READERS' TRAVEL AWARDS 2018

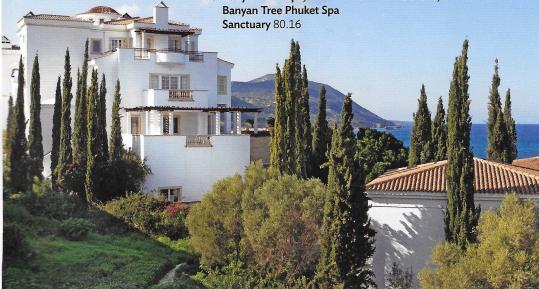
SPAS

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 energyflow 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,

- 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



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, Rudding 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

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