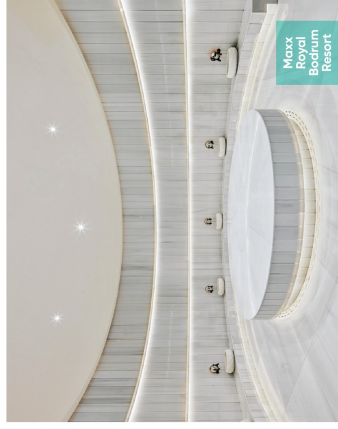


THE SPAS YOU'LL NEVER WANT TO LEAVE

Attention, all caregivers—whether of children or parents, siblings or friends. Yes, we're talking to those of you who have put everyone else's needs before your own for as long as you can remember. You who can't recall a weekend that wasn't dedicated to a soccer tournament, or a week without taking an aging parent to a doctor's appointment. You who pace with indecision when faced with an obligation-free Saturday. Now imagine a week of open Saturdays at a kind of Shangri-la where your sleep, skin, aching joints, digestion, hormonal health, inner peace, and overall happiness are the top priority. For this year's spa awards, we crisscrossed the globe to find places with best-in-class healers, programs, and treatments. Offering everything from IV therapy to craniosacral massage, herbal scrubs to infrared saunas, these hotels take care of the caretakers.

BY ASHLEA HALPERN

COURTESY OF ONE&ONLY MANDARINA. COURTESY OF AQUA DOME HOTEL. COURTESY OF MAXX ROYAL BODRUM RESORT. COURTESY OF THE INN OF THE FIVE GRACES. COURTESY OF JANU TOKYO. COURTESY OF JOALI BEING.



Maxx Royal Bodrum Resort



The Inn of the Five Graces



Aqua Dome Hotel



One&Only Mandarin



Joali Being



Janu Tokyo

agora, swimming pool, yoga studio, fitness center, and alchemy bar. Treatments make the most of the arid environment: The Al Tajdid Al Arabi exfoliation, for instance, uses desert sand enriched with prickly pear and vitamin-rich date seed oil to stimulate collagen production and reduce dark spots, while the nature connection canyon sound bath takes place under the starriest sky thinkable. ourhabitas.com

The Londolozi Healing House

SABI SAND, SOUTH AFRICA

A safari may not be an obvious choice for a spa retreat, but the name speaks volumes. This isn't just a massage table with a pretty view of elephants—it's a one-on-one communion with nature. Part of the family-run Londolozi Private Game Reserve, the Healing House features five specialized treatment rooms, an ice bath, and a Himalayan sauna. The bush-inspired programming is led by a sibling team that trained under author and life coach Martha Beck; the goal is to teach guests how to channel what they have dubbed the "Wild Self"—our most

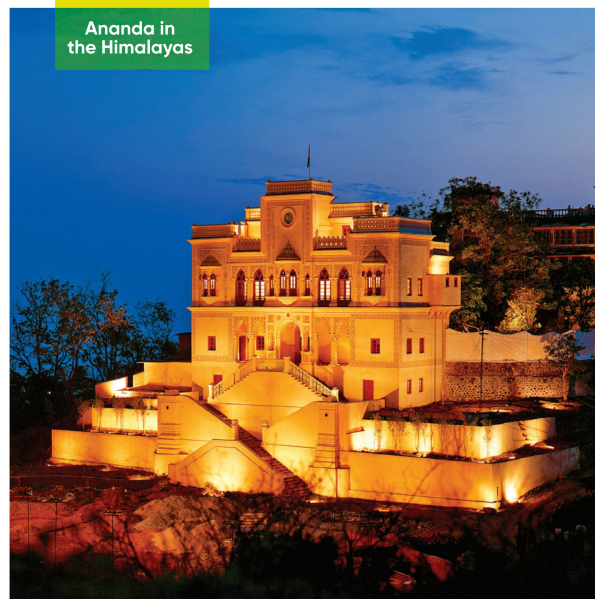
essential nature, lying dormant beneath layers and years of social conditioning. On a multiday wild-life wellness retreat, you might downward dog on a platform suspended in a 500-year-old ebony tree or sit in the firelight at night. There are game drives, too, but these are also exercises in mindfulness—a chance to connect not just with the animals outside but the one within. londolozi.com

Royal Mansour Marrakech

MARRAKECH, MOROCCO

Winner of World's Best Hammam at the World Spa Awards 2024, the ornate marble steam palace at Royal Mansour Marrakech spa is fit for a king. Entered from a citrus grove, the facilities seem to go on for miles—some 27,000 square feet with 10 treatment rooms, a trio of spa suites, and a heated indoor pool with vaulted glass ceilings. Multi-day wellness retreats are fully customizable and supplemented with creative activities like pottery classes and calligraphy. Also notable: Royal Mansour Tamuda Bay, which debuted Morocco's first medi-spa in March with 7-, 10-, and 14-day programs inspired by Blue Zone principles. royalmansour.com

Ananda in the Himalayas



ASIA & OCEANIA

Ananda in the Himalayas

UTTARAKHAND, INDIA

The list of VIPs (King Charles, Bill Gates, and Oprah, to name just a few) who've passed through the doors of this holistic health resort in the middle of nowhere is long, but its list of credentials—25 years running—is even longer. A commitment to traditional Ayurveda, healthy eating, and spirituality underlies Ananda's mindful approach to wellness, but the resort is not afraid to evolve with the trends either. (To wit: new and recently updated programs for sleep enhancement, hormonal balance for menopausal women, and a buzzy new fertility-enhancement plan that melds Vajikarana, an ancient Ayurvedic practice for reproduction, with Traditional Chinese Medicine and emotional healing.) The spa's new physiotherapy facility, part of a four-year renovation project that wrapped up last year, now features an infrared sauna chamber and cryotherapy treatments—amenities you can find all over the world but not with such marvelous mountain views. anandaspa.com

Royal Mansour Marrakech

