

# RELAX TO THE MAX

Who says our work-life balance should remain level? **Laura Brown** tips the scales in favour of a relaxing sojourn to the world's best spas



Soak up award-winning treatments at Bab Al Shams

**Best for STAYCAY**

**BABALSHAMS Dubai, United Arab Emirates**  
 Recently winning the coveted title of *The Middle East's Leading Desert Resort* at the World Travel Awards for the fourth consecutive year, this local gem is a great weekend retreat for those staying in the country for July and August. Bab Al Shams recreates an authentic desert experience that is true to the heritage of the United Arab Emirates: the Arabic adobe-built village is set in an oasis of palm trees and narrow cobbles alleyways, while an undulating backdrop of unspoilt sand dunes creates a tranquil refuge for guests. The luxurious spa menu, which includes signature treatments such as the Blissfull Desert Rose Experience and the Desert Deluxe Duo, restores tired, sun-damaged bodies. The Satori products, made with locally sourced ingredients such as rose water and frankincense, smoothes and revitalises your skin during massages and facials. Only a short drive away from the bustling city of Dubai, this is the perfect staycation. *The Great Escape summer promotion offers rooms from Dhs490 per night; Meydanhotels.com/babalshams*



**SOUTHERNOCEAN LODGE Australia**  
 This ultra-modern edifice sits atop a verdant cliff with dramatic views of the coastline and the sound of ocean waves crashing against the beaches below. Taking advantage of the naturally resplendent surroundings, the Lodge's Li'Tya spa uses only locally sourced ingredients to soothe body and mind. The new Dihlbi Bio Active Facial treatment is named after the morning dew that glitters across the area's green cliffs. The spa's Remarkable Retreat packages include four unforgettable nights on Kangaroo Island, with a bonus night throughout the summer, a selection of local gourmet treats and spa vouchers. *Remarkable Retreat package Dhs9,384 per person, twin share; Southernoceanlodge.com.au*

Feel at one with nature in the Osprey-Bathroom

**CHAMPNEYS TRING Hertfordshire, England**  
 The UK's oldest and most revered spa and health resort, where wellness experts lead the way in balancing life and work, is just a short one-hour drive from London. New treatments are incorporated yearly and to celebrate the spa's 90th anniversary this year, Champneys has two special initiatives. In June the world-renowned resort launched their detox and wellbeing centre, offering salt body scrubs, sea mud baths, pressotherapy and vitamin injections, while a state-of-the-art hydro pool will be revealed later in the year. The main restaurant will also experience an anniversary facelift with a much-anticipated transformation directed by award-winning interior designer Martin Hulbert. *Spa stays from Dhs617 per person; detox treatments start from Dhs425; Champneys.com*



Champneys Tring maintains heritage and health in one



Plunge into a former tobacco kiln. Photo: Xavier Bejot

**LES SOURCES DE CAUDALIE Bordeaux, France**  
 In the rural setting of the Smith Haute Lafitte vineyards lies the sanctuary for spa devotees, Les Sources de Caudalie. Part of a hamlet of buildings and home to double-Michelin-star restaurant La Grande Vigne, the spa is a converted tobacco-kiln accessed through a charming covered passageway. The signature Gourmet Body Care treatment activates circulation using Bentonite 'healing' clay, raw sugar, honey, grape extracts, essential oils and natural hot spring water drawn from 540 metres beneath the earth. The spa is offering a series of special summer packages, from personal training sessions to detoxing rituals at the vinotherapy spa, integrating the natural benefits of grapes and the grapevine. Make sure you enjoy a night in Les Sources de Caudalie's most extraordinary suite, redecorated by the young French designer Maxime Simoëns, combined with a poolside brunch – c'est incroyable. *Rooms from Dhs842 per person per stay, minimum two nights; Sources-caudalie.com*

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Feel at peace in the Aman Spa treatment room

**AMANGIRI Utah, USA**  
 It is amidst the starkly beautiful desert scenery of Canyon Point that the Amangiri emerges, blending into its surroundings with subtly tinged concrete geometric planes in pink, ochre and yellow, reflecting the sunset hues of the neighbouring mountain ranges. Get close to nature this summer with Amangiri's new Palaeontology Experience, where guests join an official dig in the Grand Staircase-Escalante National Monument with a preeminent palaeontologist. After you've made your first Jurassic discovery, summer yoga classes with sweeping views of the valley and the Aman spa await to restore you. The treatments use natural ingredients found in the spa's surroundings: red Sedona clay with natural botanicals draws out toxins while beeswax brings vitality back to the skin on hands and feet. Walk on water across a paved reflection pool and head to a moulded floatation room that uses colour therapy as part of a meditative experience. *Rooms from Dhs4,408 per night; Amanresorts.com/amangiri*

**THE ST. REGIS, Doha**  
 A destination unto itself, the Middle East's first Remede Spa is a true urban retreat spread across 1,400 square metres, with private male and female relaxation areas, steam rooms and beautifully appointed lounges to relax after your bespoke treatment. Remede is known for their anti-aging beauty therapies that are specially tailored to each individual. In addition to the body wraps and massages, the spa offers a treatment inspired by its location – the cooling pearl facial which uses a mix of pearl extracts and lotus stem cells to achieve a youthful glow. Check-in after Ramadan and receive a complimentary afternoon tea with the booking of every 90 minute massage. The herbal compress, with a combination of six natural compounds and warm oil, is guaranteed to melt away every residual tension in your body. *Rooms from Dhs1,020 per night; stregisdoha.com*



Indulge in pearl treatments at the Remede Spa

**Best for RESPITE**