

Soak up some wellbeing at the Sani resort spa, close to pine forests, a bird sanctuary and sandy beaches

Anne Sémonin Spa at Sani Resort, Halkidiki, Greece



The four luxury, family-friendly hotels of Sani Resort are set in 1,000 acres on the magnificent wooded Kassandra peninsula of Halkidiki, a 45-minute drive from Thessaloniki. Choose from Sani Beach Club and Sani Beach Hotel, both with kids' clubs offering everything from water skiing to breakdancing lessons, or the five-star

Porto Sani Village and Sani Asterias Suites.

The spa Porto Sani's eight treatment rooms offer holistic therapies from pioneering cult French beauty brand Anne Sémonin, including a lymphatic drainage technique that improves

circulation and reduces puffiness and fine lines. All treatments are tailor-made using active plant serums. There is also a fitness studio, yoga tuition, heated indoor pool, thermal suite and relaxation area offering herbal teas and juices.

The treatments Try the extreme-moisture Phyto-Aromatic facial, in which the face is cleansed with botanical milk then nourished with essential oils of lavender, mandarin zest and Egyptian basil – which is known for its healing and moisturising properties. A 50-minute de-stressing Phyto-Aromatic full body massage is the perfect way to round things off.

The stars Denise Van Outen, Gwyneth Paltrow, Natalia Vodianova, Bruce Willis and Princesses Stephanie and Caroline of Monaco are all Anne Sémonin fans.

The lowdown Seven nights' half-board, including return BA flights from Gatwick

and transfers, costs from £940pp staying in a Marina Junior Suite at Porto Sani Village, and from £845pp in a Bungalow at Sani Beach Club. Tel: 01244-202000; or visit seasonsinstyle.com.

The extreme moisture Phyto-Aromatic facial costs 90 euros for 50 minutes; the de-stress massage is 90 euros. Visit annesemonin.com.

Anne Sémonin Precious Serum, £89

Anne Sémonin Black Sand Body Scrub, £73

Anne Sémonin Exfoliating Mask, £38



The Cowshed at Babington House, Somerset

Babington House has long been *the* place to chill out in the countryside and dine on the best of modern British food. To celebrate the hotel's tenth birthday it has been refurbished, and now has a brand-new, first-class spa in the Victorian walled garden.

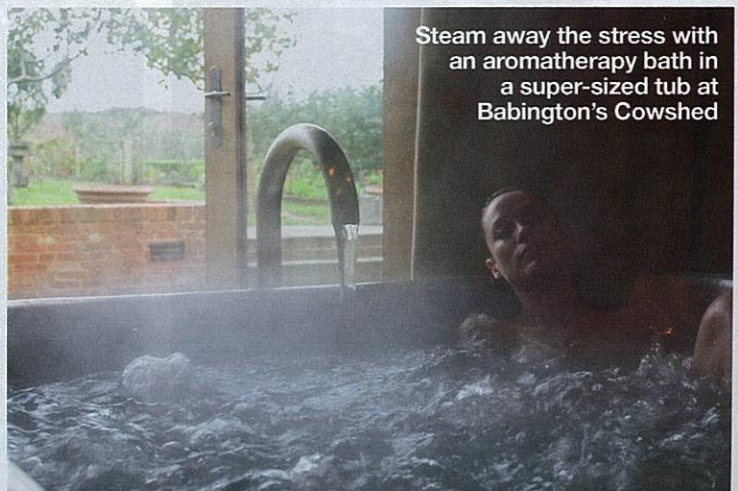
The spa The Cowshed Relax spa has a stylish, rustic feel, with great wet rooms, a hydrotherapy room, freefall showers, plus mani-pedi room and sauna.

The treatment Book the Mud Room for an application of rhassoul – the king of clays – from Morocco, then deep-cleanse with coarse sea salt crystals.

The stars Daisy Lowe (left), Zoë Ball and Kate Moss have all stayed at Babington House.

The lowdown Rooms start at £195 per night for two (non-members). The Mud Room treatment costs £45 for one person; £80 for two. Visit babingtonhouse.co.uk

Cowshed Raspberry Seed Anti-Oxidant Facial Oil, £35
Visit cowshedonline.com
Cowshed Spearmint Exfoliating Sea Salt Scrub, £39



Steam away the stress with an aromatherapy bath in a super-sized tub at Babington's Cowshed