

National Geographic Traveller (UK)

Luxury 101

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• Spas •

**77** One Spa
Edinburgh

The Sheraton's One Spa has been Edinburgh's most famous pampering zone for years. Now, with the hotel's top-to-bottom, multi-million-pound overhaul complete, it's attached to one of the most stylish places to stay in town too. The dazzling rooftop hydro pool is a great festival-time refuge, whatever the weather outside. www.onespa.com

78 Marina Bay Sands
Singapore

The three towers of Marina Bay Sands look like something out of *Star Wars*, and its new, 20,000sq ft Banyan Tree Spa, 55 storeys up, is also a blockbuster. The interior is as dramatic as the views, while the ayurvedic treatments include the Rainmist Experience, which begins with an invigorating rain shower and steam bath. www.banyantreespa.com



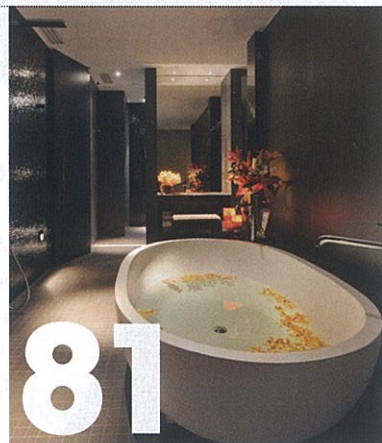
79 **Ushvani, London:** The most exclusive day spa in London isn't in a hotel. Malaysian-inspired Ushvani, in Chelsea, has a yoga studio and state-of-the-art treatment rooms, including couples' haven, the Asmara Suite. And while the one-brand products are excellent, best of all, you're also invited to bring your iPod to soundtrack your treatment. www.ushvani.com

80 Armani Hotel Milano
Italy

Milan's newest five-star property is the most fashion-focused to date. As well as 95 sleek guest rooms and suites, and a chic restaurant serving classic Italian dishes, the Armani Hotel Milano has its own penthouse-level spa, finished in typical Giorgio style, with a colour palate of minimalist slate gray. Expect a 'fully tailored sensory experience' to suit your individual needs. The relaxation pool is surrounded by louvered windows on all sides, including the ceiling. www.armanihotels.com

**The Darling
Australia**

Opened at the tail-end of last year, Sydney's super luxe 171-room Darling Hotel is housed in a 16-storey glass tower with plenty of arty touches, like its hovering swallow sculpture suspended above the entrance. The spa — the city's largest — champions Asian and European treatments within 16 private rooms using La Prairie products. www.thedarling.com.au



Lefay Spa Resort, Lake Garda, Italy

Guests certainly can't ignore the spa at Lefay — you have to walk through it to reach your room. The 'Lefay Spa Method' combines classical Chinese medicine with a western, scientific approach, while its extensive menu includes facials, massages, thalassotherapy treatments and east Asian rituals. An ingenious swimming pool means you can float from indoors to outside, and there's a choice of saunas and grottos to unwind in, while light and airy rooms, beautifully designed in wood and neutral colours overlook the lake. Energetic Body massage (sports) costs €110 (£90) for 50 minutes. www.lefayresorts.com

A photograph of a spa lounge. The room is dimly lit with a warm, ambient glow. In the foreground, there are several chairs with a red mesh or woven texture. A central black table holds a dark, possibly heated, stone or object. Two lamps with glowing shades are visible, one on the left and one on the right. The floor has a dark, patterned tile design. The overall atmosphere is relaxing and sophisticated.

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