

BAZAAR

beauty

EDITED BY
KATY YOUNG

Healing waters

Bazaar's essential guide to ecological spas in Britain and beyond. Plus, our beauty director shares her favourite mood-boosting showercare products, and sustainable skincare to hydrate your complexion





SHA VILLA ALMA, SPAIN

Devotees make an annual pilgrimage to the SHA Wellness Clinic, whose doctors, therapists and chefs promise to retrain the mind and gut. Now, disciples can take their friends (and pets) to a new private villa complete with its own pool, spa, gymnasium and space for consultations and treatments. The menus are based on macrobiotic principles designed to support the digestion, alongside a focus on seasonality and local sourcing. *xy Villa Alma (shawellness.com), from £5,828 a night; health programmes start from £1,968.*



ISLAS SECAS, PANAMA

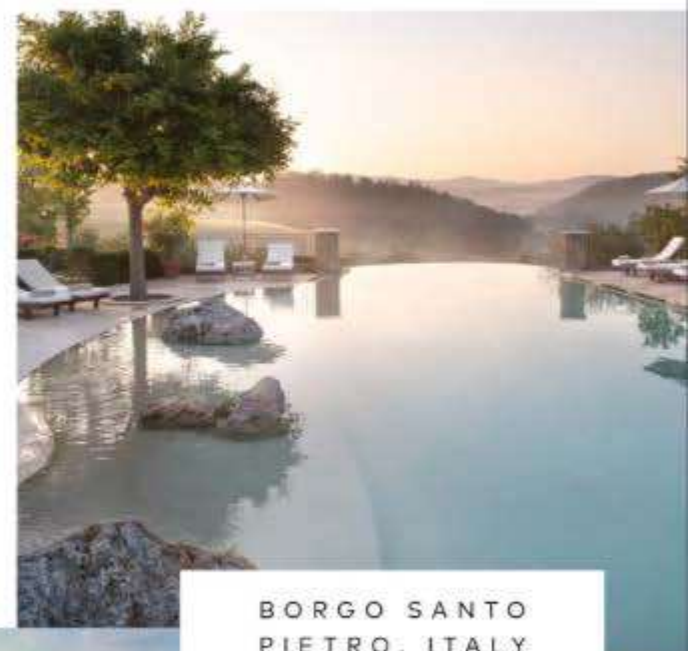
Waking up to views of humpback whales in Panama's Gulf of Chiriqui is just one of the many breathtaking experiences enjoyed by guests at Islas Secas, an archipelago of 14 immaculate islands. The resort goes to great lengths to protect the diverse ecosystem surrounding it: it is fully solar-powered, recycles all its water and has a zero-food-waste system. Casitas and villas accommodate up to 32 people, and the Secascent Spa prioritises outdoor relaxation and treatments featuring local ingredients. *MA Islas Secas (islassecas.com), from about £1,975 a night.*



OCTANT FURNAS, AZORES, PORTUGAL

Formed by a volcanic eruption in 1630, the Furnas Valley has the highest concentration of active hot springs in Europe. The expansive yet secluded Octant Furnas resort, on the island of São Miguel, uses these springs for healing thermal baths and flotation beds, ideal for rejuvenating tired limbs. Sustainability credentials here are high: waste water is treated on-site to prevent contamination of the aquatic ecosystems and protect marine habitats, while most products used in the spa are sourced locally. *MA*

Octant Furnas (furnas.octanthotels.com), from about £145 a room a night.



BORGIO SANTO PIETRO, ITALY

Once a place of rest and recuperation for mediaeval pilgrims, this Tuscan retreat is now a sanctuary for those who need to slow down and reconnect with nature. Its spa combines skin- and soul-soothing treatments by Seed to Skin, a brand that uses sustainably sourced raw ingredients, including fresh sheep's milk from Borgo's own flock. We recommend the Nature's Bounty treatment, best experienced alfresco, or the guided, blindfolded walk, which allows you to enjoy the great outdoors through scent, touch and the gentle serenading of crickets. *KY Borgo Santo Pietro (borgosantopietro.com), from about £732 a room a night.*



AND

FORESTIS, ITALY

Located 1,800 metres above sea level, this mountain retreat offers panoramic views of the Dolomites. The spa's design harmonises with the landscape: swim in natural pools carved from dolomite stone and choose from an array of restorative treatments inspired by forest rituals. The carbon-neutral building is powered by 100 per cent renewable energy, and for every day that a guest opts out of housekeeping, the resort will plant a tree – 7,000 have been introduced since 2020. *KW Forestis (forestis.it), from about £673 a room a night.*



SONEVA FUSHI, MALDIVES

This idyllic Maldivian hideaway in the Baa Atoll is at one with nature. Half of its energy is sourced from solar panels, while a two per cent environmental levy on every stay helps fund ecological efforts such as coral restoration. Organic coconut oil is produced on-site and used in treatments at the Soneva Soul Spa; book a one-off wellness therapy, or rejuvenate from the inside out with the three-day Foundation Programme, which combines IV drips and oxygen chambers. *MA Soneva Fushi (soneva.com), from £2,000 a room a night; three-day foundation programme retreat, £2,465.*

PHOTOGRAPHS: JONATHAN WILKES, ANDREA JONES



LEFAY RESORT, LAGO DI GARDA, ITALY

Lefay's Lake Garda spa is known for marrying traditional Chinese medicine with a modern approach to wellness (no strict diets here), but it is the resort's nature-first concept that is truly impressive. It offsets 100 per cent of its carbon-dioxide emissions, supports water-conservation initiatives and deploys rainwater to irrigate certain green areas. It also has a biomass plant that manages about 70 per cent of the property's energy demands. *MA Lefay (lefoyresorts.com), from about £311 a room a night.*

