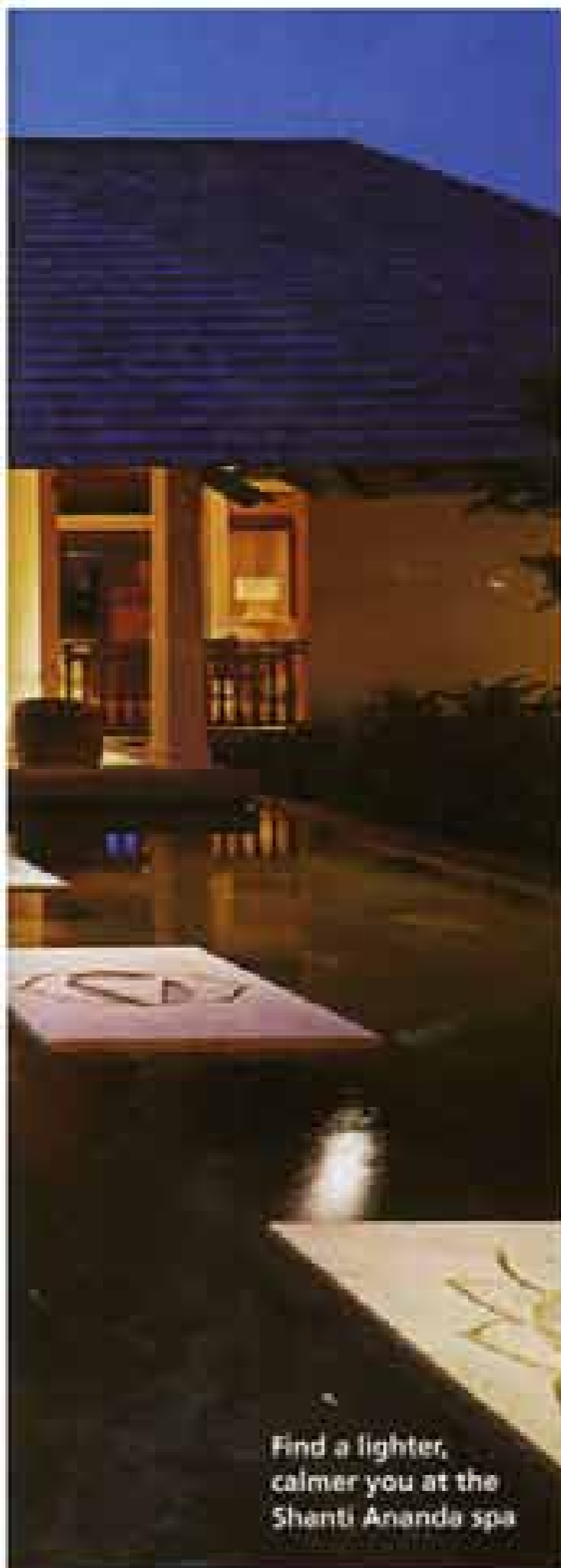


relaxing escapes



The perfect SPACES for you

Today's spas are pampering, luxurious and offer a myriad of extras alongside the treatments. Perfect whoever you're travelling with - and even if you're going solo, says travel expert Jo Foley.



Find a lighter, calmer you at the Shanti Ananda spa

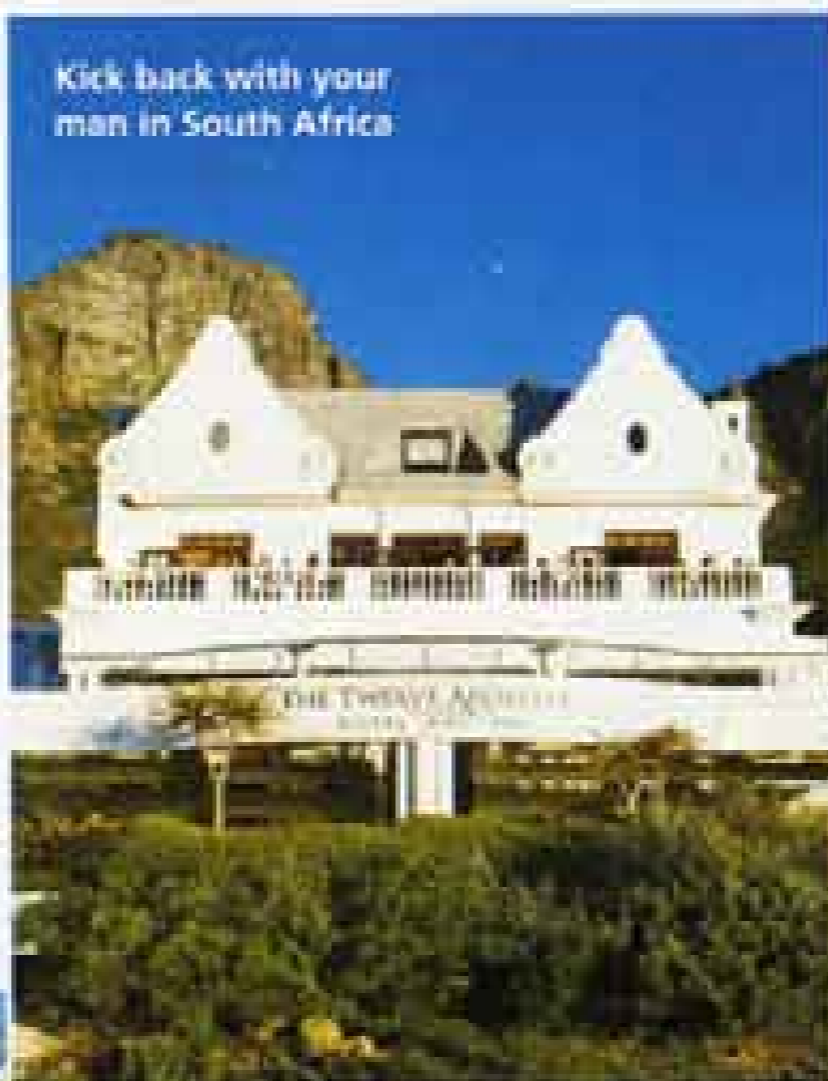
Go with the man in your life

Men often want to spend less time spa-ing than women, but at these destinations, there's the perfect combination of pastimes to keep both of you happy

THE TWELVE APOSTLES HOTEL AND SPA, Cape Town, South Africa

SPA LOW-DOWN: Carved out of the rocks, this grotto of a spa is dedicated to wellbeing, and boasts wet rooms, dry rooms, a brine pool and almost 40 different treatments, plus a plethora of special packages.

Kick back with your man in South Africa



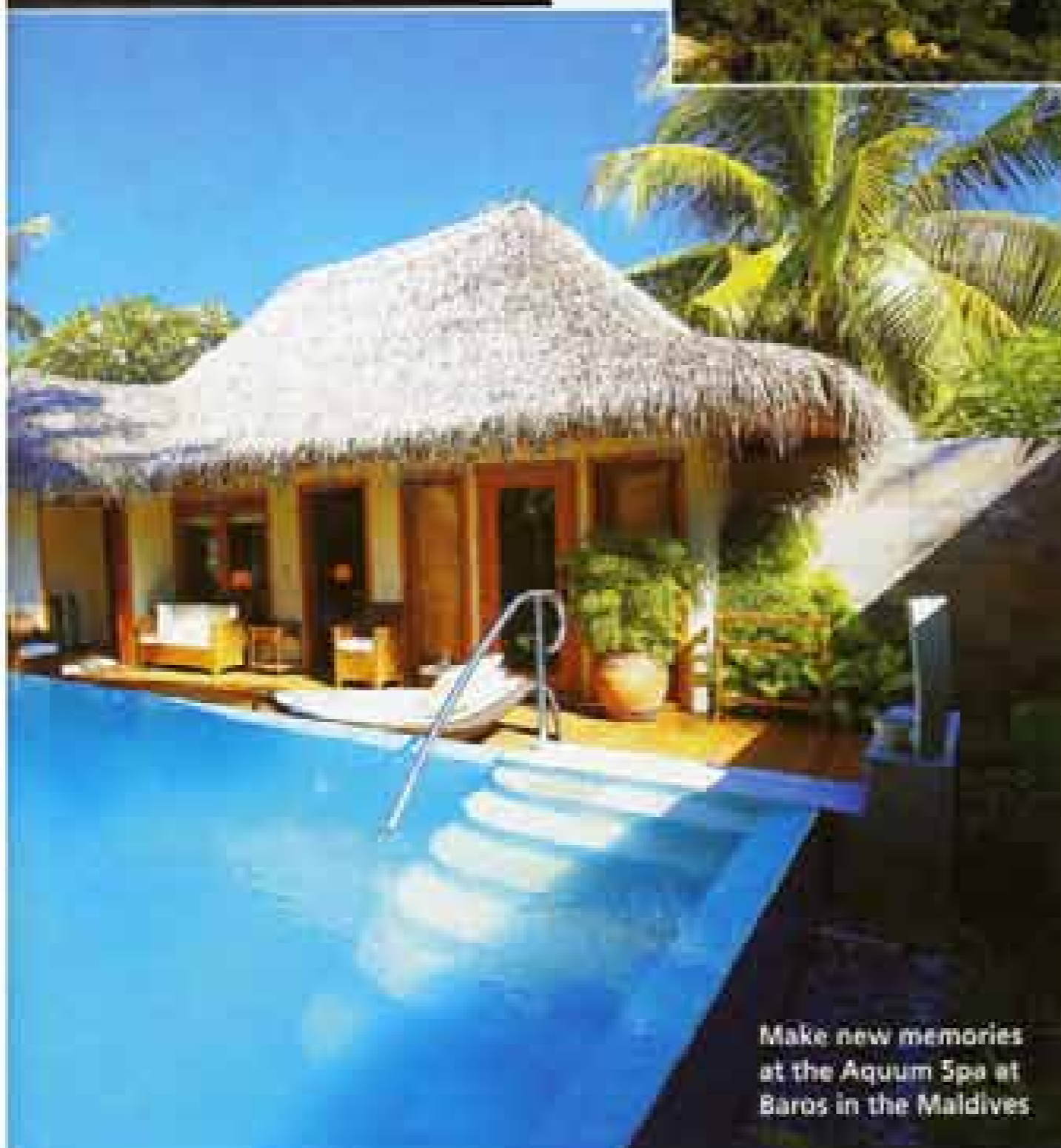
GREAT FOR YOU AND HIM:

There's no more dramatic setting, with the 12 Apostles mountain range as a backdrop and the crashing Atlantic in front. The hotel is not just for spa worshippers, as it has two outdoor pools, a cinema and an award-winning restaurant – and there's stunning Cape Town to discover too.

FIND OUT MORE:

www.12apostleshotel.com.

THE PRICE: Africa Travel Centre offers a five-night trip from £1,195, including return BA flights, car hire and accommodation with breakfast. Tel: 0845-4501535 or visit www.africatravel.co.uk.



Make new memories at the Aquum Spa at Baros in the Maldives

BAROS, Maldives

SPA LOW-DOWN: Aquum Spa is a perfect cocoon of just four treatment suites offering every type of massage, wrap, exfoliant and beauty therapy. The Balinese Vital Force is recommended after a long flight to unknot shoulders and leg muscles. For a little more activity, there's a fully equipped fitness centre.

GREAT FOR YOU AND HIM: A little piece of Robinson Crusoe chic, this is a lovers' paradise. You can walk around the island in ten minutes, so it's for nothing except chilling out, sleeping, swimming, snorkelling, scuba diving, wind-surfing and canoeing. For that extra-special memory arrange an excursion to an uninhabited island nearby, with a picnic and total privacy.

FIND OUT MORE: www.baros.com.

THE PRICE: Kuoni Travel offers seven nights at Baros in a deluxe villa with breakfast, including flights with Monarch Airlines from Gatwick and transfers to and from the resort, from £1,258 per person based on two sharing. Tel: 01306-747008; visit www.kuoni.co.uk. >>