

in association with

# Condé Nast **ESPA** Traveller

MARCH 2007 NUMBER FIVE

SPA SPECIAL

READERS' SPA AWARDS 2007

## The world's 100 best spas

### Trick or retreat?

Where to find real solutions to common health problems (and they work)

**8** Top spas in Asia

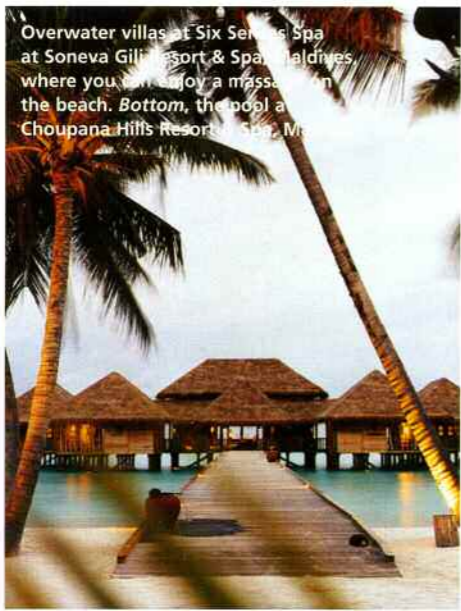
**Ireland's most luxurious hideaways**

**Praising Arizona**

Super spas in the desert



# Hotel spas



## Hotel spas

In Europe, the Choupana Hills Resort & Spa is best for *cuisine*, while the *ambiance/decor* at the Four Seasons Hotel George V Paris and *body treatments* at Le Sirenuse are of the highest order. In The Americas & Caribbean, you were bowled over by the *accommodation* at Sandy Lane, the *facilities* at The Spa at Mandarin Oriental, New York and the *cuisine* at COMO Shambhala Retreat at Parrot Cay. In Africa, Middle East & Indian Ocean, you love the *level of service* at the Soneva Gili Resort & Spa, the *facial treatments* at the Assawan Spa & Health Club and the *accommodation* at Al Qasr Madinat Jumeirah. This year's overall winner, the Four Seasons Resort Chiang Mai in Asia scored above 90 on all criteria, but you singled out The Datai for its *ambiance/decor* and the Oberoi Udaivilās for its *cuisine*. In Australasia & South Pacific, you rate the Azure Spa at Lizard Island for its *individual approach*, and Sebel Reef House & Spa for its *facilities*, while you are fond of the *accommodation* at BLUE Sydney.

Overwater villas at Six Senses Spa at Soneva Gili Resort & Spa, Maldives where you can enjoy a massage on the beach. **Bottom**, the pool at Choupana Hills Resort & Spa, Madeira.

## Africa, Middle East & Indian Ocean

- 1 Six Senses Spa, Soneva Gili Resort & Spa, Maldives 96.11
- 2 The Assawan Spa & Health Club, Burj Al Arab, Dubai 95.14
- 3 Sanctuary Spa, The Twelve Apostles Hotel & Spa, Cape Town, South Africa 92.00
- 4 One&Only Spa, One&Only Kanuhura, Maldives 91.78
- 5 Six Senses Spa, Soneva Fushi Resort & Spa, Maldives 91.50
- 6 Givenchy Spa, One&Only Le Saint Géran, Mauritius 91.11
- 7 Givenchy Spa, One&Only Le Touessrok, Mauritius 90.67
- 8 Six Senses Spa, Al Qasr Madinat Jumeirah, Dubai 90.00
- 9 Givenchy Spa, One&Only Royal Mirage, Dubai 88.36
- 10 The Spa Retreat, Hilton Maldives Resort & Spa, Maldives 85.45

## Europe

- 1 The Spa, Choupana Hills Resort & Spa, Madeira, Portugal 94.22
- 2 The Spa, La Réserve Genève Hotel & Spa, Geneva, Switzerland 93.64
- 3 The Spa, Four Seasons Hotel George V Paris, Paris 93.35
- 4 Altira Spa, Mardavall Hotel & Spa, Mallorca, Spain 92.40
- 5 The Spa, La Residencia, Mallorca, Spain 92.00
- 6 Thalassa Spa, Anassa, Cyprus 91.56
- 7 Beauty Center, Le Sirenuse, Positano, Italy 91.33
- 8 The CBE Concept Spa, Lausanne Palace & Spa, Switzerland 90.25
- 9 The Villa d'Este Beauty Farm, Villa d'Este, Lake Como, Italy 87.57
- 10 SAMAS at Park Hotel Kenmare, Ireland 87.17

# Spa directory

Your essential contact book, with details of every spa that features in this year's awards

## Hotel spas

- Europe**
- Altira Spa, Mardavall Hotel & Spa, Mallorca, Spain (00 34 971 629 400; www.mardavall.com)
- Asia**
- Amrita Spa, Raffles Hotel, Singapore (00 65 6337 1886; www.amritaspas.com)
- Banyan Tree Spa, Banyan Tree Phuket, Thailand (00 66 76 324 374; www.banyantree.phuket.com)
- Mandara Spa, The Datai, Langkawi, Malaysia (00 60 4 959 2500; www.ghmhotels.com)
- Oberoi Spa by Banyan Tree, The Oberoi Udaivilās, Udaipur, India (00 91 294 243 3300; www.oberoihotels.com)
- The Ritz-Carlton Spa, The Ritz-Carlton, Bali Resort and Spa, Indonesia (00 62 361 702 222; www.ritzcarlton.com)
- Six Senses Spa, Evason Hua Hin Resort & Spa, Thailand (00 66 032 632 111; www.sixsenses.com)
- The Spa, Four Seasons Resort Bali at Jimbaran Bay, Indonesia (00 62 361 701010; www.fourseasons.com)
- The Spa, Four Seasons Resort Chiang Mai, Thailand (00 66 53 298 181; www.fourseasons.com)
- Spa Indochine, Hôtel de la Paix, Siem Reap, Cambodia (00 855 63 966 000; www.hoteldelapaixangkor.com)
- Taj Spa, Taj Exotica Goa, India (00 91 832 277 1234; www.tajhotels.com)
- Australasia & South Pacific**
- Aurora Spa Retreat, The Prince Hotel, Melbourne, Australia (00 61 3 9536 1111; www.theprince.com.au)
- Azure Spa, Lizard Island, Queensland, Australia (00 61 2 9277 5050; www.lizardisland.com.au)
- Chuan Spa, Langham Hotel, Melbourne, Australia (00 61 3 8696 8888; www.langhamhotels.com)
- Hélène Spa, InterContinental Resort and Spa Moorea, French Polynesia (00 689 55 1919; www.ichotelsgroup.com)
- Q1 Spa, Q1 Resort & Spa, Gold Coast, Australia (00 61 756 304 500; www.q1.com.au)
- Lilianfels Blue Mountains Resort & Spa, New South Wales, Australia (00 61 2 4780 1200; www.lilianfels.orient-express.com)
- Reef House Spa, The Sebel Reef House & Spa, Queensland, Australia (00 61 7 4055 3633; www.reefhouse.com.au)
- The Spa, Four Seasons Hotel Whistler, Canada (00 1 604 935 3400; www.fourseasons.com)

- The Spa, Round Hill Hotel & Villas, Jamaica (00 1 876 956 8000; www.roundhilljamaica.com)
- Africa, Middle East & Indian Ocean**
- The Assawan Spa & Health Club, Burj Al Arab, Dubai (00 971 4 301 7269; www.burj-al-arab.com)
- Givenchy Spa, One&Only Le Touessrok, Mauritius (00 230 402 7400; www.oneandonlyresorts.com)
- Givenchy Spa, One&Only Royal Mirage, Dubai (00 971 4 399 99 99; www.oneandonlyresorts.com)
- Givenchy Spa, One&Only Le Saint Géran, Mauritius (00 230 401 1688; www.oneandonlyresorts.com)
- One&Only Spa, One&Only Kanuhura, Maldives (00 960 662 00 44; www.oneandonlyresorts.com)
- Sanctuary Spa, The Twelve Apostles Hotel & Spa, Cape Town, South Africa (00 27 21 437 9000; www.12apostleshotel.com)
- Six Senses Spa, Al Qasr Madinat Jumeirah, Dubai (00 971 4 366 8888; www.madinatjumeirah.com)
- Six Senses Spa, Soneva Fushi Resort & Spa, Maldives (00 960 660 0304; www.sixsenses.com)
- Six Senses Spa, Soneva Gili Resort & Spa, Maldives (00 960 664 0304; www.sixsenses.com)
- The Spa Retreat, Hilton Maldives Resort & Spa, Maldives (00 960 668 0629; www.hilton.com)

## Urban day spas

- UK**
- Aqua Bathhouse Spa, Sanderson, London (020 7300 1400; www.sandersonlondon.com)
- Alquimia Spa, York (01904 632888; www.alquimiaspa.com)
- The Balmoral Spa, The Balmoral, Edinburgh (0131 556 2414; www.thebalmoralhotel.com)
- Bliss London, London (020 7584 3888; www.blissworld.com)
- Elemis day-spa, London (020 7499 4995; www.elemis.com)
- Escape Health Club & Cowshed Spa, The Scotsman, Edinburgh (0131 556 5565; www.thescotsmanshotel.co.uk)
- ONE Spa, Sheraton Grand Hotel & Spa, Edinburgh (0131 221 7777; www.one-spa.net)
- St David's Marine Spa, The St David's Hotel & Spa, Cardiff (02920 454045; www.thestdavidshotel.com)
- The Sanctuary, London (0870 770 3350; www.thesanctuary.co.uk)

- The Spa, Mandarin Oriental Hyde Park, London (020 7838 9888; www.mandarin-oriental.com)
- Overseas**
- Banyan Tree Spa, Banyan Tree Bangkok, Thailand (00 66 2 679 1052; www.banyantree.com)
- Bliss Soho, New York, USA (00 1 212 219 8970; www.blissworld.com)
- Bulgari Hotel Spa, Bulgari Hotel, Milan, Italy (00 39 02 805 805; www.bulgarihotels.com)
- I-Spa by Algoritherm, InterContinental Paris Le Grand Hôtel (00 33 1 40 07 32 32; www.paris-le-grand.intercontinental.com)
- L'Institut de Guerlain, Paris, France (00 33 1 45 62 11 21; www.guerlain.com)
- The Oriental Spa, The Oriental, Bangkok, Thailand (00 66 2 659 9000; www.mandarin-oriental.com)
- The Spa, Four Seasons Hotel Ritz Lisbon, Portugal (00 351 21 381 1400; www.fourseasons.com)
- The Spa at Mandarin Oriental, Miami, USA (00 1 305 913 8288; www.mandarin-oriental.com)
- The Spa at Mandarin Oriental, New York (00 1 212 805 8880; www.mandarinoriental.com)
- Spa Botanica, Sentosa Resort & Spa, Singapore (00 65 6275 0331; www.thesentosa.com)

## Spa retreats

- UK**
- c-side, Cowley Manor, Gloucestershire (01242 870900; www.cowleymanor.com)
- Champneys Forest Mere, Hampshire (08703 300300; www.champneys.com)
- Cowshed, Babington House, Somerset (01373 812266; www.babingtonhouse.co.uk)
- Eden Day Spa at Hoar Cross Hall, Staffordshire (01283 575678; www.edenspa.co.uk)
- Ragdale Hall Health Hydro, Leicestershire (01664 434831; www.ragdalehall.co.uk)
- Sequoia at The Grove, Hertfordshire (01923 807807; www.thegrove.co.uk)
- The Serenity Spa, Seaham Hall Hotel, County Durham (0191 516 1550; www.seaham-serenityspa.com)
- The Spa, Chewton Glen, Hampshire (01425 275341; www.chewtonglen.com)
- The Spa at Pennyhill Park, Surrey (01276 471774; www.exclusivehotels.co.uk)
- Stobo Castle Health Spa, Peeblesshire (01721 725300; www.stobocastle.co.uk)

## Overseas

- Ananda Spa, Ananda in the Himalayas, India (00 91 1378 227500; www.anandaspa.com)
- Canyon Ranch Health Resort, Tucson, Arizona, USA (00 1 520 749 9000; www.canyonranch.com)
- Chiva-Som International Health Resort, Hua Hin, Thailand (00 66 3 253 6536; www.chiva-som.net)
- COMO Shambhala Estate at Begawan Giri, Ubud, Bali (00 62 361 978 888; www.cse.comoshambhala.bz)
- La Ferme de Beauté, Les Fermes de Marie, France (00 33 4 94 97 40 22; www.villamarie.fr)
- Ferme Thermale, Les Prés d'Eugénie – Michel Guérard, Eugénie-Les-Bains, France (00 33 5 58 05 05 05; www.michelguerard.com)
- Sante Winelands Hotel & Wellness Centre, Paarl-Franschoek Valley, South Africa (00 27 21 875 8100; www.santewellness.co.za)
- The Spa at Victoria-Jungfrau Grand Hotel Interlaken, Switzerland (00 41 338 282 730; www.victoria-jungfrau.ch)
- Spa Village, Pangkor Laut Resort, Malaysia (00 60 5 699 1100; www.pangkorlautresort.com)
- Thalasso Spa, Aldemar Royal Mare Village, Crete (00 30 28970 27 200; www.aldemarhotels.com)

## Medical/ Thermal spas

- Adler Aquae and Adler Spa, Adler Thermae Spa & Wellness Resort, Tuscany, Italy (00 39 0577 889 000; www.adler-thermae.com)
- Bains de Lavey Thermal Spa, Lavey -les-Bains, Switzerland (00 41 24 486 15 55; www.lavey-les-bains.ch)
- Clinique La Prairie, Switzerland (00 41 21 989 3311; www.laprairie.ch)
- Blue Lagoon, Iceland (00 354 420 8800; www.bluelagoon.is)
- Brenner's Park Hotel & Spa, Baden-Baden, Germany (00 49 7221 9000; www.brenners.com)
- Danubius Health Spa at Danubius Hotel Gellert, Budapest, Hungary (00 36 1 889 5500; www.danubiushotels.com)
- Mayr Health Spa, Carinthia, Austria (00 43 4273 25110; www.golfhotel.at)
- Polynesian Spa, Rotorua, New Zealand (00 64 7348 1328; www.polynesianspa.co.nz)
- Terme di Saturnia Spa Resort, Tuscany, Italy (00 39 0564 600111; www.termedisaturnia.it)
- Therme Vals, Vals, Switzerland (00 41 81 926 8080; www.theme-vals.ch)