



Enjoy a Spring Awakening with Spoiling Spa Experiences Around The Globe

Posted by **Tim Cotroneo** on Wednesday, May 3, 2023 · [Leave a Comment](#)



May 2023...// Longer days, buds in bloom and a sense of renewal in the air can only mean one thing... Spring has officially sprung! And what better way to experience your very own 'spring awakening' than with a range of spoiling new treatments from across the globe?



From a trio of treatments inspired by Lake Como's illustrious silk-making history to a wine-themed Maldivian offering that invites one to channel their inner 'Maldiva', there's a treatment to suit every spa-lover's taste this season. The new treatments include:

BOTSWANA: Wildly Relaxing Treatments in the Bush at Great Plains' Selinda Camp

Great Plains, the iconic eco-tourism organisation founded by National Geographic explorers and film-makers Dereck and Beverly Joubert, is delighted to present an assortment of wildly relaxing treatments, now available at **Selinda Camp**, Botswana. The treatments, which can be enjoyed within one's tented residence or out on the pool deck, include:



- **Great Plains Renewal (70 mins)** – This treatment consists of dry body brushing, exfoliation and a beautiful African back massage utilising local African ingredients. Assisting with muscle relief, deep relaxation, it provides a general feeling of well-being – perfect for combating jet lag on arrival!
- **Out of Africa Couples' Treatment (70 mins)** – An African experience for two that includes body exfoliation, facial massage, a body massage using a specially formulated tranquillity balm rich in natural extracts, this is a truly reconnecting and enriching experience.

Resting on the banks of the Selinda Spillway as it enters the Linyanti River, Selinda Camp is situated on the private 130,000-hectare Selinda reserve. This pristine area is home to elephants by the thousands, wild dogs and the famous Selinda Lion Pride recently featured in the National Geographic film *Birth of a Pride* by Dereck and Beverly Joubert, the co-founders of Great Plains. Selinda Camp was completely re-done in June 2019 and can accommodate up to six guests sharing three tented villas, including a family room where children aged 8 and up are welcome. Each room has a private pool and in-room exercise equipment to assist in working off the sensational food and wine served at the camp's fine dining show kitchen. Activities include morning and evening game drives, guided walks, local culture visits, in-room spa and wellness treatments and so much more.

Nightly rates at Great Plains' Selinda Camp, Botswana, from \$1,995 per night. For more information or to book visit <https://greatplainsconservation.com/safari/selinda-camp/>

ITALY: Hilton Lake Como's Sumptuous Silk Treatment



Hilton Lake Como is delighted to offer head-to-toe pampering for guests and locals at its award-winning **eForea Spa and Health Club**. A celebration of Lake Como's centuries-old tradition of silk craft and the property's history as a former silk factory, the signature silk touch treatment harnesses the material's relaxing and soothing benefits:

- **Silk Touch Massage (50 mins, €130)**

This is a vigorous workout for the body, perfect for alleviating high-stress levels, it leaves one feeling grounded and focused. Tailored entirely to the client's needs, the therapist will select an aromatic oil, then skin is prepped to release toxins and the flowing massage works deeper and deeper into areas of tension, encouraging optimum circulation.

Hilton Lake Como is a new-generation hotel with spectacular scenery, traditional charm, and jaw-dropping 360-degree views of the lake from its rooftop pool. Formerly a silk factory, the building is steeped in history and is now home to 170 spacious guest rooms, with a variety of stunning suites to choose from, a pampering spa and a popular rooftop cocktail bar and restaurant.

Nightly rates at Hilton Lake Como begin at €250 per night based on double occupancy with breakfast included. For more information or to book visit <https://www.hilton.com/en/hotels/mxpcohi-hilton-lake-como/>.

ITALY: Scrub Up with Hilton Molino Stucky Venice's Molino Flour and Honey Treatment



Hilton Molino Stucky Venice, the five-star hotel on the peaceful island of Giudecca, has launched a new spa treatment taking inspiration from its historic roots as a former flour mill factory.

The Molino & Honey Peel (€90 for 50 minutes or €140 for 90 minutes) is a deep cleansing full body treatment harnessing the soothing and clarifying properties of organic honey and flour. The new treatment is exclusively available at Hilton Molino Stucky's eForea spa, which has also recently launched a partnership with iconic French wellness brand Maria Galland.

An oasis of well-being between the greenery of the garden and the bright rooms, guests can restore body and spirit at eForea spa, thanks to the fitness rooms, the sauna, the Turkish bath, the jacuzzis, the relaxation rooms, and the face and body treatments using Maria Galland products.

Hilton Molino Stucky Venice is a modern Venetian masterpiece steeped in history. The historically listed building has been exquisitely restored with a series of recent refurbishments including sophisticated deluxe rooms and spacious elegant suites – some offering guests enviable views of picture-perfect Venice. After arriving by water taxi, guests will be spoiled for choice with 379 rooms and suites, an unrivalled conference centre and a collection of bars and restaurants including the highest rooftop bar in Venice.

Nightly rates at [Hilton Molino Stucky Venice](#) begin at €200 per night based on double occupancy with breakfast included. Molino Suites start from €500 Euro per night.

MALDIVES: Channel your Inner Maldiva with Gili Lankanfushi's Sip'n'Soak Vinotherapy



The Maldives' eco-luxury resort, [Gili Lankanfushi](#), is delighted to 'uncork' a brand new 'Ultimate Vinotherapy' wellness journey at its award-winning Meera Spa. Guests will be invited to sip and soak up the views as they enjoy a range of antioxidant-rich relaxing wine-themed spa treatments.

The 150-minute wellness experience, priced at \$799++ per couple, includes a relaxing foot ritual followed by a pampering body exfoliation. Next, the couple are wrapped in a unique blend of cabernet, clay and fresh grapes to cleanse and tone the skin while boosting circulation, with antioxidant-rich ingredients helping to fight free radicals, boost cell renewal and collagen production, leaving skin renewed and youthful. Guests will then enjoy a deep muscle fusion massage, leaving them floating on a cloud before they step into a candlelit rose and wine-infused bath for two. Here, couples will enjoy fresh grapes and a glass of red wine handpicked by the sommelier, as they gaze out at the beautiful Indian Ocean lagoon beyond.

Gili Lankanfushi's Meera Spa provides the very best in holistic healing within a spectacular overwater setting. Comprised of glass-floored treatment rooms, a sauna, steam room and plentiful relaxation areas connected by open-air walkways, the spa offers a range of global therapies that draw from age-old cultures and knowledge.

From immersive, one- to five-day wellness journeys to new active programmes that combine surfing and scuba diving with tailored spa treatments, treatments range from the traditional to the cutting edge. Therapies utilise organic products by Voya, created using the finest oceanic and plant extracts including detoxifying seaweed baths.

Year-round yoga, meditation, reiki, crystal healing and ancient singing bowl sessions are complimented with a rotating schedule of visiting practitioners, for a curated programme of world-class wellness experiences.

Nightly rates at Gili Lankanfushi start from £1,397/\$1,722 based on two adults sharing a Villa Suite with breakfast included. For more information or to book please visit www.gili-lankanfushi.com.

MALLORCA: Get Out of your Own Head with Al-Fresco Treatments, Yoga and Meditation at Purple Summer's Villa Can Totxa



Luxury villa specialist [Purple Summer](#) is delighted to unveil the newest addition to its portfolio, [Villa Can Totxa](#) in Mallorca. The breathtaking Pollença residence, which sleeps up to eight in four en-suite bedrooms, is available to book for stays from May 2023.

The ideal pick for wellness-seekers, Purple Summer can arrange a number of in-villa spa treatments for guests of Can Totxa, from blowdries to mani-pedis and massages. Guests can even combine a scalp and head massage – which incorporates relaxing, local Mallorcan oils – with a spot of guided meditation and yoga for a truly restorative experience for body and mind, all of which can be arranged within the lush greenery of the villa's private garden.

Residents of the sprawling property will have access to their very own private chef, who can continue their wellness journey with the creation of a bespoke healthy meal plan. From low-calorie tasting menus to freshly-squeezed detoxing juices, guests can choose nutritious options that utilise the freshest local produce, all without compromising on flavour.

A seven-night stay at Purple Summer's Villa Can Totxa, Mallorca starts from €18,400 on a catered basis. For more information and to book, please visit <https://purplesummer.com/villas/villas-in-mallorca/can-totxa/>