

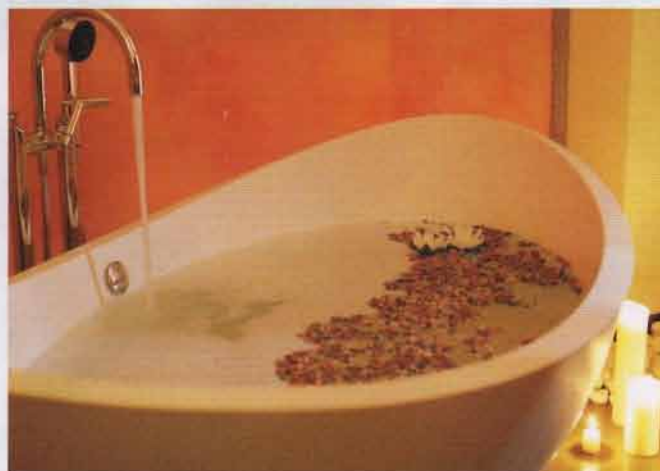
SPACIOMM, BARCELONA

If you like a grand mix of quirky detail and modern edge then Spaciomm at the Hotel Omm in bustling Barcelona's fashionable Passeig de Gracia district should tick all your boxes. Described as a relaxation and personal care centre designed for wellbeing, the spa is all that and more.

Home to an array of Eastern-inspired, organic treatments within a contemporary design, there's more to gain than a massage here. Try one of the rituals on offer for a full-on, unique experience. The Oriental ritual is all about toning and firming the body through reflexology, detoxification, drainage and a natural mud wrap.

Barcelona is fast-paced and many residents come here for quick-fix relaxation. The shiatsu massage is perfect for those looking for a pick-me-up as it's all about getting energy circulating through your body. If this sounds a tad hardcore then you could just take advantage of the spa's water circuit. A Turkish bath, hot tub and decadent footbath all sit waterside.

At first, the spa staff might seem a little stern but they are only serious about their job - which is to ensure you leave feeling totally relaxed. *Al Mulhall*



THE REJUVENATION SPA, LONDON

For a perfectly formed, centrally located urban eco-spa with up-to-date ayurvedic and anti-ageing treatments, check out The Rejuvenation Spa at the Baglioni Hotel. Overlooking Kensington Palace and Hyde Park, it targets all the problems of ageing with Espa, Dr Russo, Skinceuticals, Thermage and a host of prescriptive and signature treatments. Tri-Dosha recently launched here to give the ayurvedic section of the menu an extra boost.

The five-star hotel is popular with Hollywood stars so keep your eyes peeled - or you could adopt the A-list lifestyle yourself and choose a day package that incorporates a massage, yoga and one of the anti-ageing medical treatments like Botox, Restylane, organic microdermabrasion or a host of peels.

The mantra here is to rebalance body, soul and mind. The Marma Abhyanga Tri-Dosha Energy Flow Massage is especially good for detoxification, fatigue and anxiety while nourishing the skin. It combines pressure to specific marma (vital) points with yogic stretches of the joints. A facial massage with super-hydrating oils is also included. *Mark Smith*

