



# TRAVEL

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## Time to reach for the spas

25 of the world's best hotels for  
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TOP 25

# Reach for the spas

Time for a detox? *Suzanne Duckett* selects 25 of the world's best hotels for a refreshing break



Fusion Maia Da Nang, Vietnam



The Lefay Resort & Spa

## Lefay Resort & Spa, Gagnano, Italy

Situated on Lake Garda, Lefay combines Chinese medicine with modern Western therapies to reactivate our internal energy system. Their approach to dieting is to make changes to eating habits that

are psychologically as well as nutritionally sustainable. The “light menu” is tasty low-cal Mediterranean fare that takes the strain off the digestive system. Fill your time having anti-cellulite massages, body wraps, doing tai chi and cycling round the lake.

Doubles from £210. [0039 0365 241800](tel:00390365241800); [lefoyresorts.com](http://lefoyresorts.com); [telegraph.co.uk/lefoyresort](http://telegraph.co.uk/lefoyresort)

## Royal Mansour Hotel, Marrakesh, Morocco

As befits a hotel owned by the king, the Royal Mansour is a sumptuous homage to elegance, with jewel-like tiles, silk cushions in your private riad and courtyard fountains that calm you before you’ve even set foot in the spa.

In the middle of summer, head on the coast to several beach and spa resorts