

SUMMER 2009: GREATEST DEALS EVER

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TRUTH IN TRAVEL

MAY 2009

EUROPE
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HOT LIST WORLD'S TOP NEW 140 hotels*

50 Restaurants

50 Spas

35 Nightclubs

*including 43 under \$250

INSIDER'S GUIDE

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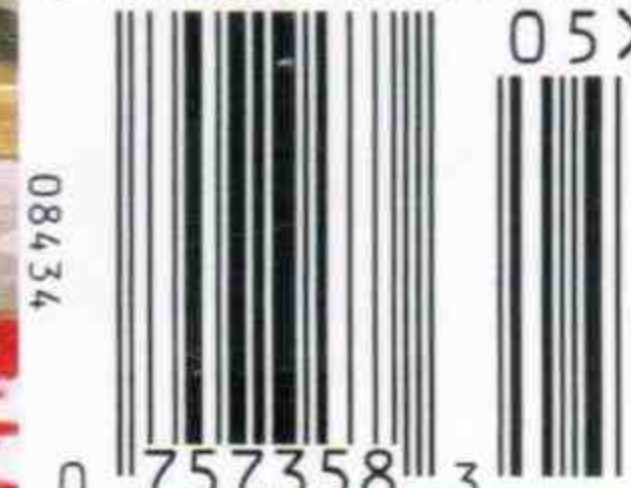
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Hot Spas

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NEW SPAS TO LOSE
YOURSELF IN

A little R and R is just what the doctor ordered. And as luck would have it, this past year delivered a bumper crop of superlative spas from Macau to Mexico. Our reviewers left no hot stone unturned in their effort to identify transcendent spots for head-to-toe pampering—rejecting scores of also-rans in the process.

Spa Boat at Taj Lake Palace

»Udaipur, India
Taj's barge, floating at anchor on Lake Pichola, provides a novel stage for a spa treatment.

HOT SPAS

RUSSIA

Algotherm Spa »Moscow

In the leafy Pokrovka neighborhood, amid cafés and pre-revolutionary mansions, this two-level spa has 14 treatment rooms dramatically decorated in stark whites and golds with mosaic tile accents, bold black-and-white semi-nude portraits in the locker areas, and a massive above-ground indoor swimming pool. As befits an Algotherm spa, the focus is on the healing properties of water: In addition to the pool there is a

PHILIPPINES

Abacá Spa »Cebu

Size definitely doesn't matter at this exquisite two-room waterside gem of a spa at the Abacá resort (see "Hot List"). Two chic relaxation spaces have polished dark-wood floors, inlaid-mother-of-pearl walls, and shelves stacked with giant sea shells. Antique tribal jewelry, native

THE ROSE SPA REVIVES PORTOROZ'S RAISON D'ÊTRE AS A SEASIDE RESORT—IT WAS A FASHIONABLE SPOT FOR AUSTRO-HUNGARIAN GRANDEES

materials, and woven-fiber sandals add to the indigenous ambience. The treatment menu features traditional Filipino hilot massage, with long, deep-pressure strokes; for something unique, try the Eucalyptus and Rosemary Scalp and Shoulder massage, which begins with a thorough back knead to ease cranial tension. Afterward, linger over peppermint tea and watermelon slices in the shaded beach cabana (62-32-495-3461; massages, \$61–\$88). ☎ 📍 📱 📺 📷

Turkish-style hammam, a wet-dry saunarium that mimics the humidity of the tropics, and water-based services like thalassotherapy baths and traditional Moroccan rhassouls. The signature 90-minute Bora Bora massage incorporates heated pouches filled with seaweed to help relax muscles. The vast menu also includes everything from facials and wraps to anti-cellulite ultrasound treatments and post-pregnancy "shape recovery" programs. The only truly Russian element is the nimble-fingered

»STRAIGHT FROM THE VINE

The wine-therapy blitz continues with grapy sessions galore.

Caudalie Spa at the Plaza Hotel, New York City

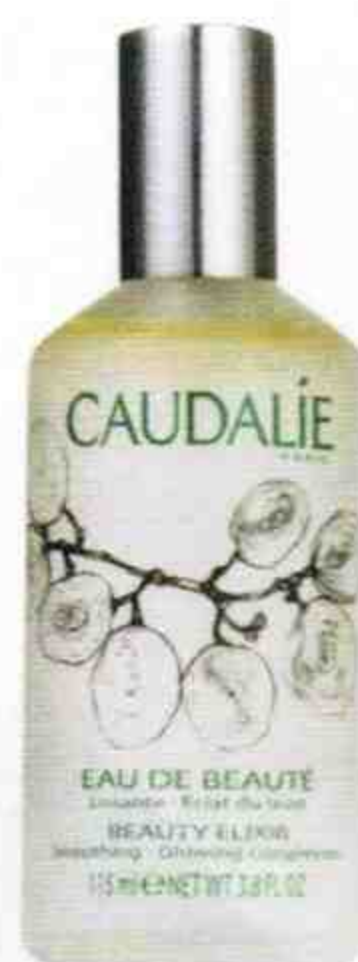
Barrel Baths steep guests in antioxidantizing grape extracts.

29 Spa at the Mansion on Peachtree, Atlanta

From one of the biggest names in wine—Mondavi—comes gratis vino and Crush It Up, a replenishing grape seed body mask.

Valle Perdido Wine Spa, Neuquén, Argentina

Polyphenols are prime: The free-radical fighters found in grapes are used in facials to slow aging.



CAUDALIE BEAUTY ELIXIR
At New York's Caudalie Spa, a spritz of grapes and herbs preps dull skin for moisturizing; later, use it as a refresher at any time of day.

therapists—most of whom speak only limited English (7-495-229-5797; massages, \$115). ☎ 📍 📱 📺 📷

SCOTLAND

Spa at Gleneagles by ESPA

»Auchterarder

Historic Gleneagles, famed for its golf course and gentlemen's club aura, has rounded out its appeal with the addition of an ultraluxe spa. In the reception room, Cubist art hangs on burnished walls and a perfect orchid perches on each side table. From there, you pass through luxurious changing rooms with Art Deco-style lighting into an otherworldly aquatic realm. In the mosaic-walled his-and-hers "heat suites," follow a bout of relaxation in the crystal steam room with invigorating spritzes in the showers, culminating with a cooldown in peppermint-scented arctic mist and a pummeling by water jets in the dark-blue-tiled hydrotherapy pool. The Gleneagles Retreat package bundles the spa's watery offerings with a welcome foot massage, a cleansing back exfoliation, an aromatic massage, a facial, a scalp massage, and a delicious two-course spa lunch (44-176-469-4332; massages, \$110–\$230). ☎ 📍 📱 📺 📷

SLOVENIA

Rose Spa, Hotel Kempinski Palace »Portoroz

Housed in a stunningly decorated all-white space in the hip new Bauhaus-style annex of the recently renovated and expanded Kempinski Palace (see "Hot List"), the Rose Spa revives lovely Portoroz's raison d'être as a seaside resort—it was a fashionable spot for Austro-Hungarian grandees to take Adriatic dips and seawater- and mud-based cures in the early 1900s. Now the headliner in most treatments is the St. Barth product line, but staff still take a serious old-world approach to their work—and most have university-level training in sports medicine and physical therapy. Wind down after a 50-minute Klassik Rose Massage in the solarium, which has views over a gorgeous garden and the Mediterranean beyond, or paddle in the heated pool (386-5692-7000; massages, \$80–\$115). ☎ 📍 📱 📺 📷

SOUTH AFRICA

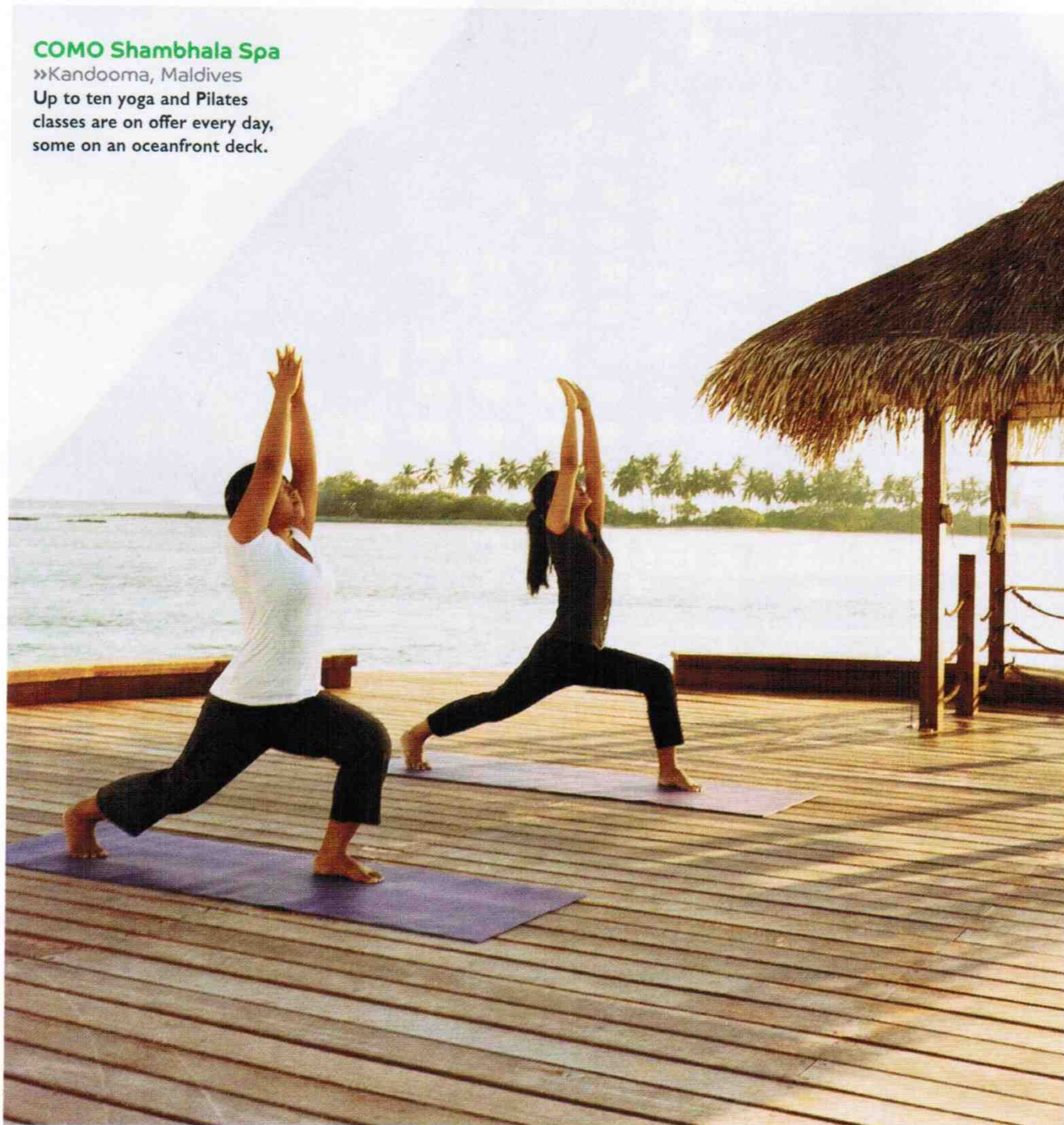
Librisa Spa at the Mount Nelson Hotel »Cape Town

Inspiration for the Librisa Spa's unique treatments came from the therapeutic, antioxidant, and rejuvenating properties of local botanical extracts and fragrant essential oils. The decor comprises richly textured natural fabrics, hand-painted silk wallpaper, and natural elements such as stone, marble, flowing water, and flowering plants. Changing rooms feature sauna and steam baths, plunge pools and heated marble

COMO Shambhala Spa

»Kandooma, Maldives

Up to ten yoga and Pilates classes are on offer every day, some on an oceanfront deck.



Photograph by Christopher Wise. Still life by Jens Mortensen