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HEAVEN-SENT HIDEAWAYS

Rebalance your mind, body and spirit at these restorative spa destinations



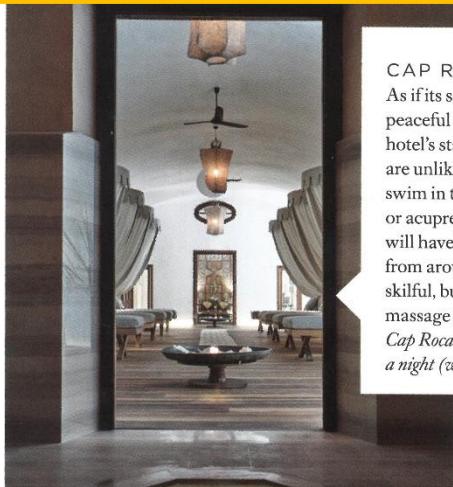
KURHOTEL SKODSBORG COPENHAGEN

Set in a majestic, waterside property just outside Copenhagen, Kurhotel Skodsborg is Denmark's leading detox destination. There's daily yoga and plenty of paleo bread on offer, but most come to experience the SaunaGus, hailed for its immunity-boosting benefits. Expect to be led by one of the 'Mist Masters' for 25 minutes in an extremely hot sauna, while the air is whipped around you with

a towel to increase the heat. The relief, of sorts, comes as you run along the private jetty and dive into the Oresund Strait for a bracing dip. *KATY YOUNG*
Kurhotel Skodsborg, from £167 a room a night (www.skodsborg.dk).



PHOTOGRAPH BY NIKEL BANNEN © JONAS A. PERRELL



CAP ROCAT MALLORCA

As if its secluded bay location far from the madding Mallorca crowd wasn't peaceful enough, Cap Rocat has just unveiled a new spa, which establishes the hotel's status as a serene sanctuary. Here, thanks to its grand proportions, you are unlikely to bump into fellow patrons as you walk the calm corridors for a swim in the glistening indoor pool. Whether you opt for an hour of reflexology or acupressure, your therapist will have been hand-picked from around the globe for their skilful, but also holistic massage techniques. *KY*

Cap Rocat, from about £390 a room a night (www.caprocat.com).



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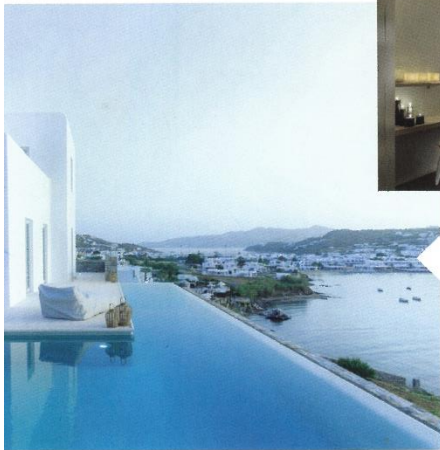
ESCAPE



ATZARÓ IBIZA

Nourish your body and soul at the idyllic Ibizan agroturismo Atzaró, whose ethereal gardens are scented with orange blossom and conceal luxurious four-poster day-beds. Redesigned this year with nature and tradition in mind, and featuring local sabina-wood beams and cool white cotton sheets, the hotel instils an immediate sense of tranquillity in its guests. Produce from the bountiful kitchen garden fills the menu, including juicy tomatoes that are delicious for breakfast drizzled with olive oil on toasted country bread. Blissful spa treatments fuse Swedish, Thai and Balinese techniques and there is an excellent yoga studio, not to mention two beautiful pools, a sauna and a hammam. LUCY HALFHEAD

Atzaró, from £165 a room a night (www.atzaro.com).



KENSHO BOUTIQUE HOTEL & SUITES MYKONOS

Overlooking Ornos Bay in the south of the island, Kesho is a soothing oasis whose 35 bedrooms are designed in natural materials of wood and stone, with luxurious Hermès

products and private plunge pools. Affectionately known as the Cave, the subterranean spa has carved-rock walls, a pool lit with colourful LEDs, a tropical rain bed and futuristic massage chairs. The Relaxing Aromatherapy Massage is one of the many scented, full-body treatments that will lift your mood instantly, while the Express After Sun Facial is a rich aloe vera treatment that hydrates and heals your skin after a long day of sunbathing. LH

Seven nights at Kesho, from £1,400 a person, including flights and transfers, with Scott Dunn (www.scottdunn.com).



ROSEWOOD LONDON

Rosewood London's magnificent belle époque building houses 306 guest rooms and suites, and an urban sanctum, Sense, where you can take time out away from the capital's bustle. As well as an array of nurturing treatments from brands such as Sodashi, Maison Caulières and Face Place, the hotel's wellness offering now includes a two-night retreat with the personal trainer Harry Jameson. This intensive programme of yoga or Pilates

plus one-to-one work-outs is combined with tailored meals and juices to cleanse the body and de-stress the mind. Afterwards, unwind in the dry-heat sauna, amethyst-crystal steam-room and the shimmering gold-leaf and teak relaxation-room. LH

Rosewood London, from £415 a room a night (www.rosewoodhotels.com).

