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# InStyle

INSTYLE'S RULES...

## HOT AUTUMN TRENDS

ALL YOU  
NEED TO  
KNOW!

**FREIDA  
PINTO**

ON FASHION  
FILM & LONG  
DISTANCE  
LOVE

**213**  
CLEVER  
BUYS  
UNDER  
£100

AT  
HOME  
WITH  
**PARIS  
HILTON**

## *The new glamour*

How to do...  
FAB 40s  
LUXE COLOUR  
BOYISH CHIC  
LADY GOTH

**OUR SECRET  
STYLE CHEATS**  
STEAL THEM ALL!





# SPA WORLD

Whether you want to be pampered close to home or on the other side of the globe, we've found the most drop-dead gorgeous and stylish spas for a totally relaxing getaway



Coworth Park, Ascot



The pool with underwater sound system

## We also love

**Garden Spa at Barnsley House,** Cirencester ([barnsleyhouse.com](http://barnsleyhouse.com)). One of our favourite country retreats, with amazing Aromatherapy Associates treatments.

**Espa Life at The Corinthia Hotel,** London SW1 ([corinthia.com](http://corinthia.com)). A new level of wellness awaits in this super-luxe hotel.

**Le Spa My Blend by Clarins at Le Royal Monceau,** Paris ([leroyalmonceau.com](http://leroyalmonceau.com)). Its bespoke facials will leave your skin glowing.

## Under 2 hours away

### Coworth Park, Ascot, Berkshire

**The lowdown** Nestled in the leafy lanes of Royal Berkshire, near Ascot, the newly opened, mega-luxe Coworth Park is the perfect city antidote. The "reinvented" country-house hotel may have the shell of a Georgian mansion, but the interior is a design lover's dream, including features such as a life-size bronze tree and smashed Spode-china fireplaces. Each of the bedrooms has been individually designed with bespoke furniture. The 240-acre estate boasts two polo fields (which have been graced by Wills and Harry).

**On the spa menu** Treatments range from Dr Alkaitis Organic Skin Food facials to body treats from Aromatherapy Associates and Carol Joy London anti-ageing facials. The six treatment rooms and two double suites are all large and flooded with natural light.

**What I had** A Kerstin Florian Sublime Prescription Facial (£95 for 65 minutes) and the Lavender Field of Dreams (£120 for 80 minutes) – a warm-stone and scalp massage. Afterwards, unwilling to re-enter the real world, I spent hours cocooned in the fab relaxation room.

**The highlight** Michelin-star chef John Campbell's food. **Camilla Kay Rooms at Coworth Park** (01344 876 600; [coworthpark.com](http://coworthpark.com)) start at £235 per night, including b&b.

## 2-3 hours away

### Lefay Spa, Lake Garda, Italy

**The lowdown** Tucked high up on a hillside overlooking Lake Garda, this picturesque, eco-sustainable resort is the perfect place to recharge in peace. The modern, spacious rooms come with huge balconies or garden patios. For the best view, visit the outdoor infinity pool – also perfect for burning off those extra calories you will have clocked up at the mozzarella and Parma ham buffet.

**On the spa menu** Everything your stressed-out self could ask for: from balancing programmes to acupuncture, flotation therapies and pampering massages and facials. Plus a wide variety of pools, hot tubs, grottos and saunas to sweat out any remaining toxins.

**What I had** With my seven-month bump, I chose the Body Prenatal Treatment (€80, about £70, for 50 minutes) and the Lefay Method Facial (€110, about £100, for 75 minutes). I left with plump cheeks and eight hours of much-longed-for sleep.

**The highlight** All those pools and that amazing buffet. **Lisa Durant Wellbeing Escapes** (0845 602 6202; [wellbeingescapes.co.uk](http://wellbeingescapes.co.uk)) offers four nights at Lefay Resort & Spa, half-board, including flights, from £919 per person, based on two people sharing.



Lefay Spa's indoor pool

## We also love

**Espa at Victoria-Jungfrau Grand Hotel & Spa,** Interlaken, Switzerland ([victoria-jungfrau.ch](http://victoria-jungfrau.ch)). Incorporates a top-of-the-range Japanese Sensai Select Spa, which is the first to open worldwide.

**Barceló Asia Gardens Hotel & Thai Spa,** Alicante ([barcelo.com](http://barcelo.com)). A fabulous resort in the hills above the Costa Blanca, with unusual Asian architecture and an authentic Thai spa menu.



Lefay Spa's infinity pool, overlooking Lake Garda