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WEDDINGS

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Time to Unwind

Planning a wedding day is no simple feat, so you'll deserve a dose of R&R to put life on pause while you soak up the newlywed bubble. Here are our top ten spa breaks around the world to prep you for the best start to married life.

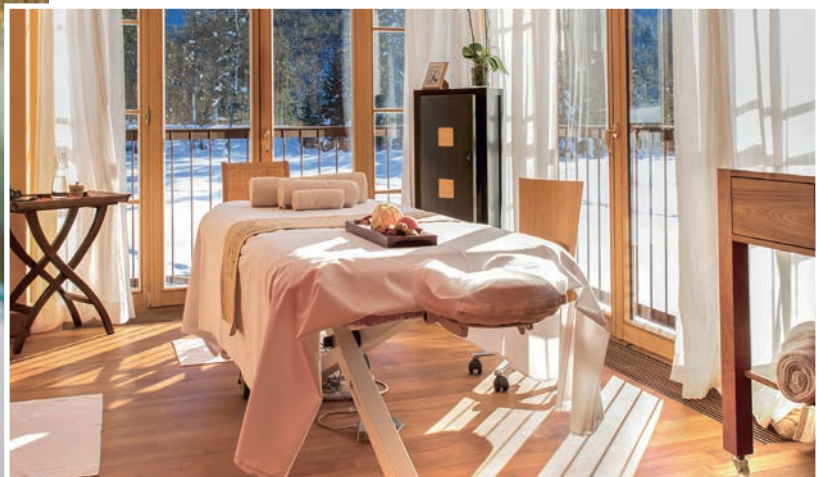


SCHLOSS ELMAU, GERMANY

(Best for Alpine Rejuvenation)

This sprawling Bavarian resort is a world-leader when it comes to wellbeing for the body, mind and soul. With six spas in total, you could spend a whole week trying out the facilities in each of its wellness wings, surrounded by spellbinding alpine scenery and the pure waters of the Ferchenbach Creek. There are three adults-only spas at Schloss Elmau: the Oriental Hamam, crafted from 200-million-year-old Jurassic stone, that features four treatment rooms, two steam baths and an oriental tea lounge; the Badehaus Spa with its Ananda Spa Restaurant, traditional Chinese Medicine and divine infinity lap pools; and the Shantigiri Adult Spa that invites guests to wallow in its large Finnish saunas, steambaths and authentic Japanese Onsen Pool.

schloss-elmau.de/en/



ALEENTA RETREAT, CHIANG MAI

(Best for Tailored Tropical Retreats)

This spring, the anticipated 5-star Aleenta Retreat Chiang Mai by the AKARYN Hotel Group officially launched in the spiritual heart of northern Thailand. Translating to ‘a rewarding life’, Aleenta is a member of The Leading Hotels of The World and welcomes couples into its boutique sanctuary of authentic experiences and custom-made programmes at the Ayurah Spa & Wellness Centre. From Mind Balance and Detoxification to Healthy Living, Self Love and more, its range of holistic retreats incorporate movement, mindfulness and nutrient-rich cuisine at The Garden restaurant to assist you on your journey to finding the best version of yourself.

aleenta.com/chiang-mai



LUCKNAM PARK, UK

(Best for Countryside Calm)

Lucknam Park is a country retreat in Wiltshire enveloped by tree lined avenues, 500 acres of enchanting woodland and manicured lawns, making it the perfect oasis for couple spa breaks. The hotel has recently partnered with a Bath-based sustainable brand called Natural Spa Factory and the international luxury skincare products at 111SKIN to guide you on a journey of holistic wellness through the inviting variety of scrubs, facials, massages and more. Signature treatments include the melting candle couples massage and the Rose Gold Radiance Facial to maintain that radiant newlywed glow. Or for a full day, check out their Saddle & Spa day which involves a scenic one-hour horseback ride, a three-course lunch and full use of the spa facilities.

lucknampark.co.uk



CHABLÉ YUCATÁN, MEXICO

(Best for Jungle Awakening)

Situated just 25 minutes from the vibrant capital of Mérida in Mexico's state of Yucatán, Chablé Yucatan is a tranquil hideaway for newlyweds craving tranquillity and privacy in a pristine natural setting. This 750 acre 5-star property is nestled in the depths of the Mayan jungle, providing a unique atmosphere that strengthens your connection to the environment, one another and the present moment. The hotel's stand-out spa is the very first to be built inside a cenote cave, and their unique trio of spa journeys - Fountain of Youth, Tree of Life and Heaven on Earth - pay homage to ancestral techniques and rituals performed by experienced Mayan healers.

yucatan.chablehotels.com



JAMAICA INN, JAMAICA

(Best for Sustainable Wellness)

If you're after sun, sea and soft white sand on your post-nuptial spa escape, the Jamaica Inn's serene Ocean Spa is the place to be. The cluster of open-air thatched huts are perched along the cliffs of Cutlass Bay, enveloped by lush grounds with dreamlike views of the Caribbean Sea. Their pioneering wellness offering includes a new 'Farm to Skin Foraging' experience, where couples can walk through the tropical gardens to pick their own spa ingredients. Following the tour, guests are shown how to make a range of beauty products such as the exfoliating and moisturising Colada Body Scrub made from coconut oil, pineapple and dry coconut, or they can visit the local cannabis farm, Jicama, and experience the relaxing effects of a CBD spa treatment.

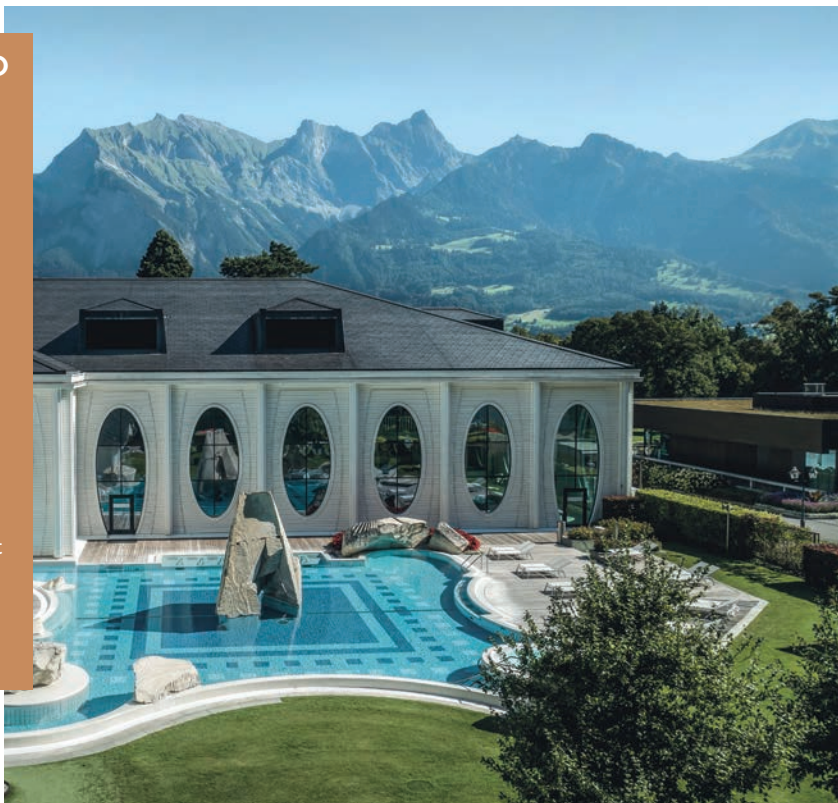
jamaicainn.com

GRAND RESORT BAD RAGAZ, SWITZERLAND

(Best for Thermal Restoration)

Enter a world of wellness infused by millennia-old thermal waters at this exquisite alpine retreat in Switzerland. The 5-star Grand Resort Bad Ragaz is a restorative haven that offers a calming cocoon for the mind, body and soul, surrounded by the grounding presence of the mountains. The grand marble public bath is an architectural jewel, surrounded by a diverse selection of saunas, an ice grotto and a cluster of indoor and outdoor pools spanning 7,300 m². Reaching a body-warm temperature of 36.5 degrees, let the natural heat of the waters from the Tamina Gorge spark positive reactions throughout the body. Healing massages, invigorating treatments, medicinal therapy and healthy gastronomy at the Verve By Sven also complement the spa's giving, offering couples the ultimate post-nuptial escape to recharge their batteries.

resortragaz.ch/de





PNOÉ BREATHING LIFE, CRETE

(Best for Mediterranean Mindfulness)

This highly anticipated adults-only hotel opening on the northern coast of Crete will introduce the next generation of luxury wellbeing retreats in Europe, owned by the Greek-owned MK Hotel Collection. In a post-lockdown world, Pnoé Breathing Life is the remedy that couples need to nourish their health and wellbeing in a place of outstanding natural beauty. ‘Pnoé’ translates to ‘the breath of life’ in Greek, inviting guests to clear their minds, breathe deeply and soak up the fresh ocean air. The minimalist earthy interior enhances the serene ambience of the resort, flowing from the spa to the airy suites and the upscale Thymises restaurant and Uranos Rooftop Bar. From the moment of arrival, Pnoé Breathing Life encourages guests to slow down, journey within and break away from routine to breathe new life into the everyday.

pnoe-breathinglife.com



WALDORF ASTORIA MALDIVES ITHAAFUSHI

(Best for Ocean Healing)

The Maldives is at the top of most couples’ honeymoon bucket lists, but a resort with a superb spa will tick that extra box when whittling down your dream destination. Waldorf Astoria Maldives Ithaafushi is the largest private island resort in the Maldives, situated in the South Malé atoll surrounded by crystalline waters. With a dedicated Wellness Concierge service, the team will go above and beyond to ensure your time on the island is as effortless as can be. In addition to their impressive programme of holistic medicine, crystal healing and ayurveda, a 270m² Hydroponic Therapy Pool has also just launched with six different zones including a jet bath, shower jets and a massage lounge. There’s no doubt that the healing rituals and experiential spa menu at Waldorf Astoria Maldives Ithaafushi will offer couples the recuperation they need after the hectic rush of last-minute wedding preparations.

hilton.com/en/hotels/mleonwa-waldorf-astoria-maldives-ithaafushi

