



CAMILLA LONG
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Condé Nast Traveller

OCTOBER 2013 £3.99

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SPAS

OVERSEAS HOTEL SPAS

It seems you just can't get enough of **Parrot Cay by COMO** on Turks & Caicos, which you also declared your favourite hotel in The Americas & Caribbean. This time, its **COMO Shambhala** spa has been elevated above the competition, noted in particular for its treatments. Last year's winner, **The Spa at The Nam Hai** in Vietnam, came first for individual approach and the **Four Seasons Resort Seychelles** for bedrooms.



A flavour of the Caribbean at **COMO Shambhala, Parrot Cay**

- 1 **COMO Shambhala, Parrot Cay by COMO, Turks & Caicos Islands** 94.05
- 2 **The Spa, Four Seasons Resort Seychelles** 93.17
- 3 **The Spa, The Nam Hai, Hoi An, Vietnam** 92.36
- 4 **One&Only Spa by ESPA, One&Only Reethi Rah, Maldives** 91.75
- 5 **The Spa and Ayurvedic Retreat, Four Seasons Resort Maldives at Landaa Giraavaru** 91.23
- 6 **LIME Spa, Huvaften Fushi, Maldives** 89.79
- 7 **Six Senses Spa, Six Senses Zighy Bay, Oman** 89.06
- 8 **Banyan Tree Spa, Banyan Tree Phuket, Thailand** 88.24
- 9 **The Sanctuary, The Residence, Mauritius** 86.25
- 10 **The Spa at The Datai, The Datai Langkawi, Malaysia** 85.93
- 11 **The Spa at Sandy Lane, Sandy Lane, Barbados** 84.71
- 12 **Sense, a Rosewood Spa, Rosewood Mayakoba, Mexico** 83.94
- 13 **Spa de Constance, Constance Le Prince Maurice, Mauritius** 83.49

- 14 **Blue Spa, Carlisle Bay, Antigua, Caribbean** 82.20
- 15 **CHI, The Spa, Shangri-La's Barr Al Jissah Resort, Muscat, Oman** 79.89
- 16 **Victoria-Jungfrau Spa, Victoria-Jungfrau Grand Hotel & Spa, Interlaken, Switzerland** 79.27
- 17 **Spa Vinotherapie Caudalie, Hotel Marqués de Riscal, Elciego, Spain** 78.00
- 18 **Verdura Spa, Verdura Golf & Spa Resort, Sicily** 77.58
- 19 **Spa Le Bristol by La Prairie, Le Bristol Paris** 75.76
- 20 **Pure Altitude Spa, Les Fermes de Marie, Megève, France** 75.71

UK HOTEL SPAS

Your favourite spa in a UK hotel is at **Gleneagles** in Perthshire, which got impressive scores across the board and came out number one for beauty products, followed by the **ESPA Life** spa at the **Corinthia Hotel London**. The ace therapists at the **Mandarin Oriental Hyde Park** earned the spa top marks for treatments, **Cowshed Spa** at **Babington House** was ahead of the game for its individual approach and **Berkshire's Coworth Park** for its bedrooms.

- 1 **The Spa at Gleneagles Hotel by ESPA, The Gleneagles Hotel, Perthshire** 89.67
- 2 **Cowshed Spa, Babington House, Somerset** 89.07
- 3 **The Spa, Coworth Park, Berkshire** 88.41
- 4 **ESPA Life at Corinthia, Corinthia Hotel London** 88.05
- 5 **The Spa at Mandarin Oriental, Mandarin Oriental Hyde Park, London** 86.73
- 6 **Herb House Spa, Lime Wood, Hampshire** 86.00
- 7 **Guerlain Spa, The Caledonian, Edinburgh** 84.25
- 8 **The Spa, Lucknam Park Hotel, Wiltshire** 83.43
- 9 **The Bulgari Spa, Bulgari Hotel, London** 82.47
- 10 **Sequoia, The Grove, Hertfordshire** 80.65
- 11 **The Spa, Chewton Glen, Hampshire** 79.25
- 12 **Calcot Spa, Calcot Manor, Gloucestershire** 78.47
- 13 **Sofitel So Spa, Sofitel London St James** 76.40
- 14 **Cowshed Spa, St Moritz Hotel, Cornwall** 75.21
- 15 **Aman Spa, The Connaught, London** 74.35

DESTINATION SPAS

You take your spa retreats very seriously and this year's winner, the strict **Parkhotel Igls** in Austria, got a top-ranking score for its unique approach. But you also lavished praise on the exercise programmes at **Body Holiday, Le Sport** on St Lucia, the treatments at **Ananda in the Himalayas**, and the beauty products at **Espace Henri Chenot** at **Palace Merano** in Italy.

- 1 **Parkhotel Igls, Austria** 93.54
- 2 **COMO Shambhala Estate, Bali** 93.50
- 3 **Brenner's Park-Hotel & Spa, Baden-Baden, Germany** 92.31
- 4 **Chiva-Som International Health Resort, Hua Hin, Thailand** 91.56
- 5 **Banyan Tree Phuket, Thailand** 91.10
- 6 **Ananda in the Himalayas, India** 90.67
- 7 **Espace Henri Chenot, Palace Merano, Merano, Italy** 89.66
- 8 **The Body Holiday, Le Sport, St Lucia** 88.58
- 9 **Grayshott, Surrey** 87.34
- 10 **Canyon Ranch in Lenox, Massachusetts, USA** 86.26
- 11 **Lefay Resort & Spa Lago di Garda, Italy** 85.01
- 12 **FX Mayr & More, Carinthia, Austria** 84.47
- 13 **Cal-a-Vie Health Spa, San Diego, USA** 84.02
- 14 **Enchantment Resort, Arizona, USA** 82.74
- 15 **SHA Wellness Clinic, Alicante, Spain** 82.16
- 16 **Clinique La Prairie, Montreux, Switzerland** 81.06
- 17 **Sanctuary Camelback Mountain Resort & Spa, Arizona, USA** 80.34
- 18 **LaSource Resort, Grenada, Caribbean** 79.81
- 19 **Hotel Therme Vals, Switzerland** 78.85
- 20 **Vigilius Mountain Resort, Lana, Italy** 77.50