

The Telegraph Magazine

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THE

TRAVEL

ISSUE

THE 40 BEST
SPAS IN THE WORLD

THE DOS AND DON'TS
OF A VILLA HOLIDAY

(AND IF YOU'RE NOT
PLANNING A GETAWAY...)
HOW TO TURN YOUR HOME INTO A HOTEL

THE BEST FOR

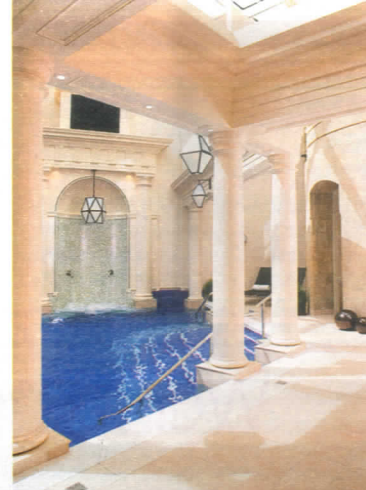
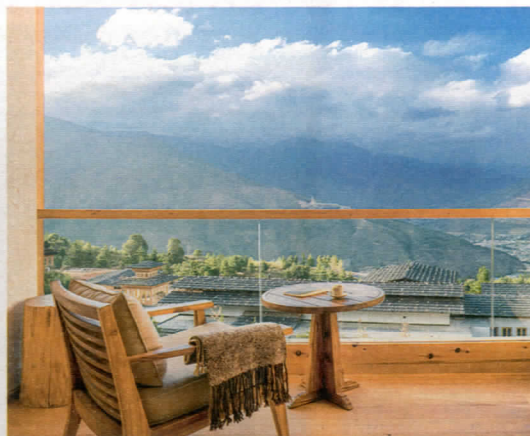
Adventure seekers

That'll be mindfulness with monks, naked Tyrolean romps and an amethyst steam grotto



2 Six Senses, Bhutan

Six Senses will take the concept of a Spa Journey to a whole new level in May, with the opening of five intimate lodges in Bhutan – in Paro, Thimphu, Punakha, Gangtey and Bumthang. Each will offer experiences unique to its location, from soaking in a traditional bath heated by fire-roasted, mineral-releasing river stones to mindfulness lessons with monks. *Rooms from £1,400 per night; sixsenses.com*



3 Gainsborough Bath Spa, Bath

The only hotel in the UK to have direct access to natural thermal waters, life here is centred around the Spa Village and its baths. Its newest offering is a Crystal Sound Bath – inside a meditation cave, pure quartz crystal bowls are bonged at different vibrational frequencies for 45 minutes to bring about a state of total relaxation. *Doubles from £285; thegainsboroughbathspa.co.uk*



1 Chablé Resort & Spa, Yucatán Peninsula, Mexico

The first spa to be built around a cenote – a pool in a natural cave sacred to the Mayans – Chablé combines shamanism and other ancient healing techniques with modern science. Think flotation therapy and lymphatic drainage massages. *Doubles from £750 per night; chableresort.com*



4 Arctic Bath, Sweden

It's been proven that hot and cold plunging reduces stress, and this spikily futuristic floating 'bird's nest' spa retreat encourages you to do just that. Opening 30 miles south of the Arctic Circle on Lake Luleå next month, its six cabins are arranged around a circular open-air plunge pool. *From £500; arcticbath.se*



5 Inkaterra Hacienda Urubamba, Peru

In the Sacred Valley of the Incas, Inkaterra Hacienda Urubamba launched its first purpose-built spa last October, the Mayu Spa. You'll learn about the medicinal and holistic benefits of rare herbs and then clip your own to infuse oil for your massage. *Doubles from £327; inkaterra.com*