

Client: Cumbria Tourism
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Time to pamper with panache

New Year, new you. Start as you mean to go on with a relaxing spa break in an ultra-stylish setting

THE SPA IN DOLPHIN SQUARE

Chichester Street, London SW1

THE PLACE: It may be one of London's iconic residential blocks but descend into The Spa in Dolphin Square, Pimlico, and you could be in the depths of Marrakech's exotic Medina.

No attention to detail has been spared in designing this atmospheric new spa, even the decorative tadelakt plaster, with its rough surface painted a deep gold, has been imported from Morocco.

Hand-punched metal lights, dark wood, brightly coloured tassels,

silk curtains and hand-beaten copper tables transport you to another world.

Enjoy an authentic Moroccan ritual, such as an invigorating Hammam. Lie on heated marble slabs while enjoying this age-old purifying ritual of being doused in warm water before a Tellak (masseur) scrubs you head to toe with a soap of crushed olives and eucalyptus,

applied with a rough and invigorating Kessa glove.

You can enjoy the spa with a friend, partner or book the whole place out and invite up to 13 friends.

THE ROOM: There's no bird song or trickling fountains to distract you, just the gentle, rhythmic beat of Moroccan drums and guitars.

Subtly lit, the rich, comforting decor of warm ochres, golds and dark wood extends to the five treatment rooms. There's no natural light but who wants to let the world in?

THE TREATMENTS: Keen to try an authentic experience, I opted for the Moroccan Majorelle, which begins with a "wake-up" scrub in the Hammam before being coated in heavenly shea butter for some super-duper moisturising.

Afterwards came a head-to-foot massage using the pure "Liquid Gold" Moroccan argan oil. It wasn't long before I was in a comatose state. Used for centuries by the Berber tribes of Morocco, argan oil is excellent for skin and hair and very affordable (£25 for 50g) from The Spa.

Next up was a Rhassoul Ritual where lava clay was

applied to my hair for the ultimate cleanse. Feeling suitably pampered, I retired to the dimly-lit relaxation room, with its leather sofas and silk cushions, for a pot of fresh mint tea, dates and almonds.

THE DAMAGE: The Spa in Dolphin Square (0207 798 6767/www.dolphinsquare.co.uk/spa), Moroccan Majorelle (95 minutes), £110, Rhassoul Ritual (40 minutes), £45.

JANE MEMMLER

PARK HOUSE HOTEL

Bepton, Midhurst, West Sussex

THE PLACE: An elegant country house hotel, Park House was built as a traditional farmhouse and oozes soft furnishings, plump sofas and cozy nooks. Accommodation is in one of the rooms or split between three large cottages. The new PH20 spa is in a separate building with an indoor and outdoor pool.

THE ROOM: Attention to detail was first-class, from wood-panelled walls and modern art in the relaxation rooms to comfy loungers on the

mezzanine above the heated



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pool and Jacuzzi.

The treatment room's low lighting and the scent of aromatic oils created the perfect spa ambience.

THE TREATMENTS:

I booked the Black Sand body scrub ritual. My therapist applied the sand from the black shores of Tahiti mixed with aromatic oils all over my body.

This was then washed off before I was soothed by the post-scrub full-body massage, leaving my skin soft and moisturised. Bliss.

THE DAMAGE: Park House (01730 819000/www.parkhousehotel.com) offers various spa packages including a Sunday Spa Day, £95pp (two sharing), half-board. Price includes full use of spa facilities and the choice of a nourishing hand or foot treatment.

The Anne Semonin Black Sand Body Scrub Ritual (45 minutes), £55.

SALOME MUNUO

THE LANGDALE HOTEL AND SPA

Great Langdale, near Ambleside, Cumbria

THE PLACE:

Situated within the 35-acre Langdale Estate in Windermere, The Langdale Hotel and Spa boasts slick interiors with muted tones and contemporary furniture.

THE ROOM: Excellent facilities include a 65ft pool with its own massage seat, relaxing Jacuzzi, steam room and sanarium. For those who dare there is a frozen deluge shower which takes your breath away but is invigorating.

THE TREATMENTS:

I enjoyed a Detoxifying Spirulina Wrap which draws out toxins. I also tried the Parisian Top-to-Toe Treatment which included a neck and

scalp massage followed by a bespoke facial.

THE DAMAGE: The Langdale Hotel and Spa (015394 38014/www.langdale.co.uk) offers various spa packages including one-night spa break from £89pp (two sharing), B&B. It includes overnight accommodation in a Signature Room, breakfast in Purdey's Restaurant and one 45-minute treatment.

Detoxifying Spirulina Wrap (55 minutes) £58, Parisian Top-to-Toe Treatment (one hour, 25 minutes), £100.

SIMONA RUSSO



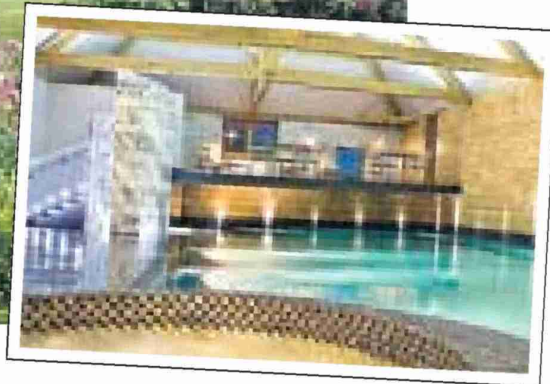
CHILL OUT: Enjoy a relaxing massage



ATMOSPHERIC: The Spa whisks you from Pimlico to the depths of Marrakech



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OLD AND NEW: Alongside Park House Hotel, above, is a spa with the perfect ambience

