

Spa guide The ones that are worth a journey. By Kate Shapland

1 THE PALMS PROVIDENCIALES, TURKS & CAICOS ISLANDS

Situated on Grace Bay beach, this is all about extreme luxury. Beauty therapists will indulge your every whim.

Spa checklist Treatments range from a Mediterranean Sea Massage to the Power Breakfast Espresso Facial and Windows to the Soul, for puffy eyes. You can also have make-up tuition, thermal stone massage (on the beach if you like), body exfoliation and cleansing mud envelopments.

Signature treatments Little Drops of Caribbean Rain, a 90-minute jet-lag-blitz that involves having oils dropped on to your spine by the therapist; Mother of Pearl Body Exfoliation, a 30-minute body scrub with aromatherapy oils and hand-crushed queen conch shells, followed by application of rich moisturiser.

Book Seven nights from £2,105pp, including flights, daily breakfasts and one massage treatment (01244-202000; seasonsinstyle.co.uk).

2 SHREYAS BANGALORE, INDIA

A rather special secret among well-travelled yoga fans, this superb small retreat is on the outskirts of Bangalore and surrounded by meditative gardens. The retreat follows Vedic instruction, interpreted as 'treating thy guest as the embodiment of the Divine' – which says a lot about the service you can expect at this peaceful place.

Spa checklist Traditional hatha and astanga yoga are practised, and guests are encouraged to plant paddy and help out in the vegetable garden. Shreya also offers outdoor Jacuzzis, Indonesian and Thai massage, steam rooms and a gym.

Signature treatments Although comfortable, Shreyas is more about what guests can do without: the canvas guest cottages – which do have state-of-the-art bathrooms and air-conditioning – are located around a pretty swimming-pool; there are no TVs or CD players in the rooms, and one dining area where everyone is encouraged to eat the vegetarian meals (Indian, limited Oriental and Continental) together.

Book Greaves Travel offers a week for £1,650pp based on two people travelling together and sharing a room. It includes BA flights and transfers, full-board accommodation, twice-daily yoga classes, six rejuvenation massages and a private yoga and meditation class (0870-850 2497; greavesindia.com).



3 THE RITZ-CARLTON SPA SOUTH BEACH, MIAMI

Right on the beach in the Art Deco district of Miami, the Ritz-Carlton is heaven for fitness enthusiasts, with state-of-the-art equipment.

Spa checklist Everything from make-up lessons to oxygen inhalation is offered here. The spa also offers beauty treatments by Carita (the only place to do so outside Paris) and Prada.

Signature treatments Carita Avant SoBe, a red-carpet beauty treatment popular with celebrities who stay here, includes Le Renovateur Body Exfoliation, a Carita facial, foot and hand treatment, blow-dry and make-up. Prada's 90-minute Reviving

Visage is an anti-ageing facial that is perfect for mature complexions.

Book The Ritz-Carlton Signature Spa Package is for serious spa junkies: it offers spa treatments and luxurious accommodation. From \$869 per night (0800-234000; ritz-carlton.com).

4 THE FOUR SEASONS SPA DOHA, QATAR

A vast waterfront hotel with amazing views over the Arabian Gulf, this is a great destination for water sports lovers, golfers and golf widows – the Dohar Golf Club, home of the Qatar Masters, is next door.

Spa checklist As tranquil as a temple, the Four Seasons spa was

inspired by the principles of Sodashi (Sanskrit for wholeness, purity and radiance) and therapists use natural Sodashi products. There are 11 treatment rooms, including an ice room, plus a bath menu.

Signature treatments The Sodashi Sensitive Skin Facial is a wonderful option for reactive skins; the spa also does a Sodashi Enlivening Salt Therapy for the body, in which the therapist rubs you from head to foot with sea salt then applies a circulation-boosting mix of lemongrass and citrus plant essences. From £50 for a 60-minute massage. **Book** £155 per night for a double room (fourseasons.com).

5 WILLOW STREAM SPA AT THE FAIRMONT MAYAKOBA, MEXICO

In keeping with its environment (treatment rooms overlook the treetops of a mangrove forest) this huge spa, opened last year, specialises in authentic Mayan-based treatments using local clay, oils, herbs and flora.

Spa checklist As well as a special soaking pool enriched with revitalising marine elements, there are a further three pools for gentle swimming, plus a sauna, steam room, outdoor Swiss showers and whirlpool.

Signature treatments are based on local healing traditions and include the Cha Chac Rain Ritual (90 minutes, \$199), which involves application of a therapeutic body mask, exfoliation with a cactus fibre Ayate cloth, application of stress-busting sage oil and rinse in a rainwater shower.

Book ITC Classics offers seven nights, room only, with return flights and transfers, from £1,574pp, based on two adults sharing (01244-355527; itcclassics.co.uk). For more information on spas, visit telegraph.co.uk/spa

