

TATLER[®]

Spa Guide 2024

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Healing  Holidays

LA VALISE TULUM *Tulum, Mexico*

At this beachside haven, there's a seamless combination of bohemian vibes, rustic chic and understated luxury. Guests stay in sun-bleached wooden houses thatched with coconut fronds; and you could pass days here with restful yoga, backgammon and, at the right time of year, spotting turtles come ashore to lay their eggs. At the spa, you can choose from a menu rooted in local tradition: say, an Ajal treatment, utilising special body-massage techniques to induce total relaxation; pre-Hispanic sound healing to connect with the song of your spiritual guides, or a chakra harmonising ceremony. Don't miss its expansive yoga offering. And should Tulum's famed nightlife lure you out, you can always recuperate in exquisite natural surroundings with every comfort available. *Doubles from £316, including breakfast (lavalisetulum.com).*



Experience a pre-Hispanic sound healing or Ajal treatment in the spa at La Valise Tulum, inspired by local tradition



Fun at the main pool at LUX Grand Baie includes an overwater DJ and a swim-up bar*

LUX* GRAND BAIE *Grand Baie, Mauritius*

This cleverly conceived contemporary hideaway attracts a sharp crowd – drawn by its proximity to one of the island's best beaches and its slick Kelly Hoppen decor – and thanks to its favour with *le tout Paris*, it's where to witness the latest in resortwear by day and diamond trinkets by night. From the Bisou bar and restaurant – home of the rooftop infinity pool – you can watch the bay's turquoise lagoon shimmering below; and this is the place to see and be seen while sipping a cocktail at your water table or reclining on a cabana daybed. Life here is an easy, breezy mix of looking good and feeling even better; the latter owing to the bountiful fitness offerings. Two 30-metre Olympic running tracks, a Niyama Yoga studio, HIIT and cycling classes are balanced beautifully by the spa, done out in neutral tones and textures. Here, after initial testing to pinpoint your personal energy – fire, air, earth or water – you place yourself in the hands of astute practitioners, able to nourish your physical and psychic needs. Whether your preference is for on-point bodywork, a Turkish hammam or a nutritional meal-plan from the resident specialist, expect to leave feeling overwhelmingly relaxed. *Doubles from £352, including breakfast (luxresorts.com); Air Mauritius (airmauritius.com).* □

ZEYREK ÇINILI HAMAM *Istanbul, Turkey*

Wandering around the historic Zeyrek neighbourhood is like stepping back in time. After 13 years' work, the 16th-century Zeyrek Çinili Hamam has reopened (with an adjacent museum showcasing its impressive architecture and original Iznik tiles). Designed by renowned architect Mimar Sinan and built at the height of the Ottoman Empire, this marble and mosaic-tiled bathhouse was a place for physical and spiritual purification. Bringing the Zeyrek Çinili Hamam back to its former glory has been a labour of love for the Marmara Group, which also has a number of hotels in Istanbul. (Stay at the Marmara Pera, a 10-minute taxi journey away.) Now it offers a modern take on the ancient bathing ritual. After you've softened your skin by relaxing on heated marble under a starry dome, you're gently scrubbed from head to toe, then given a foam massage, hair wash, foot massage and face mask. The experience is as sublime as it sounds. *Treatments from £51 (zeyrekcinilihamam.com); Turkish Airlines (turkishairlines.com).*

The 16th-century Zeyrek Çinili Hamam was once a place for singing and poetry recitals as well as skin cleansing

