



# THE LUXURY SPA EDIT

*World's Leading Luxury Spas™*

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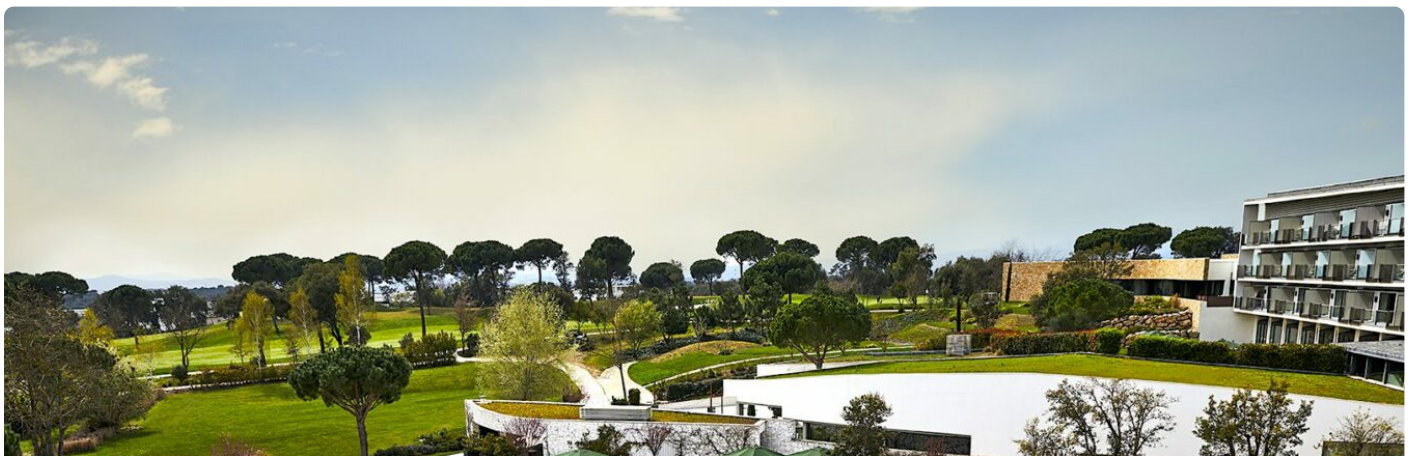
## Twelve Luxurious Spas in Europe for a Rejuvenating Reset



BY THE LUXURY SPA EDIT

Europe boasts some of the world's most luxurious spa retreats and with most destinations within a four-hour flight from the UK, it's the ideal choice for a spring wellness break. Here's our edit of the crème de la crème of European spa retreats for rest, rejuvenation, and a mind and body reset.

### Camiral Golf & Wellness, Girona, Spain

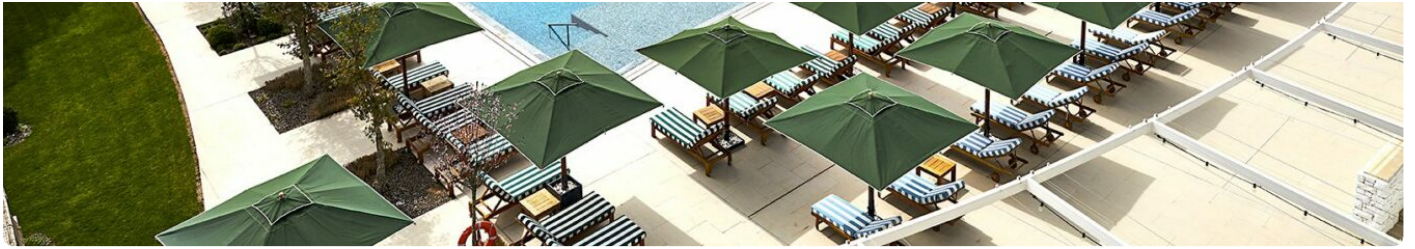


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Camiral Golf & Wellness is a five-star resort that is part of the Leading Hotels of the World collection, where guests are treated to a unique combination of luxury and relaxation with views over one of the best golf courses in Europe. With modern aesthetics and natural furnishings, the hotel's 138 beautifully designed rooms and living spaces promise comfort and elegance.

Nestled in the Catalan forest, the 1,000 sqm Wellness Centre at Camiral Golf & Wellness aims to provide long-lasting benefits for the mind, body and soul. Spa facility highlights include an extensive hydrotherapy suite, a hammam, a cryotherapy sauna, a fitness studio, spa pools and relaxation areas.

Aesthetics and beauty offerings include anti-ageing facials, massages and beauty essentials in collaboration with leading spa product brands Biologique Recherche and Aromatherapy Associates. The wide selection of wellness programmes on offer aim to increase immunity support and promote better ageing.

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## Daivos Cove, Crete, Greece





Crete is a place where health and an active, enjoyable lifestyle come together, as reflected perfectly in philosophy of Daios Cove Luxury Resort and Villas. The privacy of its location in a cove near Aghios Nikolas adds to the sense of five-star luxury that pervades this hub of beauty and wellness. The stunning sea-view accommodation offers everything from discreet decks to private seawater pools, and the ultimate Mansion House experience is available for those looking for super-luxe a home from home.

The Kēpos by GOCO Spa at Daios Cove is inspired by the real-life garden and learning hub where the Ancient Greek philosopher Epicurus, read and taught the principles of wellbeing and happiness, and offers a whole new dimension of health-giving relaxation. The 2,500 sqm wellness centre offers a fusion of eastern and western influences as well as unique blend of sound, light and aromatherapy. Spa facility highlights include a heated swimming and hydro pool, Finnish and infrared saunas, a hyperbaric oxygen chamber, a colon hydrotherapy room and a cryotherapy chamber.

A comprehensive menu of results-based spa treatments from leading spa brands 111Skin and Comfort Zone accompany the world-class hydrothermal experiences. At the Mind & Body Studio top fitness specialists create a bespoke journey to maximize your fitness levels.

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## Lefay Resort & SPA Lago di Garda, Gargnano, Italy





Lefay Resort & SPA Lago di Garda is the first jewel in the crown of the Lefay Resorts collection. Located in Gargnano the award-winning resort sits in almost 30 acres of natural parkland on the shores of Lake Garda. Billed as the ideal location in which to lose yourself and find yourself again, the Mediterranean climate, aromas and landscape all contribute to a destination that imbues the soul with a deep sense of wellbeing.

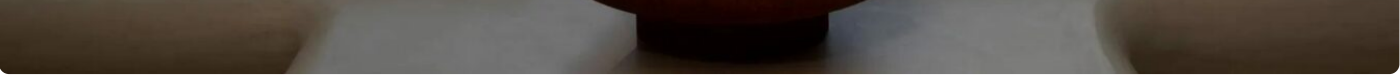
Lefay SPA World is a temple of wellness where east meets west to rejuvenate the body and soul through the rediscovery of vital energy. The 4,300 sqm oasis boasts an outdoor infinity pool overlooking Lake Garda, a separate indoor-outdoor pool, a whirlpool as well as a thalassotherapy pool. You'll also find seven different types of saunas and six relaxation areas to remove the stresses of everyday life.

Treatment offerings include holistic massages and rituals as well as a la carte therapies and non-invasive aesthetics. A wide selection of wellness programmes are available with visiting masters and expert practitioners on hand throughout the year.

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## Mykonos Grand Hotel & Spa, Mykonos, Greece





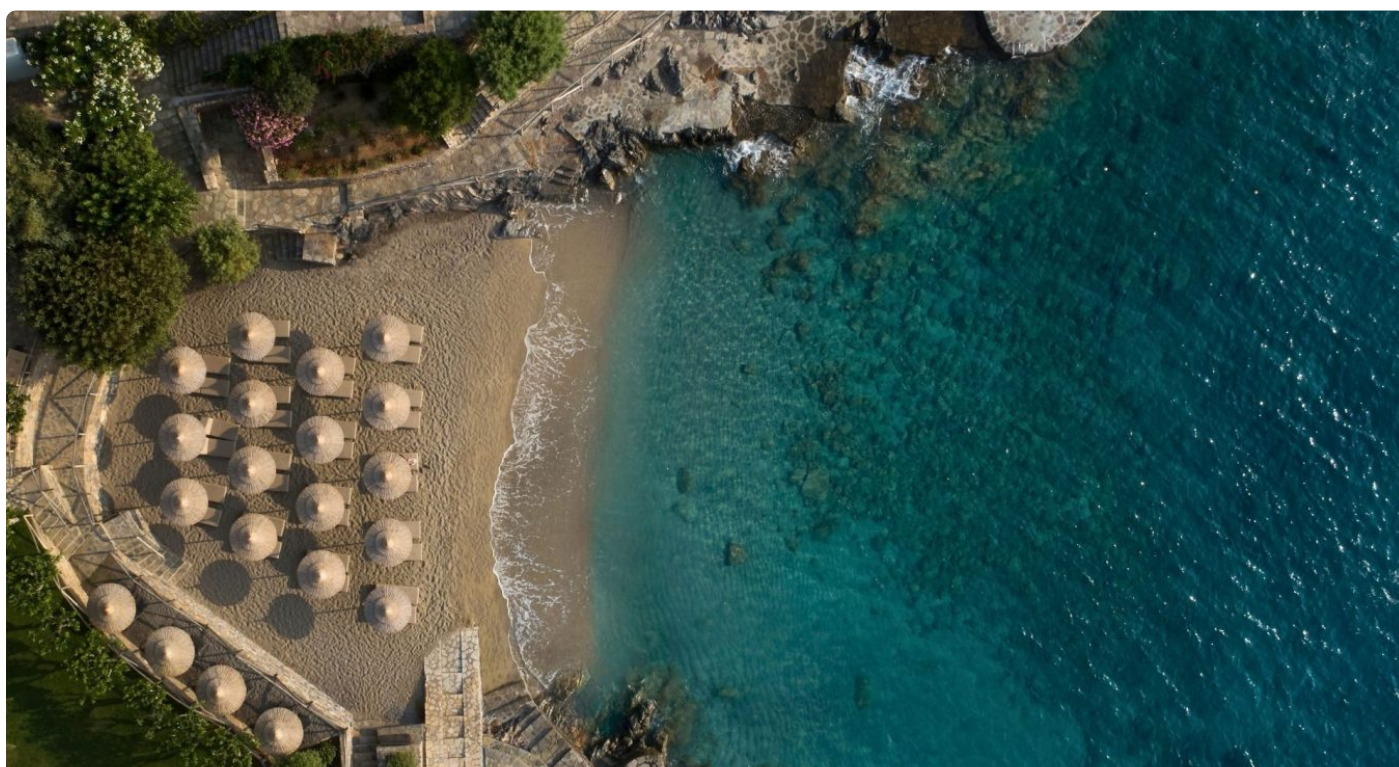
If you like the idea of barefoot luxury accompanied by personalised service at a hotel with impeccable facilities, then a spa break at Mykonos Grand Hotel and Resort may be just what you are looking for. The perfect setting for family, romance, adventure or just sublime relaxation, the Mykonos Grand has everything you need to refresh and rejuvenate. Elegant rooms are finished in Greek marble with the Aegean sunlight creating an unmistakably Mediterranean ambiance, while spacious suites designed for optimal comfort provide stylish luxury to elevate your stay.

The Althea Spa Retreat at Mykonos Grand is named after the Greek goddess of healing and the light from the Cycladic skies overhead fills many of the spa's facilities, which include a semi-caved Thalasso pool, a steam room and sauna, and indoor and outdoor treatment areas.

Designed to restore and revive mind, body and spirit, the treatments at Althea incorporate the latest trends in health and beauty as well as ancient Greek healing rituals and ingredients. Treatments come from Swiss brand Valmont and French brand Phytomer. Holistic offerings include healing stone and lava shells massages as well as Greek cupping, aromatherapy and detox massages. A special Sparadise for Kids treats the little ones to some pampering time out.

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## Minos Palace Resort, Crete, Greece





Perched on a private peninsula overlooking the crystalline waters of Mirabello Bay, Minos Palace Resort in Agios Nikolaos, Crete, offers an adults-only sanctuary where luxury meets holistic wellbeing. At the heart of Minos Palace Resort lies the Nao Longevity Hub, a state-of-the-art wellness centre dedicated to promoting longevity and holistic health. Nao, from the ancient Greek meaning “to flow,” draws inspiration from water as the source of life and its transformative nature.

The wellness centre features a range of advanced amenities, including a cryotherapy chamber, infrared sauna, hot and cold plunge baths, and a vitality pool. Guests can also experience the sensory tunnel, vibroacoustic loungers, and a brain gym designed to enhance mental clarity and relaxation. Meditation areas and consultation rooms provide spaces for introspection and personalised guidance.

The Nao method’s four core pillars address every component in the body’s ageing mechanism – as understood by the 12 hallmarks of ageing – and include nutrition, sleep, movement, and self-mastery. Personalised plans encompass treatments, nutrition, fitness, and mindfulness practices. Programmes range from one-day experiences to immersive two-week retreats, all aimed at addressing physical, mental, and emotional health.

Minos Palace Resort is more than just a luxury getaway; it’s a destination that prioritises wellness, sustainability, and authentic Cretan hospitality. With its commitment to personalised service and a holistic approach to wellbeing, the resort is perfect for travellers seeking indulgence and inner harmony.

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## Mandarin Oriental Bodrum, Turkey





Set in an idyllic location overlooking Paradise Bay (the clue is in the name!), Mandarin Oriental Bodrum is a super-luxe retreat that offers a seductive blend of style and serenity. It features a seemingly endless array of lifestyle-oriented accommodations, each providing a tranquil haven with beautiful garden and sea views.

The Mandarin Oriental Spa Bodrum is a wellness destination in its own right, delivering a superlative selection of curated signature treatments designed to soothe your mind, heal your body, and nourish your soul.

Arranged over two floors, the 2,700 sqm spa focuses on wellness, peace, and healing. Trickling water features and floor-to-ceiling ocean views bring a sense of light and freshness throughout.

Facilities include three indoor and outdoor pools, saunas, steam rooms and Hammams with private scrub rooms, as well as six treatment rooms and three beauty consultation spaces. The spa garden provides cabanas overlooking the sea to help guests fully embrace the healing power of this outstanding wellness destination. The spa provides a range of targeted treatments and tailored wellness programmes for the body, face and mind.

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## Vila Vita Parc, Algarve, Portugal





Overlooking the Algarve coast, on a clifftop above a secluded white sandy beach and bordered by the dramatic rocky coastline of the Atlantic, Vila Vita Parc symbolizes a new standard of luxury combining contemporary, yet traditional style.

A haven for leisure, the resort boasts a private yacht and an array of sporting and wellness facilities.

The Vila Vita Spa by Sisley Paris is a sanctuary of tranquillity and wellness, with design inspired by the region's enchanting sea caves. Spa highlights include a yoga garden pavilion, osteopathy and cranial-sacral treatment suites and 12 treatment rooms. The Vital Wellness programmes offer guests a chance to engage in a full immersive services of carefully curated wellness enhancing activities throughout the day that focus on both mental, emotional and physical well being.

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## Verdura Resort, a Rocco Forte Hotel, Sicily, Italy





Located on the south coast of Sicily, Verdura Resort comprises more than 500 acres of sun-kissed Mediterranean countryside in which to luxuriate and rejuvenate. As well as the 'number one' golf course in Italy and a selection of sports academies teaching everything from tennis and swimming to football, the resort offers the chance to immerse yourself in island life with bike rides, walking treks, boat trips, water sports and culinary experiences that present the best of Sicilian produce.

The Irene Forte Spa provides wellness experience that combines the natural bounty of Verdura's own organic farm with world-class face and body rituals, indulgent therapies and a high-tech approach to results-driven treatments. The 4,000 sqm facility is set around an open-air courtyard amid orange trees and olive groves, and includes 11 treatment rooms, a hair and beauty salon, a four-pool thalassotherapy circuit, infrared and Finnish saunas, a double-height steam room, experience showers, and an indoor lap pool. The treatment menu incorporates a wide selection of Irene Forte facials, massages and body rituals.

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## Borgobrufa SPA Resort, Umbria, Italy

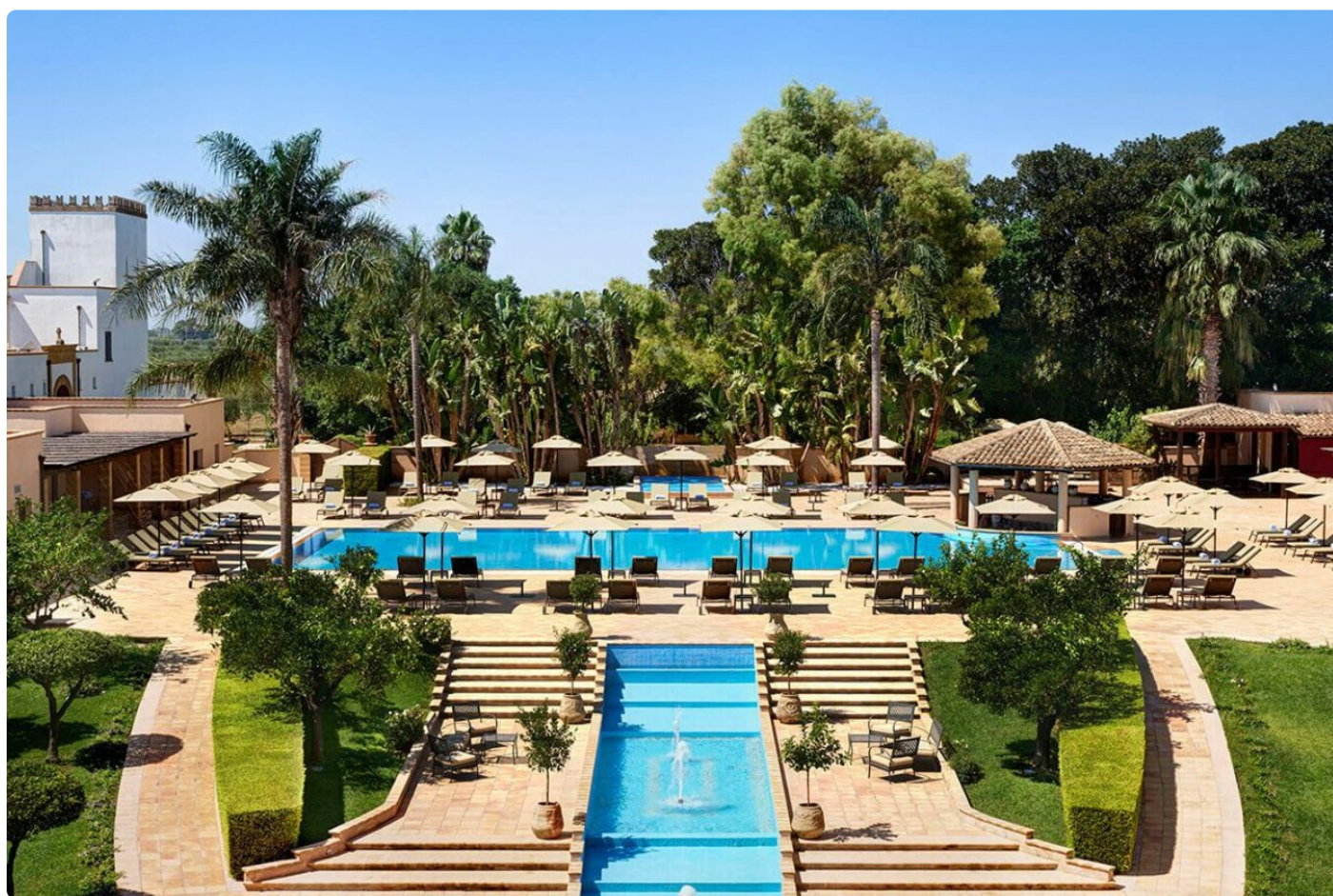


Located amid rolling hills full of vineyards and olive groves, close to the ancient cities of Assisi and Perugia, Borgobrufa SPA Resort is an adult-only paradise for those looking to spend time with loved ones in a holistically nurturing environment. A choice of rooms and suites provides the perfect environment to reconnect with yourself or a loved one and include lush panoramic views, in-room Jacuzzis, steam baths and even private heated pools.

The Borgobrufa Spa is a Nordic-inspired (no swimsuits in the saunas) haven for pampering and relaxation. Its indoor and outdoor pools, hydrothermal experiences and cutting-edge equipment are complemented by expert therapists who perform a collection of transformative treatments. Facilities, including a panoramic heated indoor-outdoor pool with whirlpool benches, upstream swimming and relaxing water massage jets. A further outdoor pool adjoins a summer bar where you can relax among the olive trees and lush countryside.

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## Almar Giardino di Costanza Resort & Spa, Sicily, Italy



Surrounded by lush greenery, centuries-old olive trees and impressive fountains, Almar Giardino di Costanza Resort & Spa is a five-star boutique destination that offers the ultimate

in tranquility and relaxation. The scents and colours of nature combine with refined Italian design near the stunning west Sicilian coastline, providing an elegant hideaway.

The Almablu Spa follows the same concept found at the award-winning Almablu Wellness & Spa at Almar Jesolo Resort & Spa – a multi-sensory journey that aims to leave you feeling as though you have been transported back in time to ancient Sicily. A Roman-Arab-inspired Hammam experience features a marble tepidarium, caldarium and laconium, while a Turkish salt bath harnesses the power of minerals from the ancient Culcasi di Nubia salt pan. A Nordic design influence is reflected in the thermal zone, which is made up of a bio-sauna, Finnish sauna, ice cascade and cold-water plunge pool, and there is a large relaxation area in which to reflect on your journey. The dreamy indoor pool has views of an amphitheatre made up of 400 white roses.

An exclusive selection of treatments and massages for the body and face are rooted in the efficacy of Traditional Chinese Medicine, using the 'tuina' technique to stimulate the flow of qi energy. The spa also offers a range of one, two and three-day programmes tailored to your personal needs, be that regeneration, detox, immunity-boosting or general wellness.

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## Amanzoe, Argolida, Greece



Drawing its name from the Sanskrit word for 'peace', and 'zoe', the Greek word for 'life', Amanzoe offers a haven of pure tranquility for the ultimate luxury spa and wellness break. Perched on a hilltop overlooking the coastline of the Peloponnese Peninsula, the resort offers truly stunning 360-degree views of the surrounding countryside as it cascades down to the Aegean Sea. Accommodation ranges from beach-front cabanas to ultra-luxe private pool villas and pavilions set among aromatic herb gardens, olive and cypress trees.

Cited as one of Europe's most elite retreats, Amanzoe's light-infused 2,850 sqm spa is inspired by holistic healings of Hippocrates. The spa combines diet, fitness, yoga and hydrotherapy with holistic treatments, signature rituals and science-led aesthetics to create a complete wellness offering for mind, body and soul. Facilities include seven treatment rooms, 6 pools, a Hammam, a Watsu pool and a sauna, cold plunge pool and steam room.

Throughout the season, Amanzoe welcomes a host of wellbeing experts and healing specialists to offer guests exclusive treatments and therapies from world-class experts in everything from reflexology to craniosacral therapy to traditional Chinese medicine.

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## Six Senses Kaplankaya, Bodrum, Turkey



Nestled in the breathtaking natural beauty of the Bodrum peninsula with constant views of

the Aegean Sea, Six Senses Kaplankaya is a truly luxurious resort that offers everything one could wish for from an immersive and revitalising wellness break. Laid out like an authentic Mediterranean village with meandering paths and buildings made from local materials, an atmosphere of calm and relaxation pervades. Accommodation includes a selection of Superior and Deluxe rooms as well as suites with private pools, and an indulgent choice of three, four and five-bedroom villas.

But the crowning glory of any Six Senses resort is its wellness offering. At Kaplankaya this comprises a 10,000 sqm spa, fitness and health centre that offers state-of-the-art facilities and world-leading expert practitioners who can assess, diagnose and treat all of your wellbeing needs through a diverse range of modalities, providing everything you need for a rejuvenating and life-affirming stay.

Hydrothermal facilities include an indoor aquatic exercise and therapy pool, a crystal steam room, a Finnish sauna, experiential rain showers, a hydrotherapy pool, an ice igloo, a salt grotto, Hammams, steam rooms and saunas.

The spa has 38 treatment rooms as well as consultation rooms for wellness screening to determine exactly what treatments your body will benefit from, including Ayurvedic, physiological and medical assessments.

In addition to visiting practitioners and various tailored retreats that take place throughout the year, a range of targeted programmes are available to focus on goals including fitness, detox, weight management, longevity, mindfulness and boosting the immune system.

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## Hotel Bellevue, Lošinj, Croatia





With its very own microclimate, the town of Cikat has long been known for its restorative powers and this tradition continues at Hotel Bellevue, whose sleek, minimalistic exterior houses a light-filled, lavishly decorated haven of wellbeing. Rooms are furnished in a contemporary style and offer a choice of park or sea views, while many suites come equipped with their own private terrace and hot tubs for the ultimate in exclusive indulgence.

Bellevue Spa Clinic is a relaxing oasis that was named Croatia's best hotel spa in 2022. Just steps from the healing turquoise waters of Cikat Bay, the spa uses the power of the sea to help guests detox and become revitalised with an array of approaches described as 'haute wellness'. Facilities include heated indoor or outdoor seawater pools, a hot tub and extensive hydrothermal experiences that include a steam room, sauna, plunge pool, three chronotherapy waterbeds, and a cryosauna.

Cutting-edge treatments are performed in seven treatment rooms, with an additional two couple's suites offering private steam rooms, saunas and hydrotherapy baths. There are two mani-pedi lounges in which to get your finishing touches completed, and a state-of-the-art fitness studio and exercise room in which to work up a sweat.

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