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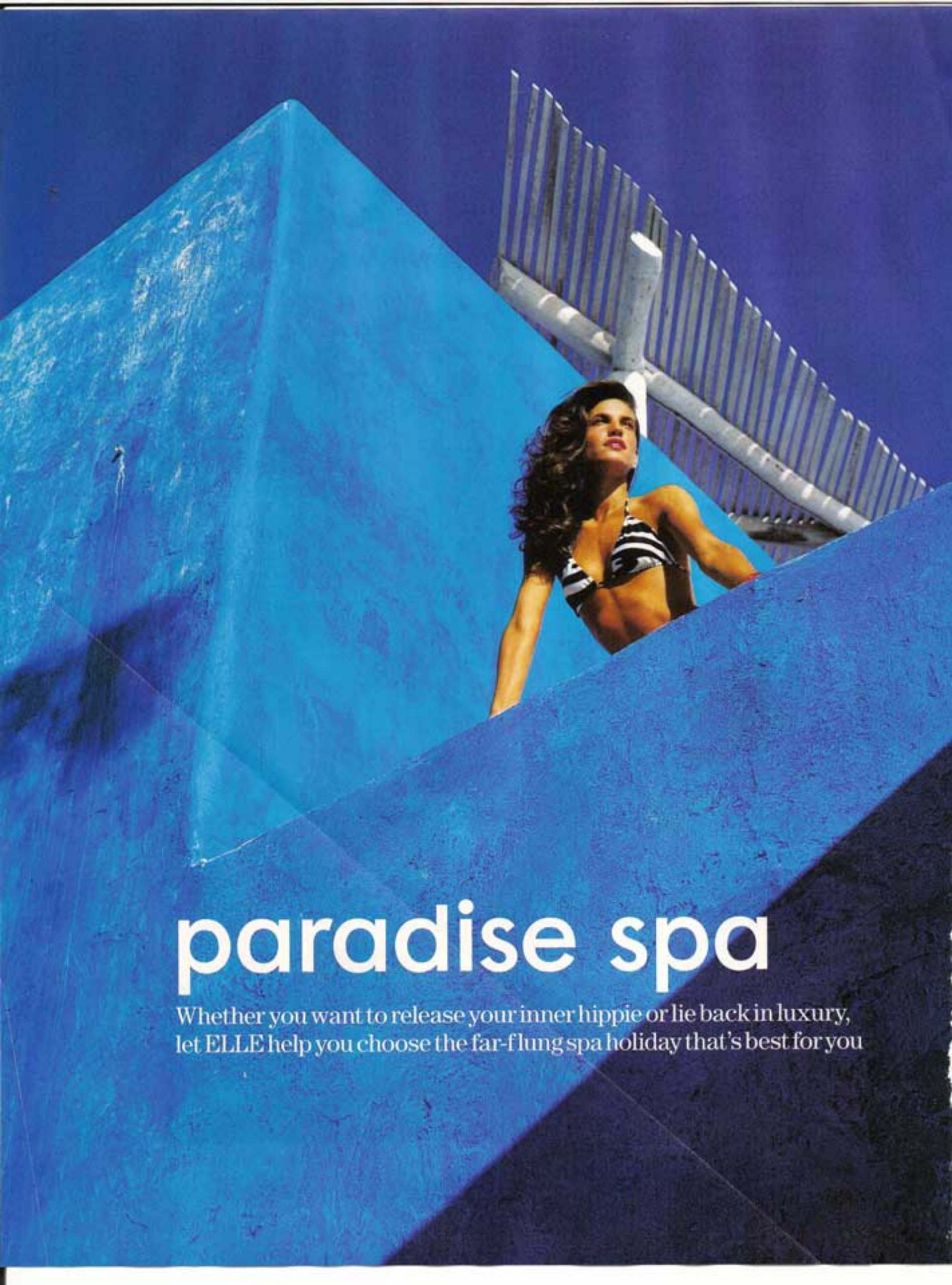
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paradise spa

Whether you want to release your inner hippie or lie back in luxury, let ELLE help you choose the far-flung spa holiday that's best for you



PARK HYATT HOTEL AND SPA

India best for a luxury detox

The birthplace of Ayurveda, an India spa experience will take a holistic approach to your body and wellbeing, aiming to balance you inside as well as out. And it's near impossible to go to India and not feel a strong compulsion to adopt the downward dog position or drink a colon-cleansing concoction. Yoga bunnies and detoxers, this is the destination for you.

ELLE LOVES: PARK HYATT HOTEL AND SPA

On the coast in Goa, this hotel spa combines luxury with a holistic approach to wellbeing. Perfect for those who want the hippie lifestyle without compromising on comforts.

The spa It is a large, beautifully designed complex with custom-scented rooms set in clusters amid vast fountain-filled gardens. Its speciality is Ayurvedic treatments and there are always gallons of lemongrass tea around to help you detox.

Signature treatment A session with resident Ayurvedic doctor Dr Pramod. He assesses your dosha (body type) to pinpoint areas of vulnerability or special needs and find out what treatments, activities and food will suit you best. The Indian Head and Neck massage is firm but hypnotic—pure bliss.

What else is there? The beach is paradise, but if the hot sand (it melted my Havaianas) gets too much, slide into India's largest pool, with secret lagoon and gentle water slides, set in beautiful tropical gardens.

Costs and contacts Greaves Travel offers two nights in Bangalore and one week at the Park Hyatt, both on a B&B basis, including BA

and Jet Airways flights and transfers from £1,888 per person (based on two sharing) until 30 September or from £2,464 per person from 1 October to 10 December. Enq 0870 850 2497; www.greavesindia.com.

ELLE LOVES: SHREYAS RETREAT

An hour outside Bangalore in the south-Indian countryside, Shreyas Retreat is a haven for serious detoxers and the severely stressed.

The spa It's very open and relaxed, with an emphasis on outdoor living. You'll sleep in tent-style rooms, shower overlooking private gardens and swim in an infinity pool that's set among swaying palm trees. Party people note: there's no smoking or drinking—just plenty of yoga and meditation to ensure you return home cleansed and toned.

Signature treatment The Balinese massage is a heavenly oil-based massage that gets to work on pressure points to relieve tension and soothe sore muscles.

What else is there? An on-site organic farm provides freshly pressed organic juices and meals to aid the cleansing process.

Costs and contacts Greaves Travel offers seven nights at Shreyas Retreat with BA flights, transfers, full-board accommodation, yoga classes and a Wellness consultation from £1,495 per person (based on two sharing) until 30 September or from £1,685 per person from 1 October to 10 December. Enq 0870 850 2497; www.greavesindia.com.

Cyprus best for short-haul style

Cyprus is now the most stylish spa capital of Europe and is ideal if you don't want the stress of long-haul travel. It has glorious year-round sunshine, boutique hotels and a romantic culture of traditional bathing and pampering rituals.

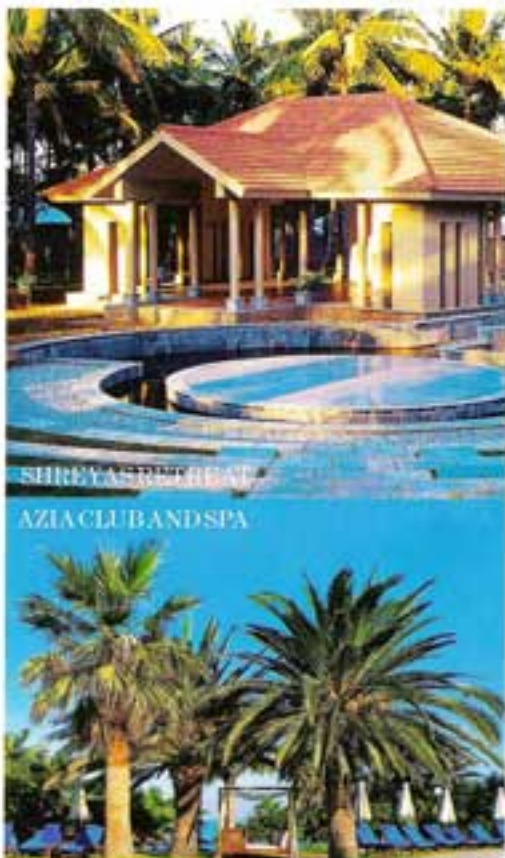
ELLE LOVES: THE AZIA CLUB AND SPA

This large five-star resort in Paphos has had a face-lift and the new Asphodel Spa has also opened this year. The atmosphere is relaxed, while room grading means every budget is catered for. I stayed in a simply decorated bungalow room that had sea views and a hot tub on the balcony for sunset-viewing in style.

The spa The brand-new spa is spacious and airy and features Elemis's high-quality products and treatments. You're greeted >



PREPARE TO BE
PAMPERED IN STYLE
WITH ELLE'S PICK
OF THE BEST EXOTIC
SPAS. YOU'LL NEVER
WANT TO LEAVE



SHREYAS RETREAT
AZIA CLUB AND SPA

with a refreshing orange-blossom drink and can choose between ouzo and anise to scent your treatment room.

Signature treatment The Bliss Treatment takes place in a gazebo by the sea. You have an hour-long, deep-tissue full-body massage followed by a glass of champagne.

What else is there? There's a hammam, where you'll be scrubbed raw, a his'n'hers treatment room and elegant hot-tub area. Beaches are a stroll or bus ride away.

Costs and contacts Seven nights' B&B accommodation in the Azia Club and Spa costs from £400 per person. Enq (00 357 26) 845100; www.aziaresort.com.

ELLE LOVES: THE ANASSA

A luxe celebrity favourite, the Anassa is set in butterfly-filled gardens laid out like a village. There's even a Byzantine chapel.

The spa This year the Thalassa Spa has been holistically honed with the 100 per cent natural Organic Pharmacy range, plus a Thalassotherapy programme complete with cellulite-busting salt-water pools.

Signature treatment British acupuncturist Christine Whittaker offers facial-rejuvenation acupuncture, which involves placing needles into key points on the face and body to boost blood flow and collagen production. The results are amazing: visibly plumped, glowing skin. (She also practises at the Azia.)

What else is there? Take a dip in the freshwater infinity pool and enjoy the views to the sea or across to the mountains of the Akamas Peninsula.

Costs and contacts Abercrombie & Kent offers three nights at the Anassa from £939 per person, including flights, transfers and B&B accommodation. Enq 0845 070 0612; www.abercrombiekent.co.uk. British Airways flies to Paphos from Manchester and London Gatwick from £139 return. Enq www.ba.com.

maldives

Best for sheer indulgence

Welcome to pure paradise, complete with dolphins, turquoise waters and white sands. Spas here are part of the laid-back but luxe Maldives experience, making this the perfect environment for serious self-indulgence.

ELLE LOVES: ONE & ONLY REETHI RAH

With its super-glam guests (and the odd footballer), this is proper A-list territory. Huge villas have their own share of the beach, a personal butler and golf buggy for transport.

The spa It's exquisitely designed with a vitality pool, tropical rain shower and relaxation pavilions, plus a very high-tech gym. It also offers tailor-made holistic programmes that include nutrition and fitness.

Signature treatment The Balinese massage with volcanic hot stones. Your entire body is massaged using E'Spa essential oils before



THE ANASSA



REETHIRAH

