



spa review SERENI-CIMES

LA MARMOTTE, LES GETS, FRANCE

BY SONIA SOLTANI

THERE'S SOMETHING DELICIOUSLY decadent about soaking in a Jacuzzi while looking through a window at skiers walking back from the mountain slopes. It might not be very private, but that's the only flaw of the otherwise perfect La Marmotte's Sereni-Cimes spa in the French Alps.

The name, a clever play on the French words for 'serene' and 'summits', couldn't have been better chosen. Every space, from the reception area to the extremely cosy relaxation room, large swimming pool, steam

room and chromatic sauna, is an invitation to chill out. And the authentic wooden decor added to the pleasant experience.

The spa menu features a wide range of treatments, using Decleor, Thalgo and Pevonia products, but being recommended a deep tissue massage instead of a more faddish option was certain to tempt me. And the 85-minute treatment won me over.

As someone who goes for regular deep tissue massages, I can say this was one of the best I've ever had, with every knot in my muscles thoroughly attended to. www.hotel-marmotte.com

JARGON BUSTER

►► **REPAICHAGE:** Massage and skin treatment that can be applied just to the face or to the entire body. The treatment uses a combination of clay, herbs, seaweed and mud masques to deal with the different cleansing and moisturising needs of the face and body.



WHAT'S NEW



SABAI BY ELEMIS

The Veranda Resort & Residences, a new five-star beachfront property on Grace Bay Beach on the island of Providenciales in Turks & Caicos, has opened a Sabai Spa by Elemis. Guests can indulge in pedicures, aromatherapy, manicures and facials based on Asian practices, or get active by trying out the hotel's tennis courts and three swimming pools. Daily yoga classes and water aerobics are available. www.verandacai.com



LANGHAM LUXURY

Langham Hotels opens its second Shanghai property this month – The Langham Xintiandi, with 357 rooms. The hotel's Chuan Spa is based on the healing philosophies of traditional Chinese medicine, where consultants design personalised treatments for guests, who can otherwise choose from more than 60 health and beauty treatments, including massages, body wraps and facials. <http://xintiandi.langhamhotels.com>



EASTERN FIRST

The opening of the 156-room Sankara Nairobi in August saw the launch of the property's Angsana Spa, the first of the brand in East Africa. Founded by the Banyan Tree Spa, it has seven treatment rooms plus two rainmist rooms, a combination steam and shower at the massage bed. The signature Angsana Brilliance couples package combines a body polish, avocado wrap, body massage, face massage and lemon rose bath. www.sankara.com

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