

in association with

# Condé Nast **TRAVELLER** SPA

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**SPA SPECIAL**

**READERS' SPA AWARDS 2007**

## **The world's 100 best spas**

### **Trick or retreat?**

Where to find real solutions to common health problems (and they work)

**8** Top spas in Asia

**Ireland's most luxurious hideaways**

**Praising Arizona**  
Super spas in the desert





**ARNICA** has a deeply relaxing effect on muscles, ideal after a workout, and is used in the Essences of the Dolomite Garden treatment at **Rosa Alpina**, Italy (00 39 0471 849500; [www.rosaalpina.it](http://www.rosaalpina.it); doubles from €250)



**ALOE VERA** soothes sunburn. Try it in the Hydrating Aloe, Lavender and Banana Leaf Wrap at **Evason Hideaway** at **Hua Hin**, Thailand (00 66 032 618200; [www.evasonhideaways.com](http://www.evasonhideaways.com); doubles from about £240)



**LIME PEEL** detoxes and draws heat from the skin. Whole limes are used to massage the body in Lime Ritual at **Aroma Spa**, Esencia, Mexico (00 1 877 528 3490; [www.hotelesencia.com](http://www.hotelesencia.com); doubles from US\$580)



**COCO DE MER** is a coconut variety unique to Seychelles. Feel its skin-hydrating effects with a Coco de Mer Hot Oil Wrap on **Frégate Island**, Seychelles (00 496 102 501321; [www.fregate.com](http://www.fregate.com); doubles from €2,185)