

UK DAY SPAS

UK HOTEL SPAS

OVERSEAS HOTEL SPAS

DESTINATION SPAS

SPECIAL

23 The Datai Spa, Malaysia

"This is the ultimate natural herbal spa experience by the sea, with the most gorgeous scenery and a sense of complete pampering by exceptionally trained therapists. Many of my clients extend their stay here as they feel the need to have just one more day," says Charlotte.

Where The Datai, Pulau Langkawi, Malaysia (00 60 4 959 2500; www.thedatai.com)

How much treatments from RM150 (£22) for 25 mins, rooms from RM1,390 (£203)

24 Mandarin Oriental Spa, London SW1

"Grand hotel elegance with modern amenities," says Cassandra. "This was our 2006 Spa Finder Readers' Choice for the UK." For Sue, it's "a brilliant urban escape. It has a lovely relaxation pool and steam rooms (well worth arriving early to lounge in), lots of Eastern ritual treatments and excellent facials. The relaxation room with colour therapy area is amazing. Afterwards, if you're not too zonked, you've got Harvey Nicks across the road."

Where Mandarin Oriental, Knightsbridge, London SW1 (020-7838 9888; www.mandarinoriental.com)

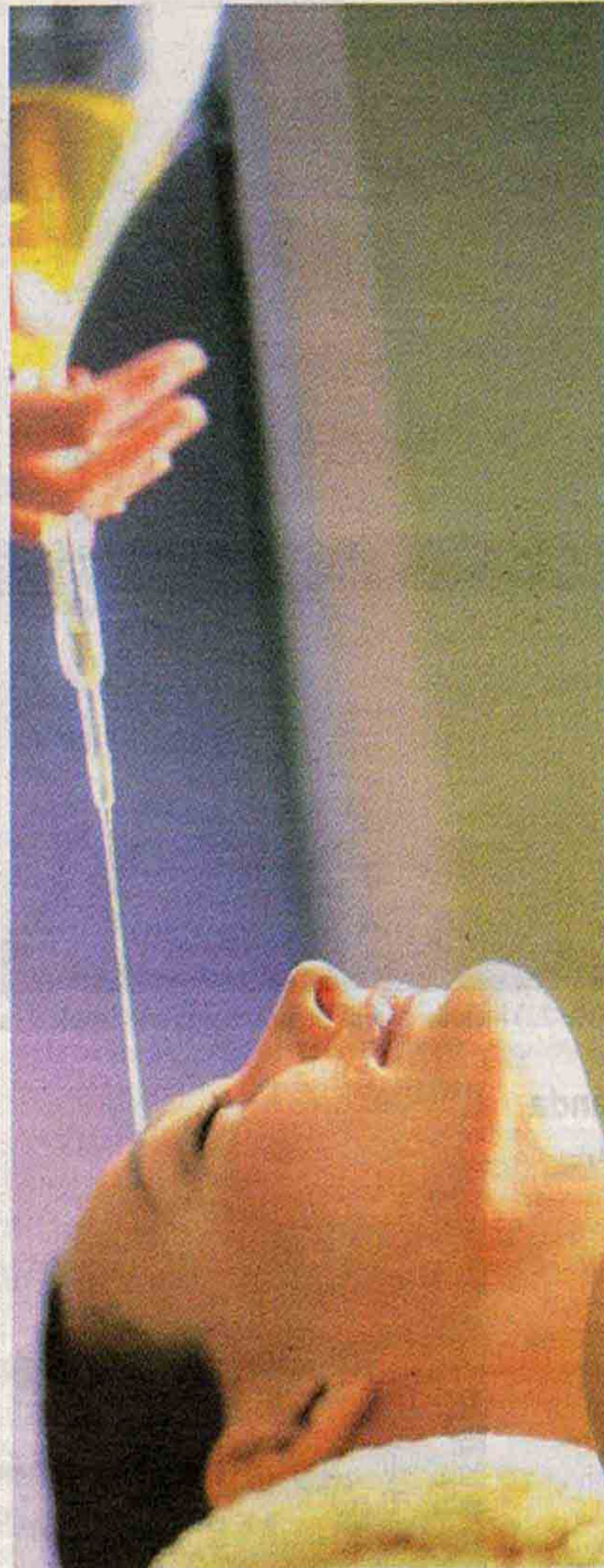
How much Treatments from £85 for a 45-min Early Energiser, rooms from £240

25 The Anassa Spa, Cyprus

"A range of specialists from the Far East work wonders on you in this mythical setting," says Charlotte of this specialist Thalassotherapy facility. Essentially, the maritime climate, water and its products – algae, mud and sand – are used for therapeutic purposes. "You leave here feeling completely refreshed and with a determined urge to abandon all toxic habits."

Where Polis, Cyprus (00 357 2688 8000; www.thanoshotels.com)

How much treatments start from £33 for 20 mins, rooms from around £136.



Eastern promise: Mandarin Oriental (No 24)



Deep blue: Titanic Spa in Huddersfield (No 26)

26 Titanic Spa, Huddersfield

Glamour may not be the first thing that springs to mind when you think of Huddersfield, but Titanic is hoping to change that sinking feeling with a lavish heat experience suite (sauna, aromatherapy, steam and ice rooms), classy Pevonia Botanica treatments and some very stylish surroundings (it's set in a converted mill). As good for men as it is for women.

Where Low Westwood Lane, Linthwaite, Huddersfield (01484 843544; www.titanicspa.com)

How much from £38 for 25 mins

27 Serenity Spa, Co Durham

Reached either from the car park or via a gorgeous underground walkway from Seaham Hall hotel, this soothing oriental-style spa is the antithesis of bright, clinical health resorts. Inside, it's all soft lighting, minimalist wood and tinkling gamelans.

Where Seaham Hall, Lord Byron's Walk, Seaham, County Durham (0191 516 1550; www.seaham-serenityspa.com)

How much treatments from £40 for 25 mins, rooms from £195

28 Shambhala Spa, Turks and Caicos

Though Sue also recommends the spa at neighbouring resort The Palms, she particularly rates Parrot Cay's Shambhala spa, sister property to Begawan Giri in Bali. "This peaceful spa has sea views and includes yoga and pilates studios. The Eastern-style treatments and top therapists make it all very zen," she says.

Where Parrot Cay, Turks and Caicos (00 1 649 946 7788; www.shambhala.com.bz)

How much treatments from \$75 (£40) for 30 mins, rooms from \$410 (£220)

29 The Forum Spa, Wales

"An ideal retreat for couples," says Jason. "Check out the Rasul mud treatment. After the mud is applied to your skin, steam is blown through dried herbs to increase humidity, resulting in a peeling effect." Anyone with design sensibilities should keep away, as the spa looks like a giant Travelodge.

Where Celtic Manor Resort, Coldra Woods, Usk Valley, South Wales (01633 410262; www.celtic-manor.com)

How much Rasul mud ritual £45 for 45 mins. B&B in the resort starts from £134 per double