

BONUS 24 PAGES OF SWIMSUIT SOLUTIONS

# Harper's BAZAAR

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GLOBAL GUIDE TO  
THE TOP 10 SPAS

DOMESTIC  
GODDESS  
THE BUSINESS  
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SUMMER  
LOVING  
HOT  
SWIMSUITS,  
COOL  
ACCESSORIES  
AND THE  
ULTIMATE  
FAKE-TAN PLAN

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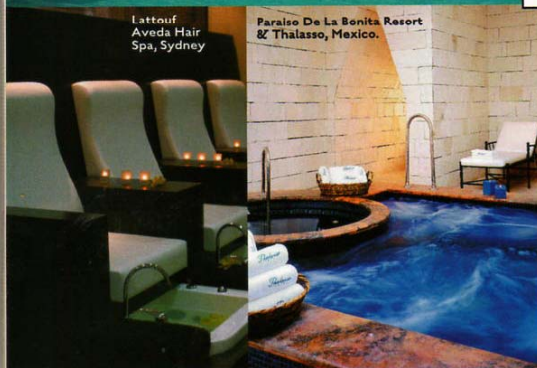


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# Bazaar Beauty Spa guide

Mandara spa,  
Bora Bora Nui



Lattouf  
Aveda Hair  
Spa, Sydney

Paraiso De La Bonita Resort  
& Thalasso, Mexico.

## DIARY NOTE

Can't skip across the globe to decompress, but still eager to try the latest treatments in Australia? Add these brand spanking-new spas to your BlackBerry — they've just opened or are about to.

• **June 2005:** The new Peninsula Hot Springs, Mornington Peninsula, Victoria. (03) 5950 8777; [www.peninsulahotspings.com](http://www.peninsulahotspings.com).

• **August 2005:** Spa Chakra, Hayman Island, Far North Queensland. [www.hayman.com](http://www.hayman.com).

• **August 2005:** The five-star spa at Quay West Bunker Bay Resort Margaret River. (08) 9756 9100.

• **Early 2006:** Qi Spa, Australia's largest day spa, and will open in Melbourne's luxurious GPO complex. 1800 802 036.

• **January 2006:** The opening of Li'Tya Spa Dreaming at Melbourne's St Kilda Sea Baths after major renovations. (03) 9525 3288.

with high tech cardio equipment and weights.

**Cientele:** Former hot couple Jude Law and Sienna Miller and the betrothed Tom Cruise and Katie Holmes. Christian Dior designer John Galiano also stays for a month at a time after the Paris shows, recuperating with the spa's marine element-infused face and body treatments.

**Treatments:** Marine inspired. Paraiso's pool bubbles with fresh effervescent seawater piped in from 120 metres offshore. A hydrotherapy area boasts high-pressure jet show-

ers, special tubs for hydro massage, and shower rooms for exfoliation-style treatments. And the spa menu features algae wraps and facials using traditional Mexican tonics and marine ingredients. Our pick? The Deluxe Mayan: a marathon moisturising body session that remedied our sun-dried skin with a mask of milk extracts, vanilla and orange essential oils followed by a leisurely soothing botanical milk bath. Also test out the spa's high-tech Kirilian photography that reveals hot spots and energy fields. Or try Temazcal, a two-hour ancient Mayan cleansing spiritual ritual performed by a local shaman using meditation, herbs, flowers and chants. Very 900 BC.

**Contact:** Paraiso de la Bonita. +52 998 872 8300; [www.paraisodelabonita.com](http://www.paraisodelabonita.com). ELIZABETH SNEAD

## PARAISO DE LA BONITA RESORT & THALASSO, MEXICO

**Best for:** Spa couples who are seeking a pampering paradise.

**Atmosphere:** Located on the Mayan Riviera on the Yucatan Peninsula, this resort was built between the jungle and the sea by Mexican architect Carlos Gosselin as a tribute to his wife Elisa. The exterior pays homage to Mayan culture, but the 90 hacienda-style suites (think ocean-view patios, huge marble baths and private plunge pools) have been decorated with art from their global trekking. The resort's real draw, however, is the 2045 square metre thalassotherapy spa, whose heavy stone walls lend the feeling of an ancient temple.

**Need to know:** Up early? Try the complimentary sunrise yoga or pilates on the dock. Stake out your private palapa hut on the beach. Play tennis, dive in the ocean or wade in the infinity pool. Then tone up in the air-conditioned gym

ance between mind and body (and sneeze for a quick lunch-hour indulgence).

**Need to know:** As the name suggests, Aveda Hair Spa also offers hair services. A boardroom sized table offers a place to sit out while waiting for your treatment to pr

You can also take advantage of their seasonal nail and makeup bars.

**Treatments:** Greeted with a cup of herbi it's time to sit down and examine your or rather fill in Aveda's Elemental Nature tionnaire to assist your therapist in pinp your specific needs. Your answers als which Aveda aroma oil you might like f scent journey. Choice made, the Ele Nature Facial For Radiant Skin, based naturally energising tourmaline, begins soothing foot massage. After Aveda's si inhalations of your chosen scent (w incorporated into every step), the th then cleanses, tones and applies a C Radiance Masque.

**On our next-visit list:** Lattouf's dry which promises to cleanse pores and rel muscles or the state-of-the-art Vichy er capsule for the Body Elixir Vichy 1 Starting with a scrub, it's followed by therapy shower and massage.

**Contact:** Sofitel Wentworth Hotel, 61 Street, Sydney 2002. (02) 9222 2177; [www.lattouf.com.au](http://www.lattouf.com.au). ANA ALMEIDA

## MANDARA SPA, BORA BORA NUI FRENCH POLYNESIA

**Best for:** Treatments dished up with a v **Atmosphere:** Situated at a discreet rem guests' over-water bungalows, the M Spa at the lush Bora Bora Nui resort cor a dazzling view of famous Otemanu pee seemingly endless blue lagoon. Treatm performed in one of three open-air spa lows fringed by tropical plants and venti sweet tropical breezes; one contains shower, another an outdoor jacuzzi.

**Cientele:** Honeymooners, extreme luxu ers and the odd hold-face name, such a Brosnan, Meg Ryan and Cher.

**Need to know:** The spa uses pure ingi many of indigenous origin, such as Tahiti pods, fresh island flowers and coconut body scrub at the spa starts with a van wash, so you'll emerge not only looking n but distinctly sweet-smelling. Given the one of the romance capitals of the w only fitting that the spa has double tr rooms, so couples can take a break from into each other's eyes to have treatme by side. For those guests completely u island's soporific spell, therapists are or in-room Balinese massages and reflexol

**Treatments:** Asian in focus, the menu a Javanese Lulur Scrub (an ancient p ding Indonesian ritual); Bali Coffee Sc Ayurvedic Shiro Dhara, as well as more ones like the Ve'a Ve'a Massage, utilizi cle-melting heated stones.

**Contact:** Bora Bora Nui Resort & Spa (689) 60 33 00; [www.boraboranui.com](http://www.boraboranui.com). EMMA SLOLEY