

SUPER LUXE SPAS

As the fashion world eagerly awaits the opening of the first Chanel spa, in the Ritz Paris, HFM discovers the super-luxe retreats attracting A-list patronage. R'n'R guaranteed

WORDS: Delphine Chui



FROM ABOVE:
The Club Med resort boasts 52 luxurious villas on the lagoon; the spa is ideally located next to the sea; each villa has its own private pool



CLUB MED SPA FINOLHU VILLAS MALDIVES

For a sumptuous spa break, head far afield to the Indian Ocean. Supermodel Bar Refaeli recently hosted her hen party there, complete with 'bride-to-be' sunglasses, a pink sash and a white veil, along with five of her closest girlfriends. With insanely beautiful views, private terraces from which you can plunge straight into the sea and a cinema under the stars, we can see exactly why Bar chose this venue. And if you come with your partner as your plus one, you can enjoy a tailored spa treatment for two. Pure decadence.

- The four over-water spa rooms are the most serene of settings for your treatment. The menu includes an Adreno Restore option, which lasts for a whole day, to encourage good adrenal function – helping to protect you from stress and fatigue.
- Focusing on your wellbeing, all the treatments are about stimulating your body from the inside out, from your lymphatic system to your nervous system.
- Being near the ocean has its perks for beauty too, with marine elements such as sea lavender and sea lettuce used to encourage the repair of damaged skin.

GETTING THERE: A week's all-inclusive stay in a sunrise beach villa costs £755 per night per person, which includes BA flights from London Gatwick, sea plane and then transfers.

Visit clubmed.co.uk/cm/resort-the-finolhu-villas-maldives



BAR REFAELI



FROM ABOVE: Relax in the infinity pool; the hotel is located in the picturesque Oxfordshire countryside; saunas, steam rooms and drench showers are a must

HOUSE SPA AT DORMY HOUSE, COTSWOLDS

You'd be hard pressed to find somewhere cosier than the Cotswolds, so where better to get your countryside chic on? This boutique hotel-meets-farmhouse recently underwent a huge renovation, so expect all the rural comforts but with added glamour. We're talking a champagne nail parlour (a glass of bubbly and Ciaté go together nicely, if you ask us) and seasonal food served in a stylish space. No wonder Lady Gaga's a VIP guest.

- Whether you want to relax or do laps, the 16-metre infinity swimming pool, complete with mood lighting, is the ultimate indoor (ie, warm) oasis.
- The Vital Energy full-body massage is the best wake-up call we can think of. And if you find it hard to catch those ZZZs, try the Silent Night Lavender Sleep Treatment which uses local plants. It lasts two and a half hours and includes a massage.
- Speaking of which, the lavender sauna room gives off an infused dry heat that's sure to leave you calm and relaxed. Or channel your inner Scandinavian with a visit to the Hot Juniper Finnish sauna that recreates an original Nordic experience with juniper logs lining the wall to boost your immune system.

GETTING THERE: Advance fares from London Paddington to Moreton-in-Marsh start from £10 each way, firstgreatwestern.com. Rates at Dormy House start from £240 per room per night, including breakfast, based on two sharing.

Visit dormyhouse.co.uk



LADY GAGA



ALESHA DIXON

M BY MONTCALM, LONDON

Dubbed 'Silicon Roundabout', Old Street, Shoreditch, is the place to find tech businesses and start-ups, so a wellness retreat comes as a welcome addition to such a hub of hard-working creativity. Inside the M By Montcalm hotel, which opened last summer, the M Spa is the ultimate destination to de-stress after work. There are even treatments to deal with so-called 'tech neck', which promise to soothe tired skin, caused by hours of staring at a computer screen.

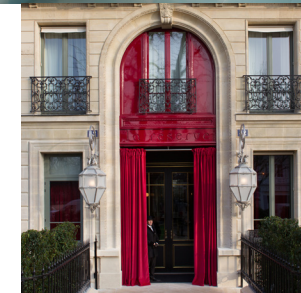
- It doesn't get more fashion than a Versace gold-leaf tiled pool. And the spa uses luxurious brands including organic skincare company Ila and Natura Bissé. We recommend the Kundalini Back Treatment to ease tension and balance your body.
- Specialising in grooming, from body waxes and 'billion dollar brows' to luxury manicures, Brit celeb Alesha Dixon has been spotted having a treatment.
- Don't forget to look up when you're outside. The 18-storey building has a futuristic design influenced by painter and Op Art pioneer, Bridget Riley.
- The hotel's club room and suites come complete with 'scent stewards' and 'bath butlers', and for foodies, there's Tonic & Remedy, the newly-opened urban eatery on the 17th floor.

GETTING THERE: M By Montcalm hotel is at 151-157 City Road, London EC1, nearest tube station is Old Street. Rooms start from £150 (plus VAT).

Visit mbymontcalm.co.uk



FROM ABOVE: The serene indoor pool feels a million miles away from the bustling Parisian streets; the elegant entrance on Avenue Gabriel



ABOVE: The gold Versace tiled logo brings some poolside bling LEFT: monochrome decor ensures a cool, calm feeling



LA RESERVE SPA, PARIS

As the hotel-of-choice for the fash crowd, La Réserve hosted the likes of Kendall Jenner, Olivier Rousteing and Gigi Hadid during Fashion Week. A stone's throw from the Champs-Élysées, this space is the epitome of Parisian chic with simple, slick decor – and Ladurée macarons, bien sûr!

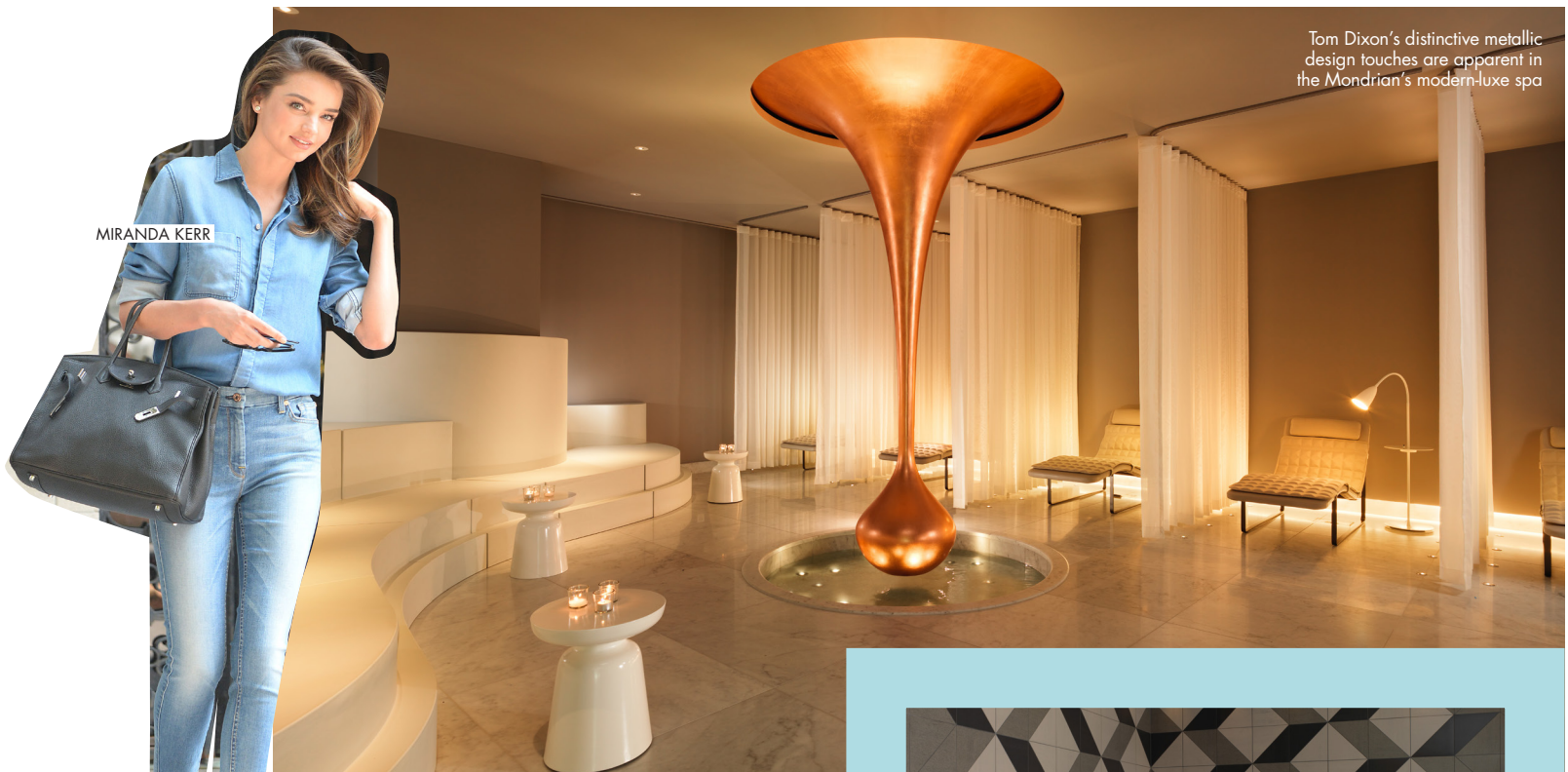
- Anti-ageing Swiss brand Nescens is behind the scientific treatments that address your specific needs with long-lasting effects.
- Massages are bespoke, so you determine what you want to focus on. Plus, the facials promise to restructure the face's contours, giving you that golden glow from the inside out.

GETTING THERE: Travel with Eurostar from London St Pancras International to Paris Gare Du Nord from £72, eurostar.com. Nightly room rates start at around £540 including breakfast.

Visit lareserve-paris.com



GIGI HADID & KENDALL JENNER



MIRANDA KERR

Tom Dixon's distinctive metallic design touches are apparent in the Mondrian's modern-luxe spa

MONDRIAN AGUA BATHHOUSE AND SPA, LONDON

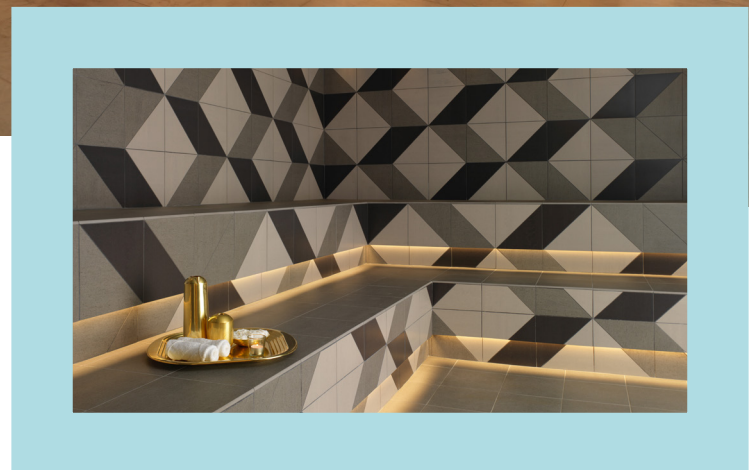
Into interiors? Then you'll love this spa, designed by lighting and furniture guru Tom Dixon, who's renowned for his bronze and copper touches. Emma Stone and Miranda Kerr have been spotted here, and no wonder. The 'spa playground' concept promotes a multi-sensory experience, so expect sounds, smells and sights to ignite your inner calm.

■ The bespoke 'bust massage' focuses on your upper torso for the deepest of relaxed states. It sounds odd, but the treatment promotes the drainage of tension from the chest muscles to balance your breathing rhythm and encourage a detox through improved circulation.

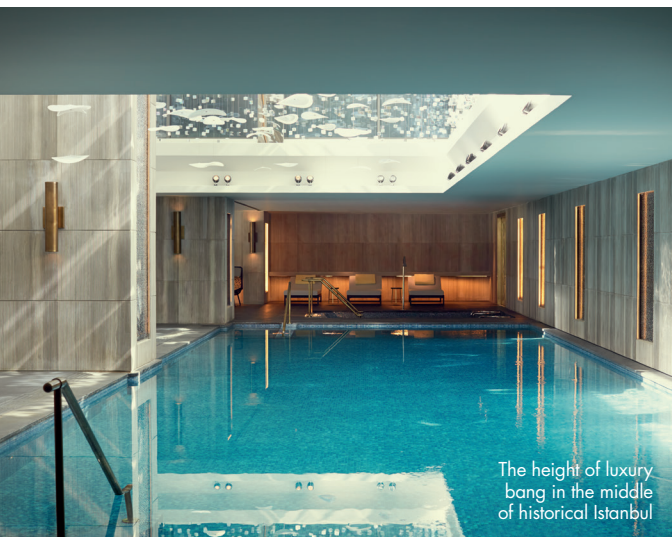
■ For £20, you can add a 15-minute booster treatment to target a specific part of your body using products from Soveral and Glamglow.

GETTING THERE: Located on the spa level of Mondrian London, mondrianlondon.com. Treatments start from £30. Nearest tube station is Southwark or Waterloo.

Visit morganshotelgroup.com/mondrian/mondrian-london



PHOTOS: WENN.COM, SPLASH NEWS, FAMEFYNET, DAVID CABRENA, REX FEATURES, SHUTTERSTOCK



The height of luxury bang in the middle of historical Istanbul

RAFFLES SPA, ISTANBUL

Fill yourself with (Turkish) delight in the heart of Istanbul. The super-luxe Raffles overlooks the Bosphorus, boasts a 3,000 sq m spa, and has an outdoor rooftop pool. It transforms archaic Turkish hammams into luxury bathhouse experiences using products from The Organic Pharmacy and Gazelli Skincare ranges. Rihanna has visited, as has Lady Gaga, who opted for the suite with helicopter transfer and private cinema, as you do.

■ The spa's showers are an experience in themselves, offering four different 'natural water' settings complete with lighting, sound and scent effects.

■ After your spa session, refuel at the detox juice bar, the Michelin-starred Arola restaurant or in the Champagne Room.

GETTING THERE: Stay at Raffles Istanbul from £425 per room per night, based on two people sharing, visit raffles.com/istanbul. BA flights from London Heathrow cost from £65 one way.

Visit raffles.com/istanbul



RIHANNA