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IN SPAIN

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ON WHERE TO SHOP

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Bohemia

The global spa destination you haven't heard of

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JANUARY 2014 | AED 25 | BHD 2.5
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On a bridge in
Karlovy Vary.

Jashanmal National Co.



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Dubai



BODY BENEFITS

20 blissful hotel-spa escapes

If you're willing to go to the ends of the earth for a detox, or if booking a massage is the first thing on your agenda when you check into a hotel, you'll be pleased to know that there are places in the world where they happily take not only your body but also your mind into their hands

TIMELESS SPA, AL MAHA DESERT RESORT, DUBAI

Deep in the desert outside of Dubai, in a setting that's a contemporary take on traditional Bedouin style, Al Maha's spa fuses a variety of wellness practices from around the world for a truly holistic experience. Poolside massages take advantage of the view of the surrounding conservation area, where herds of endangered oryx roam. For a whiff of local culture, the Timeless Traditions Al Maha Frankincense Facial (AED 450) uses the spa's signature range of products; the Arabian Peninsula's ubiquitous aroma, made from resinous dried sap, refreshes with its natural soothing and rejuvenating properties.

Doubles from AED 4,900;

00971-4-832 9211, al-maha.com



ESPA, RESORTS WORLD SENTOSA, SINGAPORE

In the west part of Sentosa Island, the country's largest spa elegantly outdoes every competitor with more than 10,000 square metres of landscaped gardens with interlocking pools and tangles of fragrant orchids, plus Japanese Forest Onsen-style pools, a hot tub and a "sleep zone" for snoozing after a facial or massage. Private open-air treatment suites look out to the sea, while the wood-panelled sauna and indoor massage rooms have floor-to-ceiling windows and rain forest views. Parents can leave kids at the Universal Studios club, and businessmen should try the Age Rebel facial (AED 1,022). Guests can stay either in Tree Top Lofts or the family Festive Hotel (there are eight different options in total).

Doubles from AED 689; 0065-657-7 8880, rawsentosa.com

Singapore



Marrakech

20

ROYAL MANSOUR SPA, ROYAL MANSOUR, MARRAKECH, MOROCCO

Three floors of luxury whisk guests away from the action of Marrakech to a peaceful haven replete with songbirds and an ornate, white wrought-iron atrium where experts conduct consultations upon arrival. Guests' peaceful experience is punctuated with authentic hammams, hot saunas and cold plunge pools. The spa is stocked with contemporary beauty brands including Sisley, Dr Hauschka and marocMaroc – Morocco's first luxury beauty brand. Connoisseurs will appreciate the indulgent Chanel services, including the Sublimage treatment (AED 1,707), a two-and-a-half hour session that mixes the brand's signature facial with a full-body massage.

Doubles from AED 6,496; 00212-52-980 8080, royalmansour.com **CNT**