

# GRAZIA



## MEGHAN'S TRIUMPH

HOW SHE'S SPUN  
HATE INTO SUCCESS

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# ISSA RAE

*On President Barbie, Black Mirror  
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## OUR GREAT SPA GUIDE

UK GEMS WE  
RECOMMEND

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THE GREAT

GRAZIA

SPA GUIDE

2025

From countryside retreats to results-driven wellness clinics, luxury boltholes and beyond, these are best places to relax and recharge this year



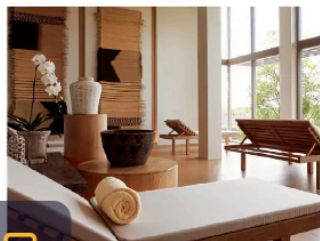
## RAKXA WELLNESS & MEDICAL RETREAT, BANGKOK, THAILAND

**Best for:** A soul-healing solo trip.

**At a glance:** Between mangroves and fragrant jasmine plants lies the RAKxa wellness retreat – a real-life oasis that feels remote even though it's a 45-minute drive from Bangkok. A collection of garden and water-adjacent pool villas, the resort boasts the kind of views that will send your photo-snapping impulses into overdrive. Tame them though, the in-house maxim is 'phones down, be present in the now'. Surreptitious selfies only. Built to promote wellness from every conceivable angle, there's a state-of-the-art gym, a restaurant that serves anti-inflammatory meals, a tea lounge and a hydrotherapy spa centre. Choose to cycle from one pit stop to another or drop the attentive team a WhatsApp (phones are allowed sometimes) to request a buggy. It's the staff's impressive attention to detail that really sets this wellness destination apart. Battling jet lag? Fresh jasmine petals appear sprinkled around your pillows. Feeling bloated? A bespoke herbal tea materialises as if by magic. **Treatment to try:** Commit to the RAKxa Rebalance programme, a five-night stay focused on realigning your body, mind and soul. After several consultations (including a blood age test and functional fitness assessment) you receive your bespoke itinerary, blending Eastern and Western medicine, with just enough gaps in the schedule to make the most of the retreat's amenities in your own time.

**Hot tip:** The Zen Na Tai and chakra balancing treatment is a once in a lifetime experience, allowing you to reconnect with yourself on a deeper level.

**Book it:** £5,300 for a five-night rebalance programme; [rakxawellness.com](http://rakxawellness.com)



## BABYLONSTOREN, FRANSCHHOEK, SOUTH AFRICA

**BEST FOR:** Farm-to-table fanatics.

**AT A GLANCE:** One of the oldest Cape Dutch farms in the Franschhoek wine valley, its unique charm takes you back to nature in the most luxurious way possible. Your breakfast buffet is packed with platters of fruit freshly harvested from the gardens – figs, plums, prickly pears, pomegranates – and buffalo yogurt and milk comes straight from the farm's herd. When lunchtime calls, the wines you sip are straight from the site's 232 acres of surrounding grapevines. Just when you think you can't get any more relaxed, you ramble over to the Garden Spa where you can laze the day away dipping in the freshwater or heated vitality pools, leaning back into the tropical rain shower and stepping into the in-house hammam and salt room.

**TREATMENT TO TRY:** The ultimate antidote to long-haul flight tightness and fatigue, the Garden Spa's signature 60-minute Bamboo Body Massage works wonders. Assisted stretching and heated bamboo sticks take the firm, full-body massage up a notch – relieving tension from head to toe. You float out feeling lighter and brighter.

**HOT TIP:** Make sure you take full advantage of the many complimentary tours. From bread-making to breathe-and-stretch yoga, rowing at the dam to the mountain drive right up the slopes of the Simonsberg. Two you absolutely mustn't miss are the wine cellar tour and tasting and the essential oil tour – where you drive around the gardens in an open-sided jeep.

**BOOK IT:** Rooms from £595pn; [babylonstoren.com](http://babylonstoren.com)

## ANANTARA KIHAVAH, MALDIVES

**Best for:** A honeymoon high.

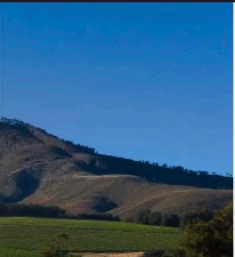
**At a glance:** Nothing can prepare you for the Maldives' crystal waters – as blue as a Tiffany & Co box and as clear as the diamonds inside it. The white sand is silky between your toes as you pad your way through the forest in the middle of the island towards the Anantara Spa. At the end of the pontoon sits a collection of thatched roof treatment rooms propped up on stilts above the turquoise lagoon, with waves lapping beneath them. When you lie down for your treatment, there's a glass floor beneath you so you can watch tropical fish dash by. And if you thought that was fun, wait until you dine at the resort's underwater restaurant SEA, home to the world's first underwater wine cellar. Nothing beats sea turtle-spotting while you sip on champagne.

**Treatment to try:** Let the resident Ayurveda specialist, Sharath Ram, decipher your dosha and create a programme for you.

**Hot tip:** Prioritise a stargazing session at the Sky Insider Over Water Observatory.

**Book it:** Villas from £975pn; [anantara.com/en/kihavah-maldives](http://anantara.com/en/kihavah-maldives)





## QASR AL SARAB DESERT RESORT BY ANANTARA, ABU DHABI

**BEST FOR:** Sumptuous seclusion.

**AT A GLANCE:** A unique desert destination, Qasr Al Sarab Desert Resort by Anantara offers nothing short of an extraordinary five-star experience. The turreted resort sits among the dunes of Rub Al Khali, the world's largest uninterrupted sand desert; 75 minutes from Abu Dhabi airport, the property feels utterly secluded – an oasis of marble floors, pool villas, sparkling fountains and giant bathtubs. No, really, wait until you see the size of the bathtubs. The Anantara Thai Spa is next to the resort's bougainvillea-laden aromatic garden. Inside you'll find the Pinterest-worthy navy and gold tiled hammam, an ice room and five lavish treatment rooms, all with floor-to-ceiling windows facing the Rub Al Khali, which you can book to traverse on camelback. Need to cool off? Make for one of the two pools or the swim-up bar.

**TREATMENT TO TRY:** The resort's Signature Massage is designed to immerse you in your surroundings with hot stones and heated sand sourced from the surrounding desert.

**HOT TIP:** Book an excursion to the resort's surrounding nature reserve, Ezba, where you can meet Arabian salukis, falcons and horses.

**BOOK IT:** Rooms from £387pn; [anantara.com/en/qasr-al-sarab-abu-dhabi](http://anantara.com/en/qasr-al-sarab-abu-dhabi)

# FIVE-STAR STASH

Been there, done that, got the shower gel... these are the beauty ranges so luxurious that they're stocked and screwed to the bathroom walls in some of the most lavish hotels in the world.

### Bamford

Find it at the Hotel du Cap-Eden-Roc, Antibes, France.

*Top pick:* B Vibrant Tonifying Body Oil, £48

### 100 Acres

Find it at the Painswick Hotel and Calcot Manor, the Cotswolds.

*Top pick:* Botanical Bubble Bath, £29

### Commune

Find it at Estelle Manor, Oxfordshire.

*Top pick:* Seymour Body Duo (Wash & Lotion), £150

### Cowshed

Find it at Soho Roc House, Mykonos, Greece.

*Top pick:* Calming Bath & Shower Gel, £22

### Soho Skin

Find it at Soho Beach House, Miami.

*Top pick:* Face Oil, £60

### Bertioli by Thyme

Find it at Thyme, the Cotswolds.

*Top pick:* Water Meadow Hand & Body Lotion, £55

### Susanne Kaufmann

Find it at Hotel Post Bezau, Austria.

*Top pick:* Mountain Pine Bath, £55

