

# World Traveller

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**JAPAN**  
**MARRAKECH**  
**STAYCATIONS**  
**TRAVEL OFFERS**

**SPARRING  
PARTNERS**

Recharge at these  
dreamy Indian  
Ocean spas

**The new  
New York**

How to put a fresh  
spin on a golden oldie

*Rolling in the deep*

Soft-sand beaches, zingy African flavours, and devoid of tourists  
– introducing the delicious little islands of São Tomé and Príncipe



# The Indian Ocean's most incredible spas

Feeling jaded after the festive season? Head to one of these dreamy spas in the Maldives, Seychelles or Mauritius to thoroughly recharge

## *Seychelles*

### **Le Syel Spa, Four Seasons Resort Seychelles**

High on a hilltop overlooking Petite Anse Bay on Mahé's southwestern coast, this nurturing spa is reason enough to check-in for at least a week. There are five open-air treatment rooms, all facing the ocean and with an outdoor bathtub for soaking up the best views and breezes. Treatments such as facials, body scrubs and massages are locally-inspired and performed by expert hands, while the resident yogis and visiting practitioners, from reiki healers to sophrologists, provide top-to-toe rebalancing.

**Top treatment:** Performed by two therapists working in unison, the Four-Handed Elevation is two hours of pure, sleep-inducing bliss.

### **Raffles Spa, Raffles Seychelles**

On the north-eastern tip of Praslin, the second-largest island in the Seychelles, this slick spa mixes Biologique Recherche facials with Asian massage and yoga. There are a dozen open-air treatment pavilions where you can admire the views of the sapphire-blue ocean (if you can keep your eyes open long enough, that is). Recline by the outdoor pool in between treatments, and relax in the sauna, steam room and Jacuzzi.

**Top treatment:** For the most buttery-soft skin imaginable, try the Traditional Chocolate Scrub - a sweet-smelling concoction of cacao powder, raw sugar and coconut oil.





Le Syel Spa, Four Seasons Resort Seychelles Photo: Ken Seet



## INCREDIBLE SPAS

### **Kempinski The Spa, Kempinski Seychelles Resort Baie Lazare**

Set on a stunning stretch of coastline in southwest Mahé, the Kempinski's spa menu is inspired by the four seasons. Nestled among swaying palm trees with the air infused by frangipanis, there are six thatch-roof bungalows and a menu of treatments designed to leave you feeling revitalised, relaxed, balanced or energised. Rejuvenate both body and mind with morning yoga on a hilltop overlooking the sea, and afternoon pétanque on the beach.

**Top treatment:** Experience three coconut-infused treatments – an exfoliating body scrub, hair treatment and massage – during the two-hour Island Coco Trio ritual.



### **U Spa by Constance, Constance Ephelia**

Where better to unwind than a barefoot-luxe resort on Mahé's northwestern coast, bookended by beaches with a mangrove forest in the middle? Tucked among tropical gardens, U Spa by Constance is like a mini-village: a dozen traditional-style bungalows dotted around a pool, with sauna, steam room, Jacuzzi, yoga pavilion and beauty bar. Take your pick of treatments and couples' rituals that use natural products inspired by local plants, while the soothing soundtrack of birdsong floats in.

**Top treatment:** The no-oil Thai shiatsu massage combines deep kneading and stretching to help ease tense muscles and balance your mind.

### **AvaniSpa, Avani Barbarons Resort & Spa**

Ease into the rhythm of island life at this tranquil spa on Mahé's west coast. Choose from 'me-time' treatments or 'we-time' couples' rituals performed by skilled therapists using natural products, including nourishing body treatments, heavenly massages and Ayurvedic therapies. In-between treatments, work on your tan by the plunge pool, or head down to the beach where the resident yoga instructor leads daily sun salutations and guided meditations.

**Top treatment:** Want smooth, plumped-up skin? The Glorious Skin facial reduces fine lines and rehydrates sun-damaged skin.

