1 LONDON
ESPA LIFE,
CORINTHIA HOTEL
LONDON
Spa: With a clutch of awards to its name, ESPA Life at the glamorous Corinthia Hotel London is seriously decadent – all four storeys of it. Curved walls and soft contours create individual pods, black marble adds to the glamour, there’s a heated pool, amphitheatre sauna and huge choice of treatments (trainers, nutritionists and all manner of wellness specialists are on-hand, as is A-lister hairdresser Daniel Galvin). A signature 80-minute Shiatsu-inspired massage costs £160 and leaves guests relaxed and rejuvenated.

Stay: An opulent grande dame of a hotel for the 21st century, the location on the Thames in Whitehall is hard to beat for a special treat. The suites are a favourite with celebs (with a price tag to match). Sip champagne and feast on oysters at art-deco Massimo’s seafood eatery, or enjoy refined British fare at Northall restaurant.

Book it: Rooms from £355 a night. corinthia.com

2 PARIS
SPA LE BRISTOL
BY LA PRAIRIE,
LE BRISTOL PARIS
Spa: For clients heading to the City of Love, a stay at Le Bristol Paris and a spot of pampering at Spa Le Bristol by La Prairie is as good as it gets. With natural light, an interior garden, eight treatment rooms, hydrotherapy jets and the very best products, the spa is an oasis of wellbeing. The La Prairie Anti-ageing facial costs €220 for 80 minutes.

Stay: Arguably Paris’s most luxurious historic hotel, Le Bristol has charm and elegance in spades. Close to the Champs-Elysées, highlights include Michelin-starred dining, a beautiful bar and pool with views over the Paris rooftops.

Book it: Rooms from €910 a night. lebristolparis.com

3 NEW YORK
BLISS 49 SPA,
W NEW YORK
Spa: Recharge after shopping or make like New Yorkers with the perfect mani at Bliss 49 Spa. Spread over two floors, the spa has nine treatment rooms, as well as steam rooms, saunas, manic-pedi stations (complete with personal headsets) and a huge menu of therapies, including a Hot Cream Manicure ($25).

Stay: A good choice for a girly break, the W New York hotel is glamour and hip with a playful vibe, late-night lounges that are perfect for those all-important cocktails and a Manhattan location that means all of New York’s sights (and shops!) are within easy reach.

Book it: Rooms from $399. wnewyork.com

4 BARCELONA
YHI WELLNESS
BY SILOM, MELIA
BARCELONA SKY
Spa: Leave the buzz of Barcelona behind temporarily and retreat into this cutting-edge boutique hotel’s zen spa. There’s a hydro zone (think massage pools and hydrotherapy showers), personal ‘spa valets’ to ensure perfect pampering and treatments based on Mayan and Aztec rituals which use 100% natural products. Try the Shine Facial, sure to leave skin soft and smooth – with a face, neck and shoulder massage thrown in (£85).

Stay: In the trendy Poble Nou district, the 29-storey hotel is quirky and cool – a fun place for a group of friends or a hipster romantic break. There’s a sexy bar and nightclub, two restaurants (including the Michelin-starred Dos Cielos Restaurant on the 24th floor) and outdoor pool too.

Book it: Rooms from £101.81. melia.com

5 MARRAKECH
RIAD SAPPHIRE
AND SPA
Spa: Wellness is a focus at this new riad, which has its own hammam and courtyard relaxation areas for sipping mint
tea after spa-ing. The signature traditional hammam treatment involves exfoliation and a facial ghassoul clay mask, typical of Morocco (£80). The mineral-rich clay from the Atlas Mountains improves skin tone.

Stay: Right in the heart of the medina, Riad Sapphire combines historical features with modern comfort. There are eight cool suites simply and elegantly furnished, and a roof terrace to soak up mountain views.

Book it: Special opening rates for bookings before August 31 start at £70 a night (a 50% discount), bookings before August 31 start at £70 a night (a 50% discount), book now.

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