss.

BOOK IT: Doubles from €300 B&B (sources-caudalie.com). Easyjet flights from £23.24pp one-way (easyjet.com)



JK7 SPA RETREAT AT THE SULLIVAN ESTATE Oahu, Hawaii

If you haven't heard of beauty brand JK7, it's best known for flogging the world's most expensive anti-ageing serum for around £1,400, so that gives you some indication that a stay here is not for the financially challenged. In fact, you have to book out the whole lushly tropical five-acre estate and its top-notch facilities in their entirety, so gather a group of friends (up to 12) and embrace your wellness journey together (although it's feasible for just two to stay). A vast, stunning eco house is your home from home with

a private chef to provide balanced delicacies. The basic spa package offers a yoga class, massage and Spa Sensor session (a techy treatment brilliant for stress busting) during your stay, but you've made it this far, so we say go bespoke and every detail of your stay can be personally crafted for you, from diet to the type of yoga you practice. For the rest of the time, you can hit the gym, get on the Power Plate, enjoy endless steams and saunas, meditate in the room designed just for that, then collapse in front of a movie in your own cinema.

BOOK IT: Three nights (minimum stay), from \$8,980pp per night. sullivanestate.com

PACKING ESSENTIALS



LA MER
Moisturising gel, £220. cremedelamer.co.uk



CAUDALIE
Detox Oil, £30. uk.caudalie.com



ESPA
Muscle Rescue Balm, £30. espskincare.com



FENELLA SMITH
Toucan vegan leather wash bag, £20. fenellasmith.com



JK7
Unique Hair & Body Wash, £165. jk7skincare.com

PHOTOS: TUCA REINES