

WELL RESTED & SPAS

The world's favorite cruising grounds are home to a number of luxury spas where you can step ashore to restore and reset your mind and body – and savor superb cuisine while doing so. *Navigator* brings you a handful of worthwhile stop-offs

WORDS MIRIAM CAIN





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Mandarin Oriental**Bodrum, Turkey**

Located along Turkey's glittering Aegean coastline, **Mandarin Oriental Bodrum** offers something for everyone looking to step ashore. Boasting views over Cennet Bay and your yacht anchored below, the resort is spread over nearly 150 acres and hosts a choice of restaurants (eight in total), hip bars, pools and beach cabanas along two white sandy beaches. However, the most impressive of the resort's offerings is the spa. Spread over three levels, **The Spa at Mandarin Oriental Bodrum** offers eight treatment rooms and two spa suites, (one for VIPs, one for couples), plus outdoor spa cabanas with views of the Aegean Sea. The spa offers a myriad of treatments using locally-made olive oil, local pumice stone, and honey and herbs from the resort's organic garden.

Best treatment?

Try the aptly named Turkish Delight – lying down on warm stone, brushed with soft muslin, scrubbed with bubbles and massaged. A true hammam experience

On the menu?

Choose Assaggio for both its stunning setting on an expansive deck overlooking the sea and for its tasty Italian cuisine

The vibe?

Family-friendly

Wow factor?

Book the Orchid Spa Suite – a spa-designed hotel suite on the top floor – for ensuite massages and your own private sauna, hammam and a panoramic balcony

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Monastero Santa Rosa

Amalfi Coast, Italy

Perched high on the cliffs overlooking the Amalfi Coast, the **Monastero Santa Rosa** is a beautifully restored 17th-century convent that has been transformed into one of the most stylish properties along this coastline. The resort features beautiful terraced gardens, a cascading infinity pool, outdoor gym, and a fabulous spa. **The Spa** is housed in the original 17th-century property, where the old wine cellars serve as vaulted treatment rooms. The Italian heritage of bathing is presented in the form of a Thermal Suite, with a double-height vaulted Tepidarium Lounge, domed Aromatic Steam Room, Natural Rock Sauna and more. Treatments use Santa Maria Novella's herbal creams and balms, that were originally made by Florentine monks.

Best treatment? The Arnica Massage uses healing Santa Maria Novella oils and tonics to relieve aches and pains

On the menu? Truffle-laden pasta at the Michelin-starred Il Refettorio **The vibe?** Classic chic **Wow factor?** The Spa Suite is an 860sqft (80sqm) double-height vaulted space with its own Rasul chamber, steam room, relaxation lounge, and private terrace.



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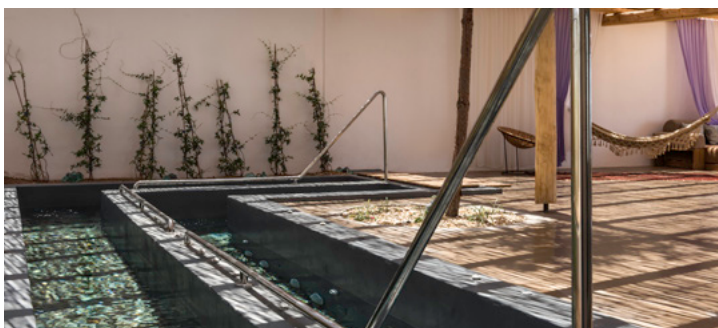
Andronis Arcadia

Santorini, Greece

When cruising the Cyclades, escape the crowds at the newest addition to the spa scene: **Andronis Arcadia** on Santorini.

The Evexia Spa is a welcome addition to the island, which, despite its volcanic mud and thermal waters, has never been big on spas. However, superyacht guests can now experience treatments from big names in their field, including Denise Leicester, founder of the organic brand ila, the products of which feature in many of the therapies. Aside from the spa, Arcadia features a giant infinity pool boasting views toward Ios and Sikinos, a yoga pavilion and a number of restaurants.

Best treatment? Hair Profiling – within 20 minutes your therapist can create a full wellness profile used to build a unique well-being program **On the menu?** Eat like Plato and Aristotle at the rooftop Opson Restaurant, where the menu has been created in collaboration with an archaeologist to include dishes that would have been enjoyed by the ancient Greeks **The vibe?** Uber-luxe **Wow factor?** Insta-ready infinity pool.



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Château Saint-Martin & Spa Vence, France

When cruising along the French Riviera, head to the hills behind Vence to the stunning **Château Saint-Martin & Spa**. Just a 40-minute drive inland from Antibes or Cannes, this Provençal retreat comprises an ancient castle set in a 340-acre estate. The spa itself is carved into a cliff, and is the perfect place to restore and rebalance. Boasting four luxurious treatment rooms and a spa gazebo out in the elegant gardens, treatments use Bamford and La Prairie products. The Michelin-starred restaurant, **Le Saint-Martin**, is fine dining at its best but without the fuss. Walls lined with Matisse prints compete with views toward the coast from the panoramic terrace, while Michelin-starred chef Jean-Luc Lefrançois delivers light, Provençal dishes.

Best treatment? The Haute Couture Rose Tango Treatment **On the menu?** Seabass in a pistachio crust with polenta and olives; lemon basil sorbet
The vibe? Old school glamor **Wow factor?** The scene-stealing views from the infinity pool inspire absolute relaxation.

05



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Capri Palace Hotel

Capri, Italy

For those looking for something a little more serious on the spa menu, the Capri Beauty Farm at the **Capri Palace Hotel** is an award-winning medi-spa. White-washed and surrounded by lemon groves, the spa is a sanctuary sitting more than 1,000 feet (300 meters) above sea level, with panoramic views over the Gulf of Naples. Attracting celebrities from the world over, the award-winning Capri Beauty Farm offers niche treatments and therapies including weight loss programs and nutrition plans alongside a more traditional spa menu.

Best treatment? The Leg School® treatment, which effectively treats and improves circulation, favors lymphatic drainage, and reduces water retention **On the menu?**

Il Riccio is a smart beach club overlooking Capri's famous Blue Grotto and is a perfect lunch setting **The vibe?** 100% Dolce Vita **Wow factor?** The Capri Palace Hotel boasts two Michelin-starred restaurants – L'Olivo with two and Il Riccio with one.



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La Réserve Ramatuelle

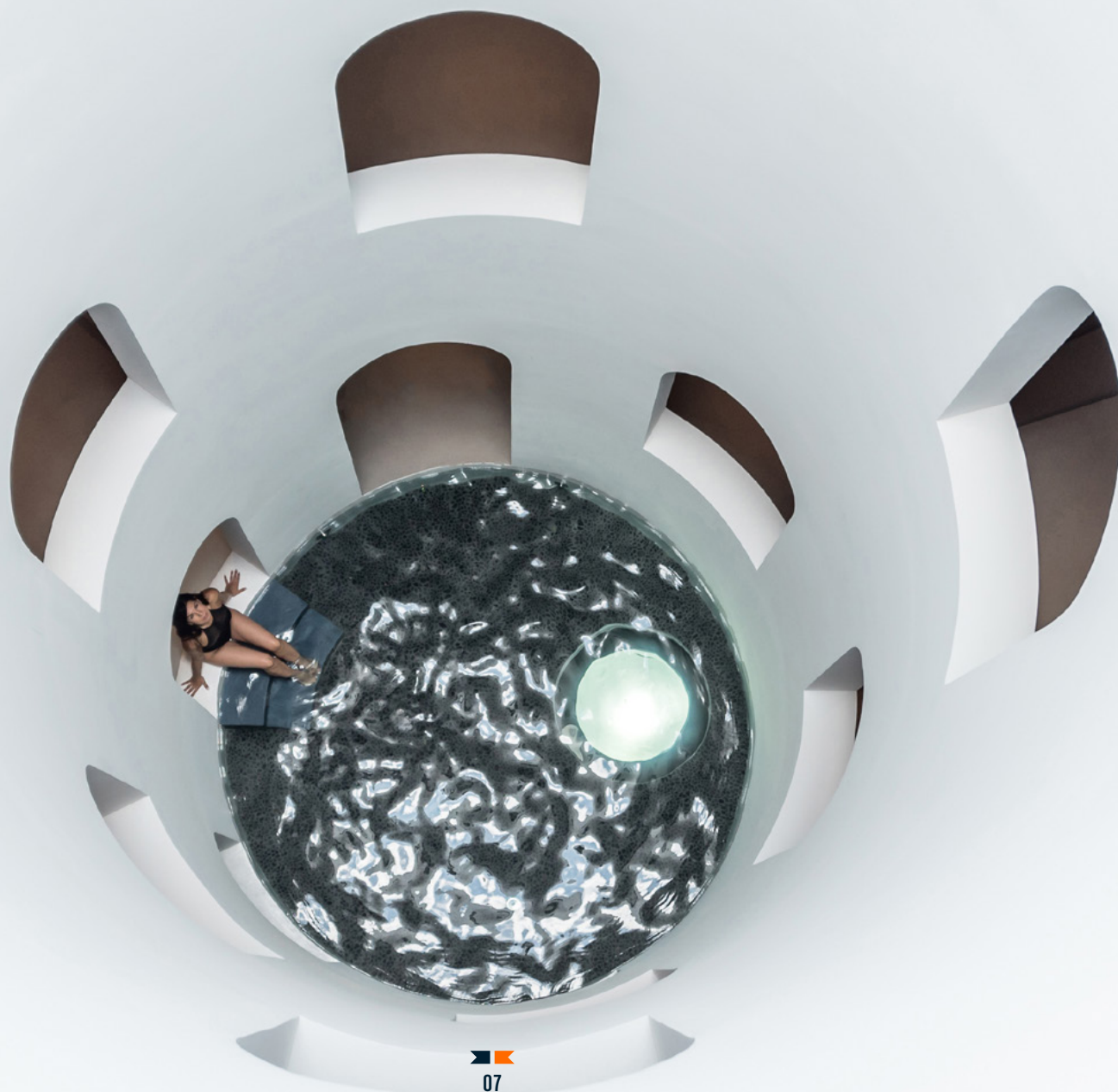
St. Tropez, France

Escape the crowds at Pampelonne and head to nearby **La Réserve Ramatuelle**. Perched on the cliffs, overlooking your yacht anchored below, La Réserve straddles the best of both worlds and is the perfect place to recalibrate, refine and retune. Just ten minutes from St. Tropez, the entire property is effortlessly cool and private, hidden as it is by a blanket of umbrella pines. The 10,000sqft wellness center offers customized programs (think luxury bootcamps), hydrotherapy sessions and a wide selection of massages and facials. Added to this is the Michelin-starred La Voile restaurant.

Best treatment? Better-aging massage – an osteopathic session with lymphatic draining and cupping **On the menu?** Roasted langoustine with lemon zest, citrus fruit and aloe vera marmalade **The vibe?** Effortlessly cool **Wow factor?** Rooftop Japanese dining under the stars or the Philippe Stark designed beach club La Réserve à la Plage.



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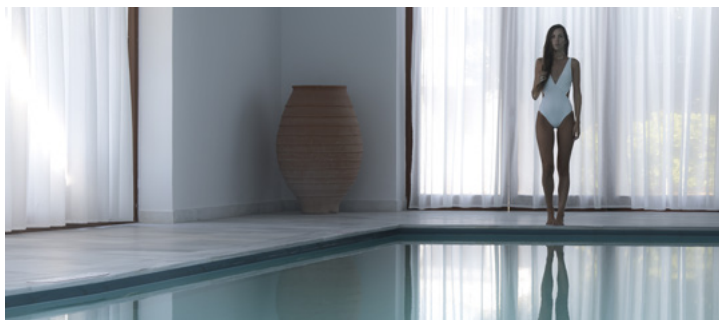


Euphoria Retreat Peloponnese, Greece

Sitting on the doorstep of the Peloponnese peninsula, west of Athens, is the **Euphoria Retreat**. Fusing the ancient Greek wisdom of Hippocrates with traditional Chinese medicine, Euphoria Retreat is a great alternative to Asia's spiritual spas. The 200-year-old stone mansion sits beneath the UNESCO World Heritage Site of Mount Taygetus, and the contemporary spa sits in the pine-clad forest. Centered around an inner well, facilities include an infrared sauna, a Himalayan salt room, a Watsu pool, hammam, treatment rooms and a domed, indoor pool. Days involve all manner of activities, from energetic calorie-burning fitness programs to meditation or relaxation by the pool.

Best treatment? The 3GL finger prick test – an Ergo Physiological scanning that detects your respiratory quotient and metabolic rate
On the menu? Euphoria specializes in delivering an individually-targeted meal plan according to your 3GL results **The vibe?** Holistic haven
Wow factor? The water reverberates with the songs of whales and dolphins.

08



CHANGE PHOTO TO CAP JULUCA

09



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Blue Palace Resort & Spa

Crete, Greece

When cruising in Greece take advantage of the healing properties of the sea with a thalassotherapy treatment at The Elounda Spa at the **Blue Palace** in Crete. Beating the stiff competition in Elounda (think Six Senses Spa Elounda), the spa offers 24 treatment rooms, thalassotherapy pools, traditional Turkish hammams and a relaxation pool.

Best treatment? The Traditional Cretan Experience including seawater treatment with body scrub using dried herbs and honey, and massage using olive oil, herbs and honey **On the menu?** Relax in the shade of olive trees by the water's edge at the Isola Beach Club where light and refreshing dishes are created from locally-sourced produce **The vibe?** Relaxed bohemian **Wow factor?** Boat trips to Spinalonga island, a national monument just across Mirabello Bay.



09

Belmond Cap Juluca Anguilla

Anchor off Anguilla's stunning mile-long cove of Maundays Bay and tender ashore to the **Belmond Cap Juluca**. Redefining the concept of barefoot luxury, the newly revamped resort is home to the new Arawak Spa which occupies a breezy former villa with its own serenity pool. Treatments are inspired by the island's first inhabitants, featuring locally harvested salt and local rum. Revive the senses before feasting on grilled lobster pasta at Cip's – named after the restaurant at the Cipriani, the hotel's famous sister property in Venice.

Best treatment? Seasonal experiences using natural ingredients including aromatherapy wraps and myriad massage styles **On the menu?** Cip's by Cipriani offers delicious Italian cuisine while the resort's bar, The Cap Shack, serves catch-of-the-day tapas and creative rum cocktails **The vibe?** Barefoot luxury **Wow factor?** The best beach in the Caribbean.



Aman Sveti Stefan Montenegro

On its own little island off the coast of Montenegro, the **Aman Sveti Stefan** offers the waterborne a perfect haven ashore. The unique hotel “village” comprises rooms, suites and cottages in a collection of renovated 15th-century stone buildings, with a pool and restaurants at the center. Separated by a causeway, the immaculate Villa Miločer hosts a further eight suites and sublime Aman Spa with indoor pool and treatment rooms with fireplaces.

Best treatment? Restore and revive the senses with a Restorative Massage making full use of the herbs that grow along the rugged Adriatic coastline **On the menu?** Step ashore to the seasonal Nobu Montenegro. Presenting a mouthwatering array of signature Nobu-style dishes, including Black Cod Miso, the menu also offers specialty plates inspired by Montenegro's own indigenous ingredients

The vibe? Effortlessly graceful **Wow factor?** Clifftop pool.

