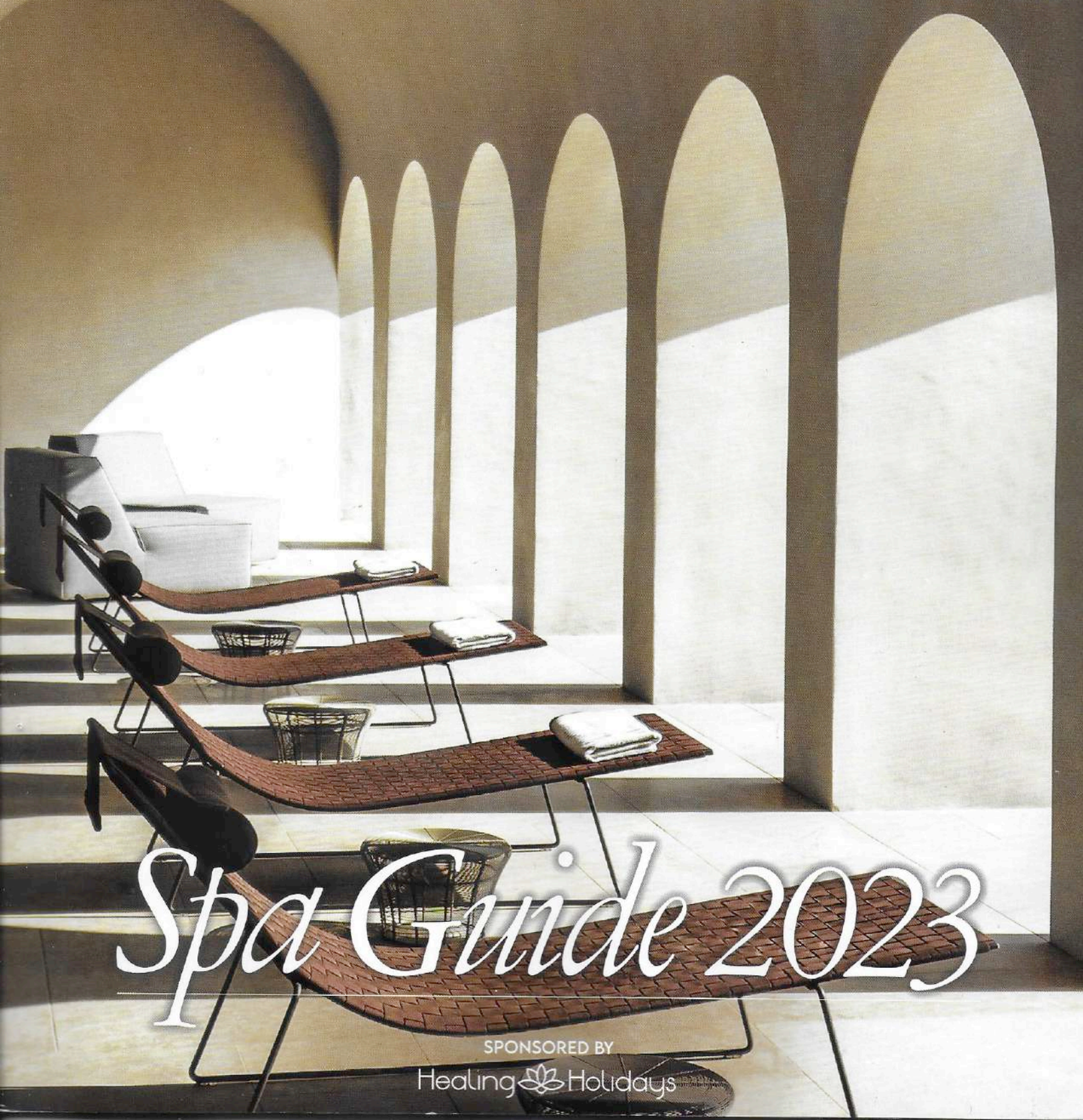


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Spa Guide 2023

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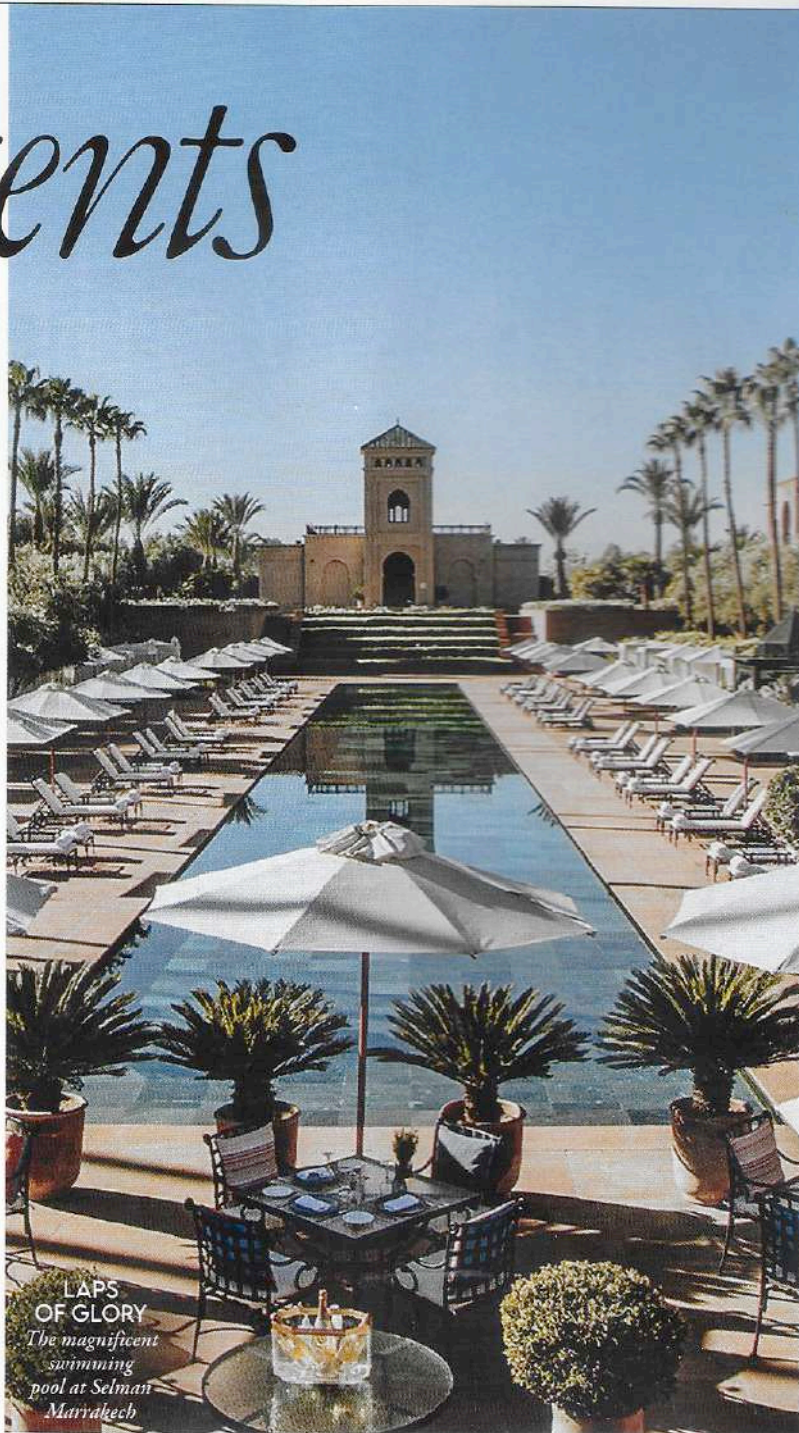
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Photograph by **GIORGOS SPARTANAKIS**

Spa Guide Editor
Francesca Ogiermann-White

Assistant Managing Editor
Chloe Smith

Art Director
Maria Bancroft

Art Editor
Marlene Diaz-Ellinghaus Lewis

Designer, Supplements
Daniel Smith

Picture Editor, Supplements
Katie de Toney

Chief Copy Editor, Supplements
Sarah Edworthy

Copy Editors
Jasmine Parker, Ashley Pegg, Tim Willis

Managing Editor
Xavier Bastin

Creative Director
Sophie Pera

Acting Fashion Director
Hannah Teare

Junior Fashion Editor
Lydie Harrison

Digital Director
Rebecca Cope

Acting Digital Director
Stephanie Bridger-Linning

Editor-in-Chief
Richard Dennen

Commercial Operations Strategy Manager, Travel & Lifestyle
Charlotte Taylor

Events Manager
Saffron Altmeyer-Ennis

Commercial Director, Travel
Natalie Moss-Blundell

Senior Account Directors, Travel
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Holly Ross

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Scott Moore

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Rebecca Gordon-Watkins

Senior Copywriter, CNCC
Jessica Burrell

New York
Shannon Tolar Tchkotoua

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Valentina Donini

Production Controller
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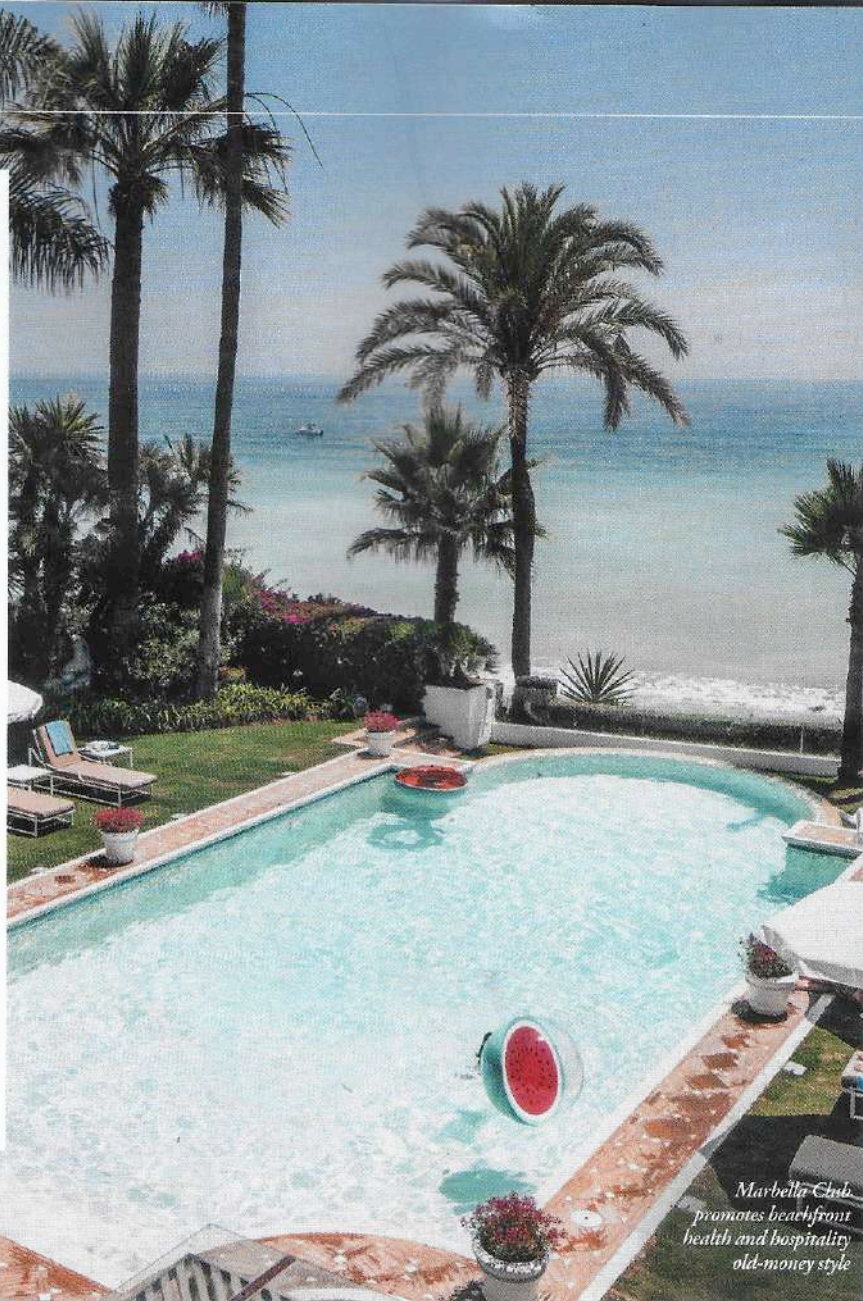
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Simon Leadsford

Managing Director, Europe
Natalia Gamero del Castillo

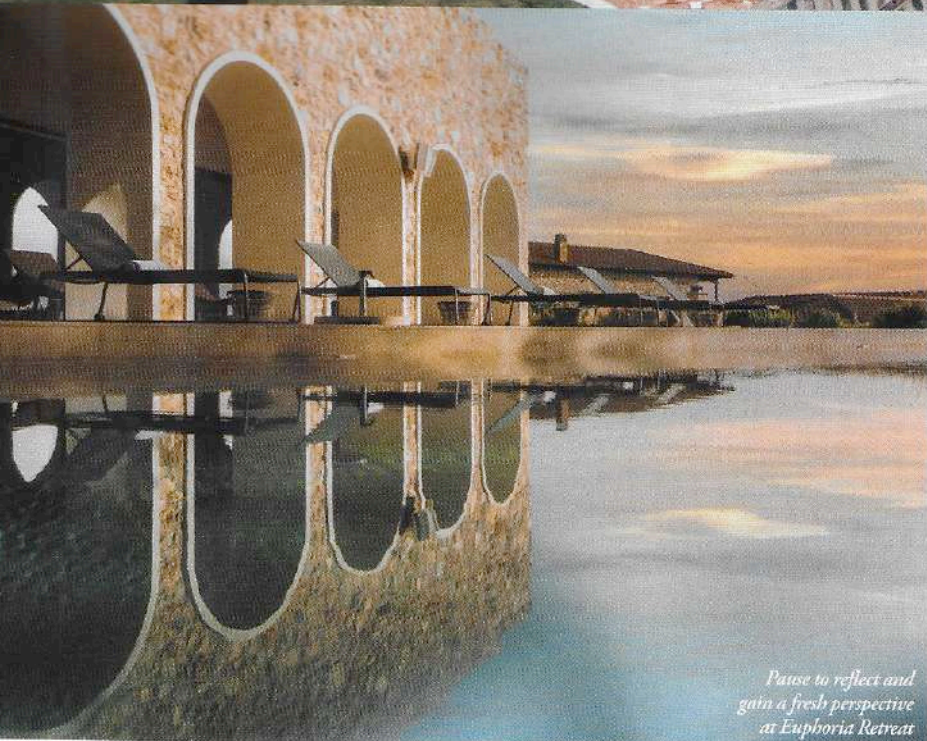
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MARBELLA CLUB *Malaga, Spain*

With its glamorous crowd and Slim-Aarons looks, the Marbella Club is a place to be seen. However, its serene thalassotherapy spa has a different vibe. On the shores of the Mediterranean, its floor-to-ceiling mirrored windows mean that, without being spotted in your robe, you can watch the parade of chic guests meandering back from El Chiringuito; and if you've had one too many sangrias in El Patio – the scene-central, draped in jasmine vines and boasting a Chanel boutique – there's a seawater pool with underwater high-pressure jets to rejuvenate tired bodies. For sun-worn skin, try the Intensive Thalasso Vichy Detox, a thorough exfoliating scrub with sea-salt and oils, followed by a head-to-toe algae massage; revitalising and life-affirming, it leaves your limbs feeling silky and firm. But if soul-searching is more your style, head to the Holistic Studio tucked away in a botanical garden, its temple-like space graced by gargantuan pine trees and tweeting birds. Here you'll find Angelita, who is a wizard when it comes to bodywork. (Her crystal healing classes, which see precious stones placed on specific points while you're guided through a trance-inducing meditation, are perfect for cleansing bad juju.) Good vibes restored, there's always time for aerial yoga: a blissful hour suspended in silks, swaying in the breeze as gravity elongates your spine and your muscles slowly melt. Afterwards, you'll be sure to look at the world from a different perspective. *Healing Holidays* (healingholidays.com) offers a seven-night *Rebalance* programme from £4,849, full board, including transfers.



Marbella Club promotes beachfront health and hospitality old-money style



Pause to reflect and gain a fresh perspective at Euphoria Retreat

EUPHORIA RETREAT *Sparta, Greece*

Everything is innately curative at Euphoria. The sweeping views of the mountainside, bristling with cypress. The scent of sage that blows on the breeze. The opalescent pool, streaked with pink like a watercolour painting of dusk. And then there's helmswoman Marina Efraimoglou, not only a visionary but a kind, generous and sagacious soul. Her fingerprints are all over this glorious, orange-grove-studded sanctuary: be they in the homely welcome you're given; or the staff who match its sincerity in all their daily duties; or the food, which is flavoursome, nourishing and thoughtful. The treatments, from watsu and cupping to meditation and extraordinary energy-work, are masterful. However, for full immersion, the retreats can't be bettered. Want closure on past traumas or life events? Combining chakra healing, Thai massage, flotation therapy and so much more, the Inner Emotional Harmony programme helps you to let go of negative thought patterns, cultivate more meaningful relationships and start afresh. Expect a highly charged awakening. *Healing Holidays* (healingholidays.com) offers a five-night *Discovery* programme from 2,339, full board, including transfers. □