

Spas

SPRING IS FAST APPROACHING AND THE PERFECT TIME TO TAKE THAT SPA BREAK. DETOX, PAMPER AND SLOUGH OFF THE WINTER READY FOR A SVELTE AND HEALTHY SUMMER 2007.

In this issue, Shattered Beauty has researched four destinations. We have gone for the understated; hopefully places that you are not yet familiar with, and found a range to suit all tastes – from glamorous and romantic to family friendly. We have chosen places where the focus is not only the spa, but part of the trip. A great spa at your beck and call means you can achieve a much deeper level of mind and body relaxation on your vacation, but we also think you deserve to have some fun! We will also be looking at make-up trends for spring/summer 2007.



Caribbean Spa *Carlisle Bay, Antigua, West Indies.* www.carlisle-bay.com

Gordon Campbell Gray, the owner of One Aldwych Hotel in London has transported his style, ethics and unique hotelier stamp to the Caribbean Island of Antigua.

This hotel and spa is such a find. You might think the use of "grey" in the Caribbean is an unusual choice, but this neutral backdrop lets you see the incredible beauty and color of the vegetation on the pineapple farm, which was the original use for this piece of land.

Plantation-style entrance and main hall lit with vibrant candles, together with the signature Campbell Gray flower design evokes an incredible atmosphere with a great feeling of space and places to relax. Open air and open plan – nothing is squashed.

On arrival at The Blue spa, the first thing you notice is the breeze that flows through the spa shutters and the wonderful smell of aromatherapy candles in the reception. If opting for evening appointments there is something incredibly tranquil about arriving there through the tree-lit paths listening to the early evening noises of wildlife and waves lapping onto the shore.

Two outstanding product ranges of Aromatherapy Associate and Living Nature make for superb treatments and the therapist are sought worldwide.

My therapist, originally from Bali, had an outstanding pedigree previously having worked for Babington House, has soothed the bodies of many a celebrity. Surrounding the spa are tennis court and there are plenty of evening activities as well as an impressively fully equipped gym. Outdoor yoga classes are held in the morning and if you are feeling a bit more adventurous, you can journey off with a guide on a trek weaving through the local villages into the surrounding rainforest.

Another uber cool place is the library room where you can browse any of the carefully put together book collection to read your leisure. If you feel the need to communicate with the outside world, computers are at your disposal.

A daily film is shown in the private cinema, and there is a large selection of DVDs available from reception. WIFI is available throughout the hotel.

The rooms are spacious and contemporary – the layout perfect for traveling with small children – and most are directly on the beach. Here at the Carlisle Bay, the combination of sun, sea and outdoor activities is enough to soothe even the most stressed brows!



Romantic Spa – Go with your partner
Baros Resort, Maldives.
www.baros.com

It is the most amazing feeling to step off a long haul flight and straight onto a speed boat and this can only be topped by the fact that it is just a mere 20 minutes to arrival at your island. Baros is a small understated, but very chic Maldivian-owned island.

The general manager Martijn van der Valk is truly passionate about the Maldivian culture and the attention to detail is everywhere at this resort. He has a thorough knowledge and interest in food and wine – therefore the cellar at Baros is impeccable, as well as first class culinary delights and a healthy option at every turn.

Villas are on stilts in the ocean or by the seashore. The best things about the shore room is the outdoor bathroom – this alone you can transform into your “spa haven” having candle lit, flower filled evening baths surrounded by pebble paths and outdoor showers – it has a liberating and slightly decadent feel.

The Sen Spa is again understated, not the feature of the resort but a wonderful part of it. In the Maldives you cannot go wrong for treatments – the therapists are truly the best in the world from Thailand, Bali and Sri Lanka – it is in their culture and their traditions, as well as their hands.

The spa manager Penny is helpful and knowledgeable – she has carefully picked the ranges for the spa and these include the very sought after Pevonia Botanica skincare line. Penny has her finger on the pulse with regard to new therapies and when making a booking, she will carefully guide you through the treatment list. Thai massage or the Maldivian monsoon massages are phenomenal – trying booking with Aisha. Evening appointments get busy – so book in advance.

Obviously diving is one of the main features here but even if you are not keen to venture into the deep, Baros boasts one of the best house reefs in the Maldives. You can safely snorkel from the shore and if you are lucky, you might even hitch a ride with the turtles.

