



## MANDARIN ORIENTAL HYDE PARK

The hotel itself may be creating a buzz, with Heston Blumenthal's insanely delicious new get-up (not to mention the sausages and hamburgers downstairs at Bar Boulud), but don't let serious gorging get in the way of essential downtime. As a hotel group, Mandarin Oriental really knows its stuff when it comes to spas, so it's a treat to find this subterranean pocket of peace. Asian-inspired, with a gentle, knowing soul, treatments are renowned for being powerfully curative. Shiatsu master Rex Lassalle is a find, there are amazing body massages (including one that helps with sleep issues) and the results-driven range of Aromatherapy Associates treatments includes facials and warm-poultice pummellings. Pack your swimming things if you want to dip into the vitality pool or amethyst-crystal steam room.

**Top treatment** There are few things Claire Beardson cannot sort out for you. Trained in Chinese medicine, scarily intuitive and with a gift for unravelling mind and heart, she can advise you on everything from what you should eat for lunch to your relationship with your mother. Brave.

**Website** mandarinoriental.com **Tel** 020 7235 2000 **Book it** Chinese medicine consultation, from £175, 80 minutes (follow-up sessions from £115, 50 minutes).

## TOP TIP

*Look out for the new boutique from British brand Aromatherapy Associates, offering its entire collection of natural and delicious-smelling potions, a bespoke blending service and a range of stress-busting, 45-minute, massage-based therapies (5 Montpelier Street, SW7; aromatherapyassociates.com; tel: 020 8569 7030).*

## THE CORINTHIA

A new star. What a treat to find a big hotel (294 rooms) packed with personality, good-looking staff, sensational food and a den of a bar with foot-tapping music from the same DJ as the Hotel Costes – so very cool. And then, wow, a ridiculously slick four-floor spa, gleaming with black glass, shimmering crystals and huge slabs of marble – it's sci-fi beautiful, straight out of *Moonraker*. It would be worth coming for the cubbyhole sleep pods alone, where you can space out next to a fire in your own curtained-off, black-bedded nook, listening to music on headphones. There's also a Daniel Galvin hair studio, a 'movie makeover' room that you can book with a stylist, a nail studio, a 'change and chill' area, and pretty pools with airbeds, jets and waterfalls – all this before you've even got to the treatments rooms.

**Top treatment** While all the usual suspects are here, book in for something more transformative altogether. Programmes include Sleep More, Belly Buster and Intensive Detox.

**Website** corinthia.com **Tel** 020 7930 8181 **Book it** Initial consultation with the 'Gatekeeper' from £145, 50 minutes (follow-up appointments from £80, 25 minutes); Lifestyle programmes start at £1,190 for the Intensive Detox.



## CLARIDGE'S

It's as if Claridge's has been waiting for you forever. Oh, the Art Deco glamour, oh the heaven of a place that glides all by itself – polished, with perkily attentive staff and a ladies' room where your hands are practically washed and dried for you. Come for afternoon tea or a light supper in the reading room in armchairs. The spa is neat, sweet and perfectly formed, with waxing, tinting, manicures, massages, special gentlemen packages and the recently added zing of Sisley treatments.

**Top treatment** Sisley facials are some of the best out there and perfect for stressed, sensitive and anxious skin types. Products are gentle and calming, drunk up by needy skin, with results that lend you a country glow in the big smoke.

Supremya at Night, £455, at Selfridges

**Website** claridges.co.uk **Tel** 020 7629 8860 **Book it** Sisley facials, from £100, 60 minutes.