101 BIGGEST YACHTS IN THE WORLD

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VOYAGE

THE ULTIMATE SPA GUIDE

The oceanside sanctuaries worth stepping ashore for in 2019

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Talise Spa
MADINAT JUMEIRAH, DUBAI

The City of Gold can be somewhat dazzling after a night of over-indulgence. When those glinting skyscrapers feel particularly challenging, head for the Talise Spa at the Madinat Jumeirah. Nestled amid the waterways of the vast pastel pink complex, designed as a recreation of ancient Arabia, the spa’s eucalyptus and palm tree-lined gardens offer a tranquil escape from the razzmatazz of the Emirate.

The open-minded spa-goer can try the AlphaSphere Deluxe experience: a space-aged room that uses a combination of sound, color, light, vibration, temperature and scent to stimulate the senses. Lying on a curved bed, these inputs are tweaked for various benefits, such as lowering the heart rate and blood pressure or reducing stress hormones. Team this with one of its signature facials and you’ll be ready for whatever Dubai can throw at you.

Best by boat:
Superyachts up to 196ft can berth at the Jumeirah Beach Hotel Marina.

Spa Byblos
HÔTEL BYBLOS, SAINT-TROPEZ, FRANCE

The citrus-hued Byblos has been Saint-Tropez’s chief celebrity hotspot for five decades: Mick Jagger, Naomi Campbell and Rihanna have all sipped cocktails by its pool and partied at its rainbow-lit nightclub, Les Caves du Roy. Fortunately, nothing cures morning-after puffy eyes like a facial, and there are 10 on the menu. For the full VIP affair, book the Middle Eastern-inspired private suite with its own hammam. Afterwards, unwind in the mosaic-flowered courtyard or in the Salon Libanais, which was imported from a 16th-century palace in Beirut.

Best by boat: It’s a 10-minute stroll from the Port de Saint-Tropez via the most fashionable boutiques of Place des Lices - or a three-minute chauffeur ride if you are in stilettos.

Nantucket Spa
THE WHITE ELEPHANT, NANTUCKET

No matter whether it’s on the beach or on the boat, summer in Nantucket is synonymous with rosé. Thankfully, if you have taken a few too many sips, the historic White Elephant Hotel is on hand to help. Its homely spa – complete with powder-blue walls, a log fire and freshly cut flowers – opens out on to the hotel’s lawns, with views across a harbor that was the whaling capital of the world in the 1700s.

If you are in need of some TLC, go for the Main Street Massage, a nod to the uneven cobblestones that pave the town’s boutique-lined center. Warmed basalt rocks are used to create deep relaxation and remove cellular waste from tissue. Afterwards, you can either head to the library for complimentary port and cheese or it might be time for another rosé…

Best by boat: Moor up in the Nantucket Boat Basin (yachts up to 249ft can manage the tricky turn around the lighthouse). From there you can take a tender to one of the hotel’s slips, or it’s a scenic five-minute bike ride from your dock.

Spa Guide

RECREATE THE BYBLOS SIGNATURE FACIAL ON BOARD
Facial Mask with Linden blossom
Leave on for 15 to 20 minutes before rinsing to boost radiance.
$122, sisley-paris.com

Lyslait Cleansing Milk with white lily
Massage into your skin to cleanse and to stimulate blood circulation.
$100, sisley-paris.com

Gentle Facial Buffing Cream
Apply to dry skin to remove dead cells and impurities.
$95, sisley-paris.com

NANTUCKET SPA
M A N D A R I N O R I E N T A L B A R C E L O N A , S P A I N

After days spent gorging on gambas al ajillo, croquetas and artisanal cocktails, the Mandarin Oriental Barcelona is a haven for the party-pooped. Behind a grand façade on Passeig de Gràcia, its underground spa is the architectural equivalent of a smoothie and a pair of shades: ultra-low lighting, silky carpets, loungers shielded by curtains of fine black chain and an emerald green pool to dive into.

Anti-aging supremo Miriam Quevedo has developed the new Mediterranean Breeze treatment exclusively for the spa starting with foot and cranial massages, then moving over the body. It ends with a Rejuvenating Ritual Facial that oxygenates and repairs using products from Quevedo’s Glacial White Caviar skincare range – which include ingredients such as white caviar oil and organic baobab oil. It will leave you refreshed, glowing and ready to socialize again.

Best by boat: Superyachts up to 196ft can berth at the Jumeirah Beach Hotel Marina.