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# Ten top spa indulgences

Pampering par excellence with a view to die for at Crete's Poseidon Spa

## 1 ElySION Spa, Hilton Dalaman, Turkey

On Turkey's fabulous "Turquoise Coast", the ElySION Spa is all about location. A short hop north brings you to Iztuzu Beach, proclaimed Best Open Space in Europe by *The Times* in 2008 and prime breeding ground for sea turtles – visit between May and October to see hatchlings heading out to sea. Back at the spa you can luxuriate in your own VIP suite, with bar and karaoke machine, and sample quirky treatments such as chocolate massages and needle-free botox. ([hiltondalaman.com](http://hiltondalaman.com))

## 2 QUA Baths & Spa at Caesars Palace, Las Vegas, USA

When in "Rome", do as the Romans do. The QUA Baths & Spa in Caesars Palace casino embraces the Roman ethos that hanging out is as important as chilling out, and you're likely to keep A-list company in the mineral-enriched waters of its Roman baths. Justin Timberlake, Usher and Eva Longoria have all enjoyed the art

of social spa-ing, while Celine Dion practically lives here and everyone has performed in the prestigious mega-club, Pure. Long live Caesars... ([harrahs.com/qua-caesars-palace](http://harrahs.com/qua-caesars-palace))

## 3 Anazoe Spa, The Westin Resort, Costa Navarino, Greece

The Anazoe Spa takes full advantage of its location in Greece's Messinia

region – land of the olive. Surrounded by olive groves, this spa uses the nourishing oil in tailored oleotherapy treatments, which are based on ancient local practices, along with an abundance of locally grown herbs – you can select your own aroma for each therapy. The resort is also child-friendly, with specially designed family rooms and suites, extensive childcare facilities and kids' spa treatments. ([westincostanavarino.com](http://westincostanavarino.com))



Unwind like a Greek god in the ElySION Spa on Turkey's Dalaman coast

## 4 The Poseidon Spa, St Nicolas Bay Hotel, Crete

Want glowing skin like Brit actress and style queen, Sienna Miller? An Elemis facial is one of her swear-by beauty boosters, and the Poseidon Spa offers a plethora of treatments using the luxury brand's products – with the bonus of a setting on Crete's spectacular Mirabello Bay. Book the "blue room" for the best views of the bay from a private veranda, then seek out Aphrodite's Bath for a romantic treatment for two in a cave beside the sea. Lifestyle packages incorporating snorkelling and other watersports are also available. ([stnicolasbay.gr](http://stnicolasbay.gr))

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**5** Corallium Spa,  
Lopesan Costa  
Meloneras Resort,  
Gran Canaria

After a visit to the Corallium Spa, you'll feel like you've been reborn – thanks to its “womb room”. This aims to return spa-goers to the comforts of the mother, with blood-coloured waterbeds acting like amniotic sacks and a rotating red sash replicating a giant umbilical cord. If you're feeling in need of a breath of fresh air however, the resort is just metres from the Dunas de Maspalomas nature reserve. ([lopesan.com](http://lopesan.com))

**6** Despacio Spa Centre,  
H10 Costa Adeje  
Palace, Tenerife

Meaning “slowly” in Spanish, the Despacio is about immersing yourself in the moment. This spa takes full advantage of its seafront position, with therapies using the mineral and medicinal properties of hydrotherapy. Or try the White Energy programme, involving sweet and salt peels, dead-sea salt, yoghurt and a lemon wrap. ([hotelh10costaadejepalace.com](http://hotelh10costaadejepalace.com))

**7** Guerlain Spa,  
Waldorf Astoria  
Orlando, USA

Though it's within the Walt Disney World Resort, this spa envelops visitors in a different world of escapism. French perfume house Guerlain lends its

Take to the waters of the *circuito d'agua* at the Grand Sirenis Riviera Maya resort



Indulge in a spa experience incorporating ancient Mayan architecture and beliefs

luxurious reputation to the treatments, which blend the scientific with the sensual. On arrival, you'll undergo a skin diagnosis to reveal your primary focus, before choosing a customised fragrance to be used in treatments. ([waldorfastoriaorlando.com](http://waldorfastoriaorlando.com))

**8** Grand Sirenis Riviera  
Maya Hotel & Spa,  
Mexico

Indulge in a spa experience incorporating ancient Mayan architecture and beliefs at this all-inclusive resort featuring an ice fountain and traditional Mexican steam bath. Afterwards, explore nearby Mayan ruins, beaches and the Yalkú Lagoon, and plunge into a *cenote*.

Mayan legend has it that these sacred natural caves hold the purest water on the planet. ([grandsirenisrivieramayacom](http://grandsirenisrivieramayacom))

**9** Rock Spa, Hard Rock  
Hotel & Casino,  
Dominican Republic

Offering pampering fit for a rock star, this spa is themed rooms and ostentatious décor all the way – even the saunas are drenched in red mood lighting. The vast complex includes a casino and Nicklaus-designed golf course, while true rock prima donnas should check into a Golden VIP suite. ([hardrockhotelpuntacana.com](http://hardrockhotelpuntacana.com))

**10** Paradisus Rio  
de Oro Resort  
& Spa, Cuba

Nestled in Bahía Naranjo Natural Park, this all-inclusive eco resort is ideal for honeymooners. It's a stroll from the white sands of Playa Esmeralda Beach, but newlyweds may prefer to hole up in their bungalow and order the in-room spa service, with options such as Cuban rum massage and pearl and gold massage. Upgrade to the Royal Service and you get your own butler. ([meliacuba.com](http://meliacuba.com))



The Himalayan salt cave is just one of the unusual treatments on offer at the Corallium Spa in Gran Canaria