

# TATLER<sup>®</sup>

Spa  
Guide  
2018



IN ASSOCIATION WITH HealingHolidays AND ESPA

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# THE IT LIST



## SAFETY IN SLUMBERS

Find yourself languishing in a nightly 2am Instagram hole?

It might be time to check in for the Sleep Awakening workshop, 17 to 23 May, at **Como Shambhala Estate**, set in the emerald forests around the River Ayung on dreamy Bali. Learn clever techniques such as mindfulness to tackle stress, and you'll zonk out in no time. [comohotels.com](http://comohotels.com)

## TREASURE COVE



**T**he 26,700sqft **GOCO Spa Daios Cove** on Crete is as spectacular as the resort's setting. Two indoor pools, a thermal spa, eight treatment rooms (including two private spa suites), a dedicated Thai massage room AND a yoga master providing daily meditation. You won't be short of things to do. [daioscovecrete.com](http://daioscovecrete.com)

*Yes, we know you've come to South Africa's **Londoloz** for the wildlife, but do make time for the spanking new **Healing House Spa**. Treatments are so divine you may find it difficult to tear yourself away to watch the elephants... [londoloz.com](http://londoloz.com)*

## MARVELLOUS MINIS

£65. BY  
ESPA



**D**ecanting your favourite products into miniature refillable bottles is officially a faff. Invest instead in **ESPA's** Beauty Explorer, filled to the brim with your favourite ESPA products in dinky travel-friendly bottles. [espaskincare.com](http://espaskincare.com)

## LOOKING TIRED?

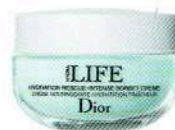
**DR SEBAGH'S** DE-PUFF EYE CREAM ALLEVIATES SWELLING AND REDUCES UNDER-EYE BAGS AND DARK CIRCLES IN ONE SMOOTH AND SILKY SWEEP. THE CLEVER ROLL-ON APPLICATOR IS ALSO VERY SATISFYING TO USE. [DRSEBAGH.COM](http://DRSEBAGH.COM)

£52. BY  
DR  
SEBAGH



## SWELL STUFF

2



£48. BY  
DIOR

LOVE THE SUN, HATE WHAT IT DOES TO YOUR SKIN? FORTUNATELY **DIOR'S** INTENSE SORBET CREME FROM THE HYDRA LIFE RANGE BLENDS CAMOMILE, MALLOW BUTTER AND HABERLEA LEAF TO NOURISH AND PERK UP EVEN THE DRIEST COMPLEXION. [DIOR.COM](http://DIOR.COM)

**T**he genius Mindful Touch by **Natura Bissé**, £183, is a facial with a twist: a virtual-reality-guided meditation that helps you to slip into a totally zen-like state and enjoy your Diamond Energy facial that little bit more than usual. [fairmont.com/savoy-london](http://fairmont.com/savoy-london)

*Annabelle, the stylish **Thanos** hotel on Cyprus, is relaunching and it's swankier than ever, with the new **Ouranos Wellbeing Spa** offering treatments by **ILA** and **OSEA**, and views of Paphos Bay that will blow your sandals off. We're booking flights NOW. [annabelle.com.cy](http://annabelle.com.cy)*

## SPICE UP YOUR LIFE



**T**he **Landmark Hotel's** London Elixir treatment, £220, is a fragrant, multi-sensory experience. Two hours and 20 minutes of bliss begin with a spice and poppy-seed skin polish and a cinnamon body massage, followed by rose facial therapy and a Japanese-style face-lifting Kobido massage. And sleep... [landmarklondon.co.uk](http://landmarklondon.co.uk)