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GLOBAL BEAUTY ISSUE!

TONS OF FRESH IDEAS TO TRY

- **Sexy Hair**
- **Healthy Skin**
- **Must-Have Products**

ZOOEY DESCHANEL

on mean girls, losing 30 lbs, and loving her new quirky sex appeal

MUST-READ

LOVE, MEN & MONEY:
How everything has changed

THE WORKOUT YOU WANT TO DO
It doesn't even feel like exercise!

GET OUT OF YOUR OWN WAY
ARE YOU HOLDING YOURSELF BACK?

Get inspired!

FUN SPRING FASHION

HOT TRENDS, AMAZING ACCESSORIES + BATHING SUITS FOR EVERY BODY & BUDGET



MC'S GUIDE TO THE WORLD'S

Chicest Spas

You can thank us later. Eight exotic, superluxe treatments to try stateside and far, far beyond

By Joy Herson



DIY: Saffire Freycinet Mineral Bath Pure and Natural, \$30; Saffire Freycinet Body Crème with Pure Blue Sapphire Dust, \$45.

Spa Saffire at Saffire Freycinet

Coles Bay, Tasmania (saffire-freycinet.com.au)

Why it rules: Home of the Tasmanian devil and the cleanest air on the planet, the Freycinet Peninsula, with its sweeping views of the Hazards (a pink-granite mountain range), makes for the ultimate spa setting.

Local flavor: Try the Sapphire Ritual (\$420), which is performed on a Daintree-wood treatment table sourced from the Australian rain forest. We're not exactly sure how a blue topaz balanced on your forehead serves to "stabilize your energy field," but we're interested, and the locally mined, sapphire-dust-infused facial, which aims to restore luminosity and tighten pores, sounds promising and so luxe.

La Prairie Spa at Hotel Bel-Air

Los Angeles, California (hotelbelair.com)

Why it rules: This Spanish-mission-style hotel—nestled in the rustic canyons of L.A.—recently reopened with a whopping \$100 million, two-year renovation and a brand-new spa that marries intricate design (think hand-painted murals and a chic black-Swarovski-crystal reception desk) with serene garden-side treatment rooms. The specialty of the house? High-tech Swiss skincare coveted by the likes of Emily Blunt and Zoe Saldana. >>



DIY: La Prairie White Caviar Illuminating Hand Cream SPF 15, \$150; La Prairie White Caviar Spot Treatment, \$150.

Text

STILL LIVES: RICHARD MAJCHRAK/STUDIO D. PHOTOGRAPHS, CLOCKWISE FROM TOP RIGHT: SANDRA SECKINGER/CORBIS, COURTESY OF THE COMPANY (2)

THE HOT LIST

These four newly opened spas promise to be the next must-visit destinations

PALAIS NAMASKAR
Marrakech, Morocco
(palaisnamaskar.com)

■ Spanning 12 acres, this exotic resort will offer in-room spa services influenced by the principles of feng shui, along with cabins that feature private hammams.

BULGARI HOTEL & RESIDENCES
London, England,
(bulgarihotels.com)

■ We're sure the Vicenza-stone pools and teak accents inspired by the brand's silversmith origins will be understatedly elegant, while the ultraglam gem-based treatments will offer guests the perfect way to tie in the jewel motif.

INTERCONTINENTAL SAMUI BAAN
Koh Samui, Thailand
(intercontinental.com)

■ Seven swimming pools and a private beach will keep you entertained, but we're most intrigued by the Tea Rituals, where guests will be prescribed tea according to mood and stress level, then served in a traditional ceremony.

CAPRI TIBERIO PALACE
Capri, Italy
(tiberioplace.com)

■ Harnessing the healing power of water, this redesigned Mediterranean escape will specialize in invigorating hydrotherapy massage with calming blue-light-based therapy.

Agua at the Delano Hotel Miami, Florida (delano-hotel.com)

Why it rules: The elegant rooftop haven provides 360-degree views of South Beach, and is just a short stroll to shopping and waterfront-dining mecca Ocean Drive.

Local flavor: The Indian-inspired KeSARI Saffron Glow Facial (\$180) begins with a soothing rose-petal foot soak, followed by a traditional facial that combines Indian clay, kokum butter made from Indian

mangosteens, aloe, and handpicked saffron, said to induce a radiant glow.

DIY: KeSARI Pore Minimizing Indian Clay Masque, \$30; KeSARI Triphala Radiance Firming Serum, \$50.

reached with ancient volcanic rocks definitely will. **Local flavor:** For the Kinan Ritual (\$375),

hot compresses infused with local herbs are wrapped around your body to help detoxify, and are then followed by a gentle exfoliation with a homemade salt-and-honey-infused scrub to smooth skin. A blissful four-hand massage tops it all off.

DIY: Kinan Massage Oil (\$25) and Body Butter (\$25).

White Horses at the Lodge at Doonbeg County Clare, Ireland

(doonbeglodge.com)

Why it rules: After a long day on the green, we're happy to rest our heels at this regal spa overlooking Doughmore Bay off the west coast of Ireland. The stately stone exterior and medieval furnishings reminiscent of an Irish castle aren't bad, either.

Local flavor: Voya Signature Seaweed Leaf Wrap (\$177) uses hand-harvested seaweed sourced from the Atlantic Ocean to boost circulation and calm inflammation.

DIY: Voya Body Buff, \$15.

Cavallieri Grand Spa Club at the Rome Cavalieri Hotel Rome, Italy (romecavallieri.com)

Why it rules: After checking out the set of *Gladiator* at the Coliseum, relax in opulent ancient-Roman-style baths and enjoy rooms that are stocked with chichi Ferragamo products.

Local flavor: Unwind in the marble whirlpools and plush lounge chairs before you experience the spa's signature St Barth Softness (\$132), an exfoliating massage with coconut oil and papaya that leaves skin Cleopatra smooth.

DIY: Salvatore Ferragamo Tuscan Soul Hand Cream Moisturizer and Bath Tablet (available in room); Ligne St Barth Coconut Oil (\$45).