

UPSCALE *Living*

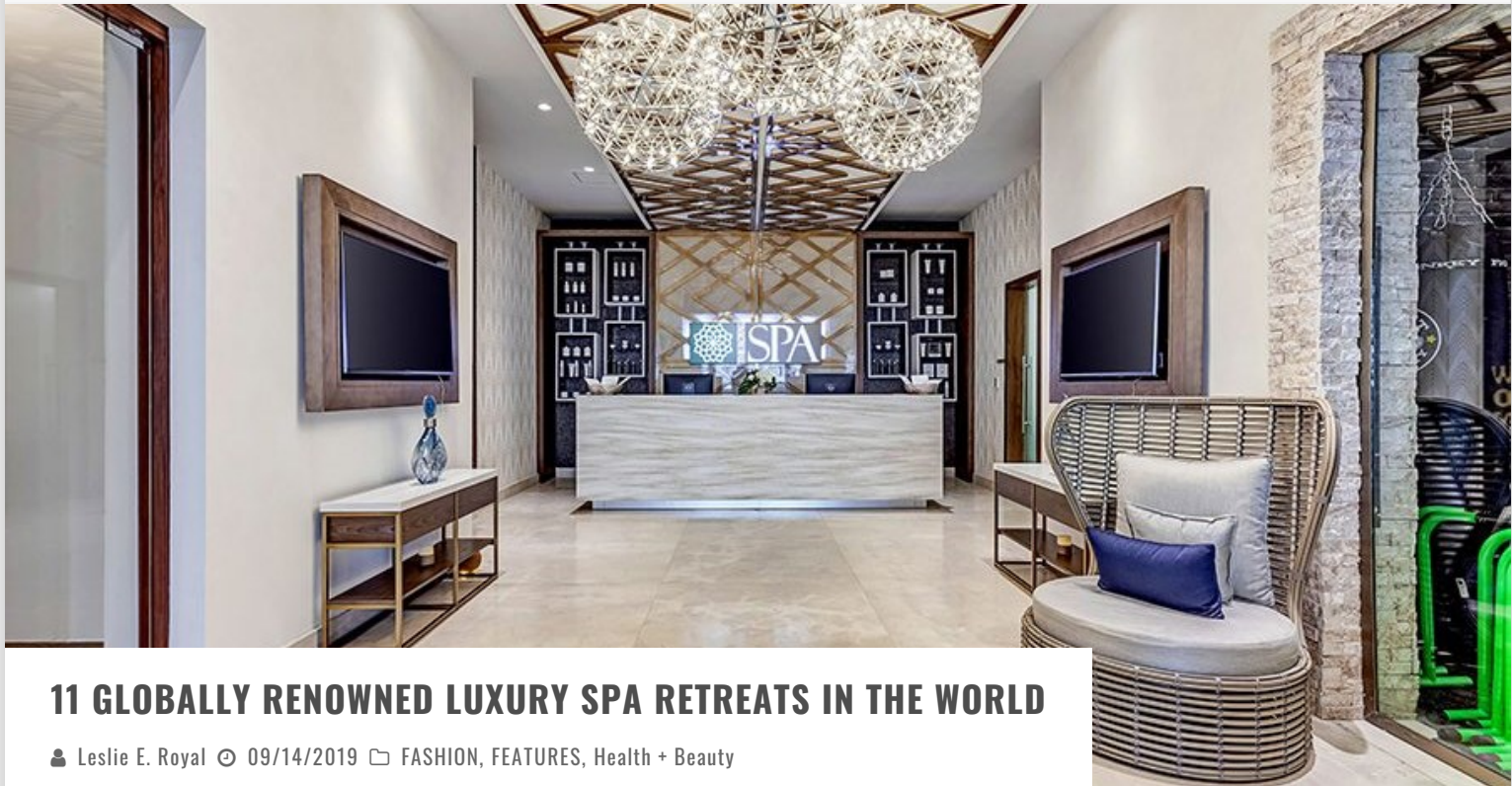
The Best of Luxury Living

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NOTABLE MEN'S & WOMEN'S WATCHES FROM BASELWORLD 2019



11 GLOBALLY RENOWNED LUXURY SPA RETREATS IN THE WORLD

👤 Leslie E. Royal 🕒 09/14/2019 📁 FASHION, FEATURES, Health + Beauty

As an intercontinental jetsetter in pursuit of the most superb transnational spa experiences, you're sure to desire the finest of exotic escapes. Unique and exclusive services, provided by some of the world's best therapists, are paramount. As you plan your next memorable getaway, consider these notable spa resorts having tranquil ancient rituals, serene massages, and soothing facials and wraps in some of the most beautiful countries worldwide.

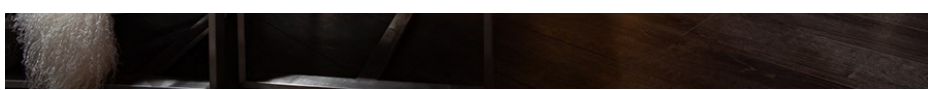


WHO WE ARE

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REVIEWS



The Spa at Kilkea Castle – Kilkea Castle, Kildare, Ireland

Historic [Kilkea Castle](#), founded in 1180 in Dublin, Ireland, is a breathtaking hotel resort. The medieval fortress and estate, with its mystic charm, dazzle all who visit. The Spa, a striking newly opened wellness center, offers technologically advanced facials like Elemis Personalized Facial, therapeutic massages such as Deeper Than Deep Hot Stone Massage, bespoke packages, and other wonderful services such as Thousand Flower Detox Wrap, Time for Mum – Peaceful Pregnancy Face and Body Experience and High-Performance Skin Energizer for Men. The state-of-the-art thermal suite relaxes and rejuvenates guests with its hydrotherapy pool, sauna, and steam room. Retreat into the regal Relaxation Suite with a cozy fireplace where guests may delight in a Zen moment and indulge in refreshing and tantalizing cuisine from noted [chef](#) David McKane's Spa Menu.





Meera Spa – Gili Lankanfushi, Lankanfushi Island, Maldives


Magnificent Luxury at a remarkable level, the stunning overwater villas stand alone in the middle of a heavenly, turquoise lagoon. In a secluded bay, [Meera Spa](#) provides a relaxing sanctuary for its guests. Drawing on healing knowledge and ancient cultures, therapists provide international treatments including the Royal Thai with Herbal Poultice, Tibetan Signing Bowl, Crystal Healing Massage, Chi Nei Tsang, Meera Ayurvedic Therapy, and 3-Day Meera Revitalizing Recovery. Connect harmoniously with the splendid island landscape while balancing your mind, body, and soul.





Rock Spa – Hard Rock Hotel Davos, Davos, Switzerland


**Introducing Les Pêcheurs:
The Divine Antibes
Restaurant With A Michelin
Star**


 Lara Candido Porter
🕒 07/29/2019


**Chefs, Restaurants and
Their Culinary Delights**


 Helene Ramackers
🕒 07/28/2019


**Chef Nobu Matsuhisa,
Doing Everything from the
Heart**

 Helene Ramackers
🕒 04/13/2019

**Bullion: Chef Bruno
Davaillon's Ode to Classic
French Cuisine**

 Deve Sanford
🕒 03/30/2019

**Top-Notch Dining in
Barcelona, Spain: Caelis
and Enoteca**

 Tracy Beard 🕒 03/16/2019



Hard Rock Hotel Davos seamlessly blends the noted Hard Rock Experience with the magnificence of the Swiss Alps. Enter the electrifying [Rock Spa®](#). Whether it's a romantic escape, Girls Getaway, corporate retreat, or destination wedding, guests will delight in this luxurious spa presenting a 360-degree approach to wellness. Features include the Rhythm and Motion® signature treatments and the world's first fully immersive music-centric spa menu. Retune your soul with melodiously named, extraordinary treatments such as Sweet Scent Symphony, Slow Jams, Smooth Operator, Face the Music, Wrap Remix, and East Side.



The Royal Spa – Royalton Antigua, Deep Bay, Antigua

[Royalton Antigua](#) is a splendid resort on a crescent-shaped, white sand seashore on Deep Bay Beach. The Royal Spa is a modernistic sanctuary offering classic and signature services. The German skincare line called Barbor, having the finest of natural ingredients, is used for treatments. Services include Thermal Energy Massage, Royal Lotus Wrap, Custom Babor Ritual, and Restorative Glow. Select in-suite services includes a rain shower, soaker tub, Dreambed™, and Diamond Club™ pillow menu.



ENA Spa – Inkaterra Reserva Amazonica, Puerto Maldonado, Peru

This majestic, eco-luxury lodge is nestled on the Madre de Dios River, a vitally important waterway in South America that is dually shared by Bolivia and Peru. Having 35 wooden cabanas, guests can see and hear several of 540 unique bird species at any given time in the rainforest. [ENA Spa](#), facing Rolin Island, uses natural, exotic ingredients of the Amazon. While beholding the Amazonian sunset, guests can enjoy treatments such as Reserva Amazonica Body Exfoliation, Reflexology, and Cold Stone Massage.





The Spa – Cayo Espanto Private Island Resort, Cayo Espanto, Belize

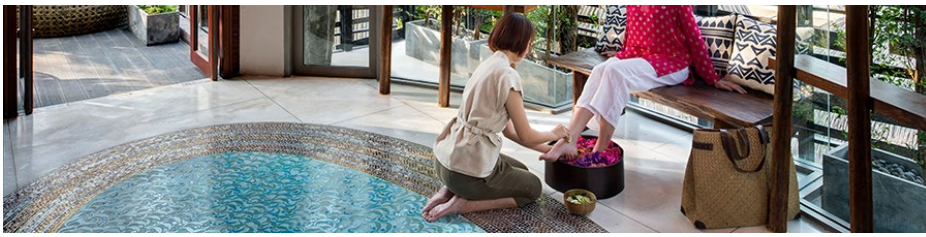
Having a secluded villa, you'll enjoy your very own private island utopia in [Cayo Espanto](#). This resort allows guests to explore the world's largest barrier reef system and visit the five Mayan ruins on the mainland of Belize. Luxuriate in exquisite and remarkable spa services including Hot Stone Massage Healing, Coconut Ginger Glow, Sea Weed Scrub, Chocolate Mousse Facial, and Mayan Coffee Scrub & Cocoa Wrap. Enhanced services include ear candling and aromatherapy.



SE Spa – Grand Velas Los Cabos, Cabo San Lucas, B.C.S., Mexico

The award-winning [Grand Velas Los Cabos](#) is a resort with all ocean-view suites. While overlooking the beautiful Sea of Cortez, guests can bask in the luxury of signature treatments utilizing the Mexican Blue Agave plant having pre-Columbian ancestral healing benefits. The SE Spa, a 35,000 sq. ft, a two-level edifice, offers innovative, contemporary treatments with state-of-the-art technology. Take the spa valet-guided seven-step water journey complete with a eucalyptus-scented steam room with chromotherapy, polar pool, aromatherapy sensory shower, sauna, Jacuzzi, and multi-sensory pool. Treatments include the Agave After-Sun Treatment, Meeting of Two Souls Ritual, SE Grand Velas Ceremony, Silk and Pearl Ritual for Brides, and Alpha Male Ceremony.





Mala Spa – Keemala Phuket, Phuket, Thailand

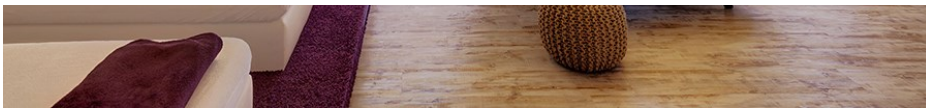
Keemala offers a tropical paradise with all pool villas in an enchanted rainforest. Having a Thai cultural philosophy, holistic programs, and cottages overlooking [Kamala Village](#) and the Andaman Sea, the resort is in the hills of lush woodlands. The Mala Spa treatments encompass traditional healing approaches. It offers holistic therapies including Raindrop Healing Therapy, Holistic Slimming Massages, Reiki, ozone-filtered pool, Voya Seaweed Hot Stone Massage, LUK Pra Kob, Raindrop Healing, Seaweed Leaf Ritual, and Thai Spice Ritual.



The Spa at The Bodrum EDITION – The Bodrum EDITION, Bodrum, Turkey

Sited on Turkey’s Turquoise Coast, The [Bodrum EDITION](#) provides a tranquil haven for individuals with a desire to have an extraordinary getaway. Guests can view the Aegean Sea while watching the sunset. Its superb spa offers visitors many international [healing](#) signature treatments using locally inspired and curated selections. Amenities include the Turkish Hammam, two Himalayan salt treatment rooms, saunas, steam rooms, plunge pools, and serene treatment rooms The Spa at Bodrum EDITION offers world-class treatments designed to decompress, exclusively using Hungarian all-natural, [beauty](#) brand products by Omorovicza. Patrons can luxuriate in the Caviar Facial, Hammam Moroccan-style experience, Golden Body Treatment, and Cihangir Yoga, among other appealing services.





Kurfursten Spa – Zum Kurfursten, Bernkastel-Kues, Germany

Atop the wine capital of Bernkastel-Kues lies a grand and exotic [Kurfursten Spa](#) Wellness Resort. The fabulous décor features style and elegance at its best. Visitors can marvel at the incredible services offered such as Body by KURFURST, Shazhi-Fan Body Massage, Thalasso Body Treatment, Hydrafacial Pampering Platinum Treatment, BEWEI, and BrainLight 4-D Shiatsu massage chair. Other amenities provided are outdoor spas, private spas, saunas, and steam baths.



NaturSPA – Naturhotel Waldklaus, Unterlängenfeld, Austria

At [Naturhotel Waldklaus](#), impeccably fusing personal wellness and mother nature is paramount. Made of wood, glass, and stone, the world-class hotel is nestled in the scenic Otztal Valley. Guests can vacation close to nature while savoring natural cuisine with a gourmet menu featuring regional organic dairy, fruits, and vegetables. Housed in the distinctively and dramatically designed and stylish retreat, NaturSPA pampers its guests in a remarkable environment. Services include Natural Salt Body Peeling, Alpienne Relaxation & Harmony, Nuad Thai Yoga Massage, Dry Brushing Body Treatment by Rosel Heim, and Mountain Dreams for Him. Enjoy the Finnish sauna, steam baths, and a heated outdoor pool.

Upscale Living Magazine Contributor Leslie E. Royal is an author, social media influencer, and global travel journalist. Her articles have appeared in numerous publications including ESSENCE, Black Enterprise, FORTUNE.com, and AAA Southern Traveler. She is the creator of the Leslie's Lane blog and author of two books: [Leslie Lane The Book! Your One-Stop Internet Resource Guide to Links for Jobs, Inspiration, Discounts, FREE Stuff, Scholarships, Travel & More](#) (\$14.95) – [How to Write and Self-Publish Your Book for FREE with Amazon's KDP: An Easy Way to Complete Your Manuscript in Seven Stress-Free Steps \(Leslie's Lane Inc.\)](#) (\$9.95) Follow Leslie @LesliesLane. Visit her site [www.LesliesLane.com](#).

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8 Expert Tips to Prepare for a Move



ZZ Architects' Luxury Apartment on
Mumbai's Queen Necklace Coast

ABOUT THE AUTHOR

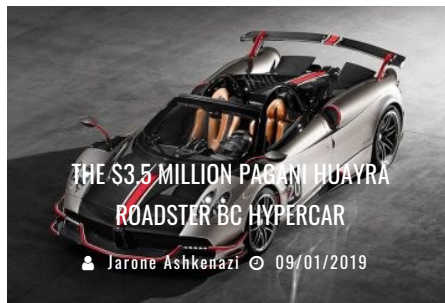


Leslie E. Royal



Leslie E. Royal is a global travel journalist, international freelance writer, product review expert, and social media influencer. In addition to Upscale Living, her articles have appeared in numerous publications including ESSENCE, Black Enterprise, FORTUNE.com, Upscale, The Ashro Blog, and the Travel Bags with Annita Blog. Leslie has authored two books: Leslie Lane The Book!: Your One Stop Internet Resource Guide to Links for Jobs, Inspiration, Discounts, FREE Stuff, Scholarships, Travel & More (Amazon \$14.95) and How to Write and Self-Publish Your Book for FREE with Amazon's KDP: An Easy Way to Complete Your Manuscript in Seven Stress-Free Steps (Leslie's Lane Inc.) (Amazon \$9.95) Follow Leslie @LesliesLane on Instagram and other social media sites as well as her Amazon Author page. She is the author of two books: Leslie Lane The Book!: Your One Stop Internet Resource Guide to Links for Jobs, Inspiration, Discounts, FREE Stuff, Scholarships, Travel & More (\$9.99 Kindle, \$14.95 Paperback) How to Write and Self-Publish Your Book for FREE with Amazon's KDP: An Easy Way to Complete Your Manuscript in Seven Stress-Free Steps (Leslie's Lane Inc.) (\$9.95) Follow Leslie! Amazon Author page Instagram

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