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TRAVEL ► SPAS

FEATURES

# Spa experiences in superlative surroundings, to revitalise mind and body

These spa experiences offer the ultimate in wellness and relaxation in serene settings around the world



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Cellularium Spa, Prague, Czech Republic

(Image credit: BoysPlayNice. Courtesy of Formafatal)

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Forget the traditional spa experiences you've come across until now, experiential wellness is paving the way – post-sauna cold showers are being replaced with innovative treatments like cold cryotherapy, while Japanese onsens with breathtaking views are preferred over small wooden saunas. Not to forget that the light, sound, temperature, humidity, textures, materials and smells of a retreat are equally as important as a breathtaking location. From mood therapy using state-of-the-art bio-hacking technology to treatments inspired by the world's longest-lived locations, along with architectural masterpieces built in impossible locations, keep reading to discover the best spa experiences right now to revitalise mind and body.

## Best spa experiences, from Ise-Shima to Chicago

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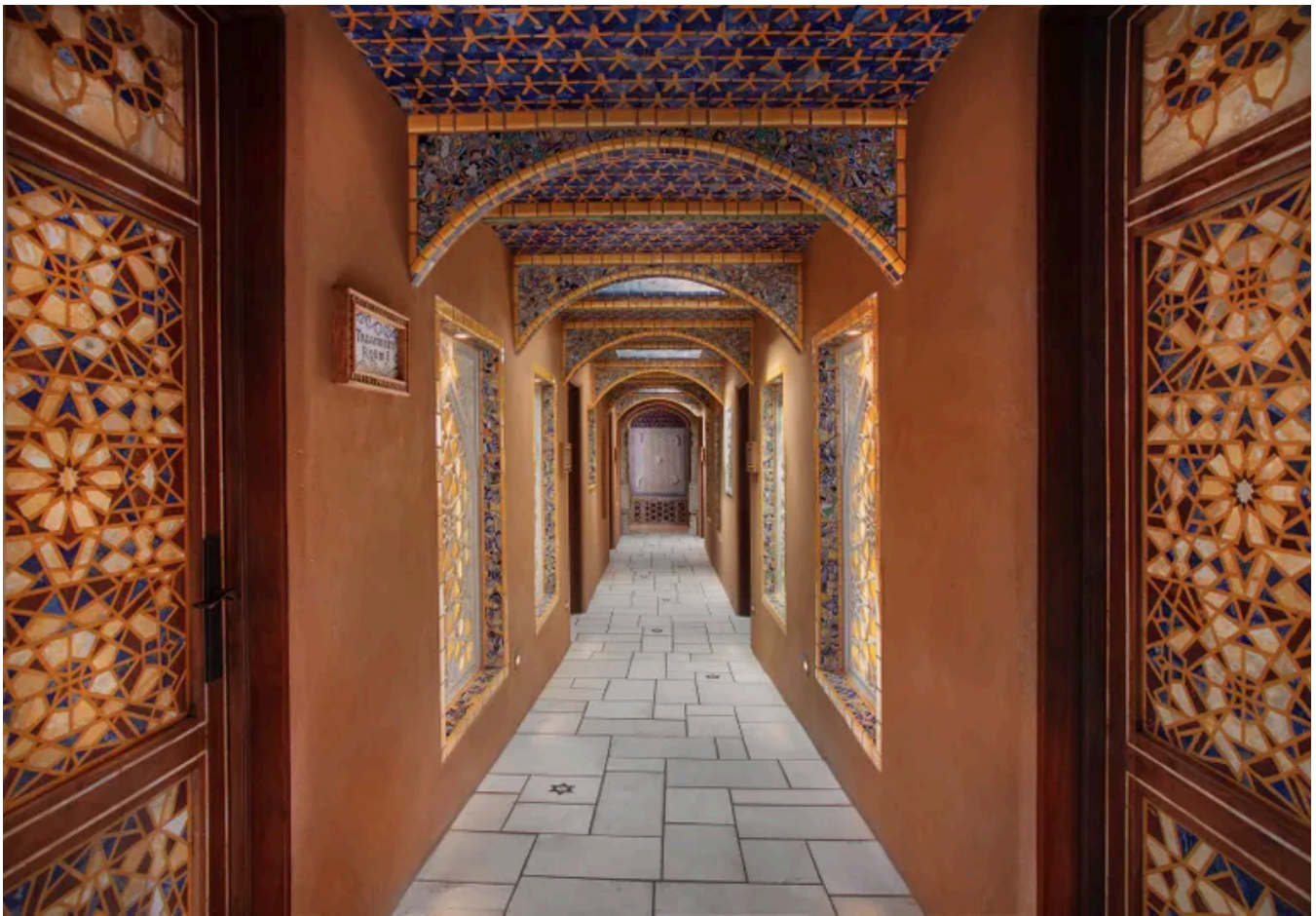
### Onsen Spa at The Amanemu Resort, Ise-Shima, Japan

Nestled amid the scenic hills of Andalusia, the once-renowned Byblos hotel has adopted the new identity of 'La Zambra' following a redesign by the architectural studio Esteva i Esteva. Under the management of Marugal, the chic retreat invites travellers to relax and discover the hidden treasures between Málaga and Marbella. Central to La Zambra is the Mood Spa, a wellness sanctuary that crafts experiences tailored to the guest's physical, psychological, and emotional equilibrium. With offerings like 'Relax', 'Healing', 'Reconnect', 'Vitalize', and 'Glow', the spa embraces a highly individualized approach.

Notably, the Osteo Skin Swaywaver table, a first in Andalusia, adds another layer of exclusivity to this revitalising haven. The spa works with products from luxury skincare brands such as Natura Bissé, EviDenS de Beauté, and Anne Semonin. (Try out the last's 'Heavenly Energising Body & Face Ritual', which brings together a potent mix of cryotherapy, massage, and aromatherapy.)

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**Spa of the Five Graces at The Inn of the Five Graces, Santa Fe, USA**



(Image credit: Courtesy of The Inn of the Five Graces)

The Inn of The Five Graces, the well-known Relais and Chateaux luxury boutique hotel and spa, has recently introduced The Spa of The Five Graces. The space opens after a five-year effort to renovate and redesign historic structures in Santa Fe, and it guarantees an opulent sanctuary in which to relax. The philosophies and rituals of ancient trade route the Silk Road have inspired the spa, which goes beyond conventional boundaries to offer personalised and transformative experiences that nourish the five senses.

Expert therapists craft custom spa experiences for guests. Massage therapies incorporate CBD oils and Himalayan salt stones, and rejuvenating skincare includes the 'High Mountain Hydration' facial (which uses a double peel, a lifting mask and massage inspired by Kobido techniques), and The Method, Augustinus Bader's signature sensorial treatment.

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