

The five most pampering spas in the world

BY MARGARET SWAINE

1. Raffles Amrita Spa, Canouan Island

From your private thatched-roof palapa situated over water, you look down through the glass floor into the turquoise ocean while your therapist exfoliates, moisturizes and massages you from your toes to the top of your head and back to your feet again over the three hours of a "Pure Retreat" treatment.

www.canouan.affles.com

2. One and Only Palmilla, Los Cabos, Mexico

Your treatment begins with a ritual foot bath in the open-air garden of your private treatment villa. Inside your beautifully appointed, air-conditioned pavilion, you're treated to an Aztec wrap in aromatic spices and a massage, then you finish with a rain shower, followed by a soak in an outdoor garden tub. Finally, you stretch out on the Mexican daybed, sipping your choice of tea or fresh juice.

www.oneandonlyresorts.com

3. I-Spa at InterContinental, Hong Kong

In your private suite decked in floor-to-ceiling polished green granite, you can enjoy a leisurely personal sauna, steam-shower and Jacuzzi buck-naked

before you begin the "Ancient Rituals of the Orient," a soothing 90-minute odyssey that includes a Thai foot ceremony, a Japanese green-tea-and-ginger body scrub, Chinese acupressure therapy with hot stones and an Oriental head massage, after which you can retire to the outdoor, three-temperature, infinity spa pools that overlook Victoria Harbour.

www.hongkong-ic.intercontinental.com

4. The Caudalle Vinotherapie Spa, Bordeaux, France

In the heart of the marvellous property of Château Smith Haut Lafitte, your vinotherapy cure may start with a grape bath, followed by a merlot wrap, a massage and a peachy facial while you dream about your upcoming meal at La Grand Vigne, that could be served with a bottle of fine premier cru Graves. After all this, you roll into your bed among the vineyards.

www.sources-caudalie.com

5. Anantara Spa Emirates Palace, Abu Dhabi

In your Anantara Spa suite with its soaring arches and domes, your "Diamond" experience begins with a Diamond Magnetic body exfoliation (a peel that uses diamond dust, iron and luminous mud), and is followed by a



COURTESY OF RAFFLES AMRITA SPA

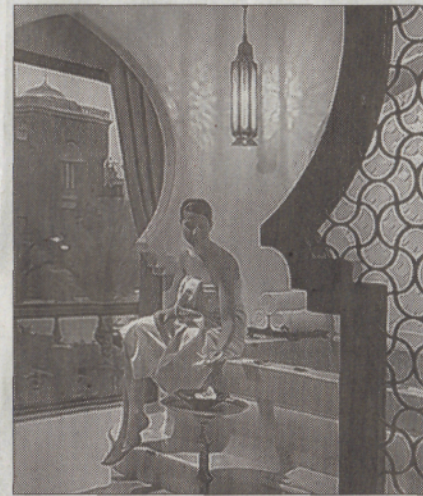
At the Raffles spa in the Grenadines, you receive treatments in your own private palapa, perched over the turquoise ocean.

luxury facial from the Natura Bisse Diamond Collection, all of which leaves your skin glowing like a magnificent jewel while you go on to indulge in the ornate, Moroccan-styled hamman (steam room) with its double heated marble beds, Jacuzzis, steam rooms and ice cave.

<http://spa.anantara.com/abudhabi>

Margaret Swaine writes a spa column for *Best Health* magazine.

Right, diamonds are a girl's best friend — and used in many treatments — at the Anantara Spa Emirates Palace in Abu Dhabi.



COURTESY OF EMIRATES PALACE SPA



COURTESY OF INTERCONTINENTAL HOTEL

At the I-Spa at the InterContinental Hotel in Hong Kong, outdoor infinity pools overlook Victoria Harbour.