

TATLER®

In association with
Cleveland Collection

The 101
best spas in
the world

Spa
Guide 2008

Amangalla

GALLE, SRI LANKA

One of the most beautiful spas to open in the last two years is the Baths at Amangalla. In the cool of the garden, a cloistered walkway leads to the vast treatment rooms. En route there's a wet area with a hydrotherapy pool, steam room and sauna as well as an old-fashioned barber's shop for the chaps. Best of all is the ayurvedic taster programme, an introduction to the oldest medical discipline in the world. The body treatments are slick and oily and relax both mind and muscles. The doctor is a joy and will tell you what you've been doing wrong by simply taking your pulse. The chef is also a magician and produces the best ayurvedic food imaginable – his herbal porridge quickly becomes addictive. **Website** amanresorts.com/amangalla. **UK reservations** Cleveland Collection (tel: 0845 450 5732). **Rates** Double, from £175.



Inkaterra Machu Picchu

MACHU PICCHU, PERU

If you're not camping, there are only two ways to see the iconic Incan citadel. One is with Orient-Express – a hop-skip-jump to the ruins. The other is from Inkaterra's cosy casitas, a 30-minute bus journey down the mountain. Distance is a drawback, but it is far from the maddening crowds and hidden away in a cloudy forest with twilight nature walks through the hotel's orchid sanctuary. On top of which, the Unu spa makes the Machu Picchu trek entirely bearable. More than that – triumphant! The spa uses only local organic products like mint, mountain lemon and those orchids, but the best substance abuse is coca. Start with a spell in the detoxifying Andean sauna, then be wrapped up in a lathering of ground and whole coca leaves until you resemble a plantation. Sweat it out before a final massage with coca cream. You'll be humming with the hummingbirds. **Website** inkaterra.com. **UK reservations** Cazenove + Loyd (tel: 020 7384 2332). **Rates** Double, from £304. ▷