



LAGOON SHOW
Mauna Lani
in Hawaii

shore, where, between December and April, you can view humpback whales frolicking in the clear blue waters. In the Spa, do try the Termé Wailea Hydrotherapy – a stimulating treatment that will soothe and rejuvenate tired limbs. You are invited to spend an hour here before your spa treatment, enjoying scented baths, sauna and steam rooms, waterfall massages, private needle showers and a complimentary body scrub with Hawaiian exfoliants.

If you do one thing... Drive up to the icy summit of Maui's extinct Haleakala volcano before dawn and watch the sunrise over Hawaii's other islands.

Grand Wailea Resort (+1 800 888 6100 www.grandwailea.com), from £1,496 a person for seven nights half board, including flights and transfers. Book with Hawaiian Dream (0870 350 7873; www.dreamholidaygroup.co.uk). CATHERINE BEATTIE

MAUNA LANI HAWAII

You are weightless, fully submerged in a volcanic rock pool while a therapist stretches your limbs and swirls you through the water. You can't help but smile. Watsu helps release both physical and emotional blockages within the body; after an hour you feel strangely liberated and a ton lighter, as though a huge weight has been extracted from inside. The island's geothermal activity is reflected in the healing environment at Mauna Lani. Themed around fire and ice, the indoor/outdoor spa with its thatched huts and lava pools is inspired by the history, culture and mythology of the

island. The traditional lomi lomi massage begins with a prayer, and many treatments use plants and flowers known for their therapeutic properties, which are grown in the spa's garden. Ginger scrubs help heat up the body and increase circulation, as do massages with basalt stones, and white glacier clay helps draw out toxins and excess fluids.

Perfect for Anyone in search of paradise. Fraught mothers and couples can indulge in the spa, golfers can drive and putt to their heart's content and children of all ages will love the beach and water sports, and glimpsing turtles and fish while snorkelling.

Feast or famine? Despite its remote location, Hawaii is part of the US, and portions are huge. However, tasty 'spa' options feature on every menu, so you can choose a healthier option.

Need to know Be prepared for jet-lag – though some gentle yoga by the ocean and sunbathing in the open air can help. Covering yourself in clay and laddling cold water over your body in the sun-warmed 'lava sauna' can be equally effective.

If you do one thing... Spend at least five minutes just taking in the scent of frangipani, the sound of the rollers coming in off the Pacific and the palm-trees swaying in the wind. Or explore beyond the resort to discover the different landscapes and lava flows glowing at dusk in the volcanic park. *Mauna Lani (+1 808 885 6622; www.maunalani.com), from £903 a person for seven nights. ELZANOR SOUTHWALL*

SUNDANCE RESORT UTAH

Sundance lies on the Eastern slopes of the 12,000-foot Mount Timpanogos, where, centuries ago, the Ute Indians retreated to escape the summer heat and hunt the plentiful supply of game. In 1969, actor Robert Redford bought land in the area with the intention of conserving the environment and promoting artistic expression. As a result, 6,000 acres of stunning, unspoiled wilderness is now protected from development. The Sioux tribe traditionally have a *hocoka* – a sacred environment where the restorative powers of nature are summoned for healing the body and the spirit. At Sundance, they simply refer to it as the Spa. Six softly lit treatment rooms are built from native woods. Five are dedicated to massage and bodywork, and one for beauty rituals. It is cocooned in a peaceful setting; the only sounds to break the tranquillity are that of an occasional Native American flute and the crackling of a log fire.

Perfect for Anyone who appreciates the combination of art and nature, and is looking for a genuinely unique experience.

Feast or famine? The award-winning Tree Room restaurant is a romantic candlelit dining room, and contains art from Robert Redford's personal collection.

Need to know The Mandan Fitness Center, situated within the Spa, is a little too compact, and space has to be reserved.

If you do one thing... Try the signature Sundance Stone Massage, which follows the Native American principles of the Four Directions to centre and relax you. Smooth, heated basalt stones – each representing a different direction, colour, animal and life cycle – are placed along your body to balance energies. They are then used to give a medium-pressure massage with the aid of organic oils.

Sundance Resort (+1 800 892 1600; www.sundance resort.com), from £831 a person for five nights B&B, including flights and transfers. Book with Ski All America (0870 167 6676; www.skiallamerica.com). JULIE ENGLERTON

EL MONTE SAGRADO LIVING RESORT & SPA NEW MEXICO

An eco spa resort, committed to sustainability, which recycles water and uses solar power. Treatments here include Sound and Vibrational therapy and Egyptian Anointing (an interesting mix of spiritual chakra work and massage). *El Monte Sagrado Living Resort & Spa (+1 505 758 3502; www.elmontesagrado.com), from \$1,715 a person for seven nights, including use of the aqua and fitness centres. PACHEL SIAPRO*

MEXICO

ESPERANZA RESORT LOS CABOS

This is destination desert-spa heaven on the cliffs of Los Cabos, overlooking the Sea of Cortez. Guest casitas are situated on a hill, with

PROTECTION RACKET

A month before you expose yourself to the sun, take **Oenobiol Tan Enhancer Nutritional Supplements**, £16.50 (available from Boots). These are great for kick-starting the tanning process, leading to a deeper tan and helping the skin protect itself against sun damage. Independent consultant dermatologist Dr Nick Lowe recommends **Nivea Moisturising Sun Lotions**, from £8.55 (available nationwide). Its UV protection is one of the most effective on the market. **Decléor After-Sun Balm**, £21, prevents peeling, soothes burning and nourishes sun-damaged skin.



Global Spas

SLIDE RULES
Skiing in Colorado's
Rocky Mountains



USA

THE ASPEN CLUB & SPA COLORADO

The Aspen Club & Spa is discreetly tucked away at the end of a long drive, which gives an air of attractive exclusivity. Its grounds in the shadows of the majestic Rockies are a draw for those who value pampering, as well as fitness and adventure fans, and there are whirlpools, sauna, fitness centre, Pilates studio, swimming and tennis, and physical therapies. You can rest both before and after your spa treatments in either the Alpine Garden Room, with lush greenery and flowing water, or the Warming Room, where you can sip hot tea before a fire.

Perfect for Singles, couples, families or visiting celebrities in need of a little anonymity – it's a swish all-rounder.

Feast or famine? There is a Club Café serving simple snacks and sandwiches.

Need to know There's no accommodation at the club. It may also feel a little impersonal, owing to its large size.

If you do one thing... Try the High Altitude Massage, which uses a specially blended signature massage oil to help you adjust to the thin air. It nourishes dry, chapped skin and combats high-altitude symptoms such as insomnia, headaches and respiratory problems. Or, for all-over indulgence, experience the 80-minute SpaAspen Glow, the club's latest body treatment. You are exfoliated with a chamomile scrub before

SUNNY DELIGHTS

Swap your normal skincare for Carita's excellent specialist skincare range – it will see you through from May to September.

Carita Tan Preparing Radiant Serum, £48, helps boost your natural tan, while caring for the skin. **Carita Daily Protective Beauty Cream SPF8**, £95, provides all your skin needs for everyday summer skincare. **Carita Nourishing After-Sun Cream**, from £70, can be used as a night cream during the summer months to help repair skin after exposure to the sun.



a full-body algae mask and steam towel wrap are applied. Finally, you are slathered in emollient moisturiser. It's a wonderful rehydrating and detoxifying treatment.

The Aspen Club & Spa (+1 970 925 8900; www.aspenclub.com), from £985 a person, including seven nights B&B at the Hotel Jerome, flights and transfers. Book with Ski All America (0870 167 6676; www.ski.allamerica.com). JULIE EAGLETON

GRAND WAILEA RESORT HAWAII

The world-renowned Spa Grande at the Grand Wailea Resort on Maui is one of Hawaii's largest spas. It has an unparalleled array of facilities and services, from Eastern holistic therapies to spa programmes that help with fitness and nutritional goals.

Treatments combine traditional Hawaiian techniques, such as lava-stone and lomi lomi massage, with advanced therapies from around the world. They are carried out in 40 treatment rooms, many with ocean views. **Perfect for** Adventurous spa aficionados undeterred by the 17-hour plane journey from the UK.

Feast or famine? The resort's six restaurants, each with a different theme, serve a wide range of cuisines, including Japanese, Hawaiian and Californian. Low-calorie choices are always available.

Need to know The five-star resort is an idyllic escape on an enchanting island. Located in acres of lush tropical gardens, it fronts Wailea Beach on Maui's southwest