

SPAS

OVERSEAS HOTEL SPAS

These are the places where the wellness is excellent but isn't the only focus – so you can book an Ayurvedic Abhyanga session then arrange a cookery lesson or, in the case of **Schloss Elmau**, a literary masterclass for the kids. Pretty family-run Italian hotel **Borgo Egnazia** is liked for fresh-air programmes, from energy-flow to lyengar, while **One&Only Reethi Rah** was appreciated for its bedrooms – some of which have over-water hammocks – and tropical, coconut-shaking range of treatments. It was **Anassa** on Cyprus, though, that rose to first place, with top points for its nimble-fingered therapists.

- 1 **THALASSA SPA, ANASSA, CYPRUS** 91.60
- 2 **Vair Spa, Borgo Egnazia, Puglia, Italy** 88.54
- 3 **The Spa, Royal Mansour, Marrakech** 87.09
- 4 **The Oriental Spa, Mandarin Oriental, Bangkok** 86.96
- 5 **One&Only Spa, One&Only Reethi Rah, Maldives** 86.40
- 6 **Six Senses Spa, Six Senses Zighy Bay, Oman** 85.21
- 7 **The Spa My Blend by Clarins, Le Royal Monceau – Raffles Paris** 84.37
- 8 **The Spa & Ayurvedic Retreat, Four Seasons Resort Maldives at Landaa Giraavaru** 82.86
- 9 **COMO Shambhala Retreat, COMO Parrot Cay, Turks & Caicos** 81.16
- 10 **Banyan Tree Spa, Banyan Tree Phuket Spa Sanctuary** 80.16
- 11 **Huvafen Spa, Huvafen Fushi, Maldives** 79.44
- 12 **Sense, A Rosewood Spa, Rosewood Mayakoba, Mexico** 78.58
- 13 **Six Senses Spa, Six Senses Yao Noi, Thailand** 77.88
- 14 **Guerlain Spa at One&Only The Palm, Dubai** 77.07
- 15 **Spa La Mamounia, Marrakech** 75.36
- 16 **Cheval Blanc Spa, Cheval Blanc St-Barth Isle de France, St Barth's** 75.01
- 17 **Maia Spa, Fusion Maia, Da Nang, Vietnam** 74.60
- 18 **Schloss Elmau, Bavaria, Germany** 72.92
- 19 **T Spa, Grand Hotel Tremezzo, Lake Como, Italy** 72.00
- 20 **Spa Nescens, La Réserve Genève, Switzerland** 70.26

DESTINATION SPAS

Thailand's **Chiva-Som**, soon to reopen after a major facelift, has lasted the distance since we launched, while other long-term favourites include Switzerland's **Clinique La Prairie** (which you rated highly for its range of treatments) and the **Original FX Mayr** in Austria (you thought its bedrooms were in the best shape). But **Lanserhof Tegernsee**, set in the Bavarian countryside and only open since 2014, has fast become your go-to retreat, with hearty scores for its therapists and its full-on Mayr method programmes.

- 1 **LANSERHOF TEGERNSEE, BAVARIA, GERMANY** 94.72
- 2 **Original FX Mayr, Maria Wörth, Austria** 90.20
- 3 **Clinique La Prairie, Montreux, Switzerland** 89.84
- 4 **Palace Merano – Espace Henri Chenot, Merano, Italy** 89.41
- 5 **Park Igls, Innsbruck, Austria** 89.36
- 6 **Chiva-Som, Hua Hin, Thailand** 88.92
- 7 **Villa Stéphanie, Brenners Park Hotel & Spa, Baden Baden, Germany** 88.24
- 8 **Vana, Uttarakhand, India** 87.44
- 9 **VIVAMAYR Altaussee, Austria** 87.16
- 10 **Lefay, Lake Garda, Italy** 85.95
- 11 **Les Sources de Caudalie, Bordeaux, France** 85.83
- 12 **Kamalaya Koh Samui, Thailand** 85.76
- 13 **Grand Resort Bad Ragaz, Switzerland** 84.76
- 14 **Ananda in the Himalayas, Uttarakhand, India** 84.53
- 15 **COMO Shambhala Estate, Bali, Indonesia** 83.29
- 16 **Cal-a-Vie Health Spa, Vista, California** 81.50
- 17 **Bamford Haybarn Spa, Daylesford, Cotswolds** 80.97
- 18 **Miraval Arizona Resort & Spa, USA** 79.24
- 19 **Banyan Tree Spa Ungasan, Bali, Indonesia** 78.93
- 20 **BodyHoliday, St Lucia** 77.28

UK HOTEL SPAS

By hotel spas we don't just mean a small treatment room and a visiting local masseuse, but truly dedicated spaces with a reputation for pinpoint treatments and assured therapists. Last year's runner-up, **Chewton Glen**, is this year's winner, with perceptive scores for its skilled therapists, holistic programmes and bedrooms, although Bath's **Gainsborough Spa** came a close second. In London, the **Corinthia**, with its brain-boosting mindfulness programme, nudged just ahead of the new-look **Mandarin Oriental**, but both had respectable scores for their range of treatments and therapists.

- 1 **THE SPA, CHEWTON GLEN, HAMPSHIRE** 87.59
- 2 **Spa Village Bath, The Gainsborough Bath Spa** 86.02
- 3 **Herb House, Lime Wood, Hampshire** 84.60
- 4 **The Spa at Coworth Park, Ascot** 84.14
- 5 **ESPA Life at Corinthia, Corinthia Hotel, London** 83.23
- 6 **Roof Top Spa, Ridding Park, Harrogate** 81.85
- 7 **The Spa at Mandarin Oriental Hyde Park, London** 81.20
- 8 **ESPA at Lucknam Park, Wiltshire** 80.20
- 9 **House Spa, Dormy House, Worcestershire** 79.78
- 10 **The Pavilion Spa, Cliveden House, Berkshire** 78.31
- 11 **Barnsley Spa, Barnsley House, Cotswolds** 77.15
- 12 **The Scarlet Spa, The Scarlet, Cornwall** 76.52
- 13 **The Dorchester Spa, The Dorchester, London** 75.09
- 14 **Cowshed Spa, Soho Farmhouse, Oxfordshire** 74.07
- 15 **Grayshott Health Spa, Surrey** 73.61