

# STYLE

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## OUR TYPE ON PAPER

AN AUDIENCE  
WITH LOVE ISLAND'S

*Maya  
Jama*

### Plus

MY YEAR OF  
REST AND  
RELAXATION  
THE BEST  
SPAS TO  
BOOK NOW

SAVING FACE!  
YOUR SKINCARE  
PROBLEMS  
ANSWERED





# The 17 best luxury spas to book now

From treatments to heal your heartbreak to a fully clothed massage in the woods, here are the best places to get pampered right now. And... breathe

Compiled by **Phoebe McDowell**

## THE SPANKING NEW CITY SPA

**WHERE** Claridge's (darling), London W1

**BEST FOR** This A-list wellness playground is a one-stop shop for the beauty industry elite. In a single visit you can have acupuncture with Ross J Barr, Meghan Markle and Alexa Chung's go-to pro; a quick blow-dry refresh with Josh Wood, Gwendoline Christie's hairstylist; and a manicure with Instagram's hottest nail artist, Harriet Westmoreland, who offers a French mani with tips in Claridge's signature jade green. (Would you expect anything less?)

**THE LOWDOWN** Hard to believe but Claridge's has never had a spa

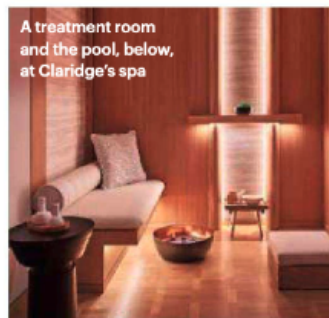
before. Seven years in the making and 12m below ground, this long-awaited, Japanese-inspired sanctuary perfectly marries the holistic with the high-tech. By that we mean there's the right amount of woo-woo wellness (energy-cleansing music for example) mixed with hardcore facials, infrared saunas and sculpting body sessions. With its hush-hush celeb clientele — don't be surprised if you see Joan Collins wafting around — privacy is Claridge's priority. Forget chairs around the pool: it's private cabanas and individual changing rooms with Dyson hairdryers, heated loo seats and chic peach kimonos. (Just make sure there is a kimono in your locker. Rumour has it that guests keep swiping them "by mistake, on purpose".)

**WHAT TO TRY** The Bamboo & Silk Ritual is the crème de la

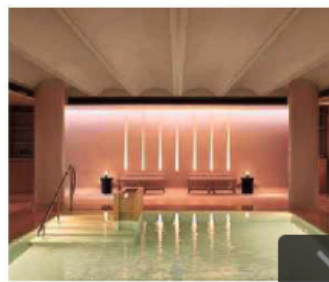
crème of offerings. The head-to-toe, unapologetically luxurious experience begins with a silk facial. A what? Put simply, your therapist pummels, taps and tickles your face wearing spun silk thimbles on their fingertips. (Can you imagine?) And next it's a deeply relaxing body massage with warmed bamboo sticks. Clinical and white decor? Quite the contrary. Your pro will invite you to snuggle into a jumbo, blush-pink bed with a duvet covered in 300-thread-count cotton. In your changing room you've also got a rain shower and a vanity area should you be heading straight upstairs to the champagne bar for post-spa cocktails.

**INSIDER TIP** As you walk in you'll be entranced by the smoky, sexy aroma and ask the receptionist what candle they're burning. Here's the secret: it is Vryao Witchy incense sticks (£35), which you can buy at the spa, along with Emilia Wickstead swimsuits and Z Lab silk sleep masks.

**BOOK IT** Bamboo & Silk Ritual, £295. Double rooms from £750 a night; claridges.co.uk



A treatment room and the pool, below, at Claridge's spa







A water-view treatment room at Chablé Yucatan



## THE HEARTBREAK HEALER

Words **Megan Agnew**

**WHERE** Chablé Yucatan, Mexico

Can a spa heal a broken heart? This hotel in a remote part of the Yucatan peninsula claims to be able to. A series of treatments, “curated” to suit your needs, will “heal” you inside and out — for the sad ones, the free ones and the relieved ones, the divorced, dumped or ghosted, the ones who are wailing, whooping or mute. If you are having a dancing-on-the-tables, big-city blowout kind of a break-up, this might not be the place for you. I’d done that already, having been recently heartbroken (a big old sledgehammer job) and was in the market for getting horizontal in the sun, chatting to my mum (in tow) about love, life, sunscreen — and what time we might eat later.

The hotel is in an area steeped in ancient Mayan history, while the villas, or casitas, are built in a forest, with glass walls so you can lie in bed surrounded by huge leaves, look out onto your pool and listen to the getting-over-you tunes on the

mega sound system: Taylor, Kelly, Ariana et cetera. You know the drill.

When it comes to the spa, I had a Rain Goddess Treatment — scrub, rain shower, hot stones and body butter — though I am disappointingly still mortal on exit. I was sceptical about the “flotarium” — earplugs in, lights dimmed, your body bobs in a shallow, lukewarm pool for 30 minutes — but it was total relaxation, like the feeling when you first get into bed after a long day.

But the thing I would fly all the way back for is the temazcal ceremony that supposedly heals a broken heart. Led by the abuela — a Mayan spiritual guide — it is part sweat lodge, part thousand-year-old sacred ritual. You sit in a clay igloo in the pitch black around glowing-hot volcanic rocks. I was sceptical but ended up shedding a few silent tears while shaking a maraca along to the drumming and chanting. I know, I know, it’s a tragedy. But I didn’t want to leave and when I did I felt different. At the risk of making myself retch with earnestness, I think I left something behind in there — the anger, resentment and longing that I couldn’t shake for so long. And so I’m ready to get back out there — and be heartbroken all over again.

**BOOK IT** The Rain Goddess Treatment, £225, and the temazcal ceremony, £350. Red Savannah offers a five-night stay from £3,125 per person, B&B, including return flights from Heathrow to Merida and transfers; redsavannah.com

## THE FASHION FAVOURITE

**WHERE** Heckfield Place, Hampshire

**BEST FOR** Showing off — it’s not easy to get a booking at this much-hyped hotel.

**THE LOWDOWN** Once a Georgian family house, in 2018 Heckfield was restored and is now one of the country’s most lusted-after minibreak spots.

It stands in 400 acres of Hampshire countryside, so grab a pair of Hunter wellies from the boot room and walk down to the farm, or — for the brave — go for a spot of wild swimming in the lake before heading back to the house to do a jigsaw in front of the fire. Sounds like bliss? It gets better — the food is fantastic. The super-chef Skye Gynge is in charge of the menus at Hearth, one of the hotel’s restaurants. Pop for a drink at the cute Moon Bar, where a glitterball takes centre stage, beforehand — order a coffee negroni (better than it sounds!) and see if you can spot an A-lister (Kate Hudson and Harry and Meghan are fans).

**WHAT TO TRY** The Little Bothy spa is chic and discreet. Using its own products, made from local



The sleek interior of Heckfield Place’s Little Bothy spa

ingredients, this spa doesn’t bamboozle with wellness or medical guff; treatments are luxurious, simple and soothing (what else are you looking for?). Go for the Wildsmith facial or massage, and add on reflexology to leave feeling well rested.

**INSIDER TIP** Heckfield is an interiors fan’s dream. Ben Thompson, a British designer who trained under Ilse Crawford, has stuffed the rooms with goodies from the likes of Pinch and Rose Uniacke alongside hand-picked antiques, while details such as corn dollies instead of a “Do not disturb” sign will make you smile. Book one of the main house suites and you may never leave your room.

**BOOK IT** Wildsmith Radical Botany Facial, £220, and reflexology, £160. Rooms from £350 a night, including breakfast and afternoon tea; heckfieldplace.com



Heckfield can provide a picnic feast