

# INSIDE SPACE

THE MAGAZINE FROM SPACE NK APOTHECARY LONDON



CHRISTMAS 2018  
SPACENK.COM



### 1. Best for... Sharpening your focus

SHA Wellness, Alicante, Spain

Spain's original medi-spa is an annual pilgrimage for the Euro set. Expect a battery of consultations, a slick macrobiotic restaurant and an itinerary jostling with pioneering treatments: think Transcranial Current Stimulation, which uses a Harvard-designed headset to treat neurological conditions such as depression, chronic pain and insomnia. [Shawellnessclinic.com](http://Shawellnessclinic.com)



### 2. Best for... Hiking

Rancho La Puerta, Baja California, Mexico

There are over 4,000 acres of mountain trails and flatlands to explore at the Ranch. Which means crack-of-dawn hikes, awesome sunrises and spicy *huevos rancheros* when you return. If that doesn't blow away the cobwebs, a full day of fitness classes (salsa, tennis, aqua aerobics) will. As will a bone-crunching massage in the spa. [Rancholapuerta.com](http://Rancholapuerta.com)



# SPA GAZING

The best way to offset a frenetic festive season? With a replenishing getaway. Reboot body and spirit at one of these enriching escapes



### 3. Best for... Calming busy minds

Como Shambhala Urban Escape, London

This Asian-inspired refuge is just the ticket when city life becomes overwhelming. The one- or two-night Mind, Body & Soul Experiences are particularly remedial and your itinerary might include private yoga, shiatsu, reflexology or acupuncture. Otherwise, they'll rope in the specialists: reiki practitioners, energy healers and intuitive counsellors. [Comohotels.com](http://Comohotels.com)

### 4. Best for... Bringing the family

Stanglwirt, Austria

This 400-year-old Tyrolean farm is bursting with ways to keep younger guests amused. Cookery classes, wood workshops, petting zoos and even a waterpark are waiting to be discovered — and for worn-out mothers, some wonderfully pampering Dr Barbara Sturm spa treatments. [Stanglwirt.com](http://Stanglwirt.com)







### 5. Best for... Letting it all out Kamalaya, Thailand

Built on the site of a former monk's cave, there's no better place for an emotional overhaul. Kamalaya's therapists work with you to address burnout, stress and addiction, while their Embracing Change retreat helps to rebalance guests who are going through a period of upheaval. [Kamalaya.com](http://Kamalaya.com)

### 6. Best for... Winding down

Thyme, Gloucestershire

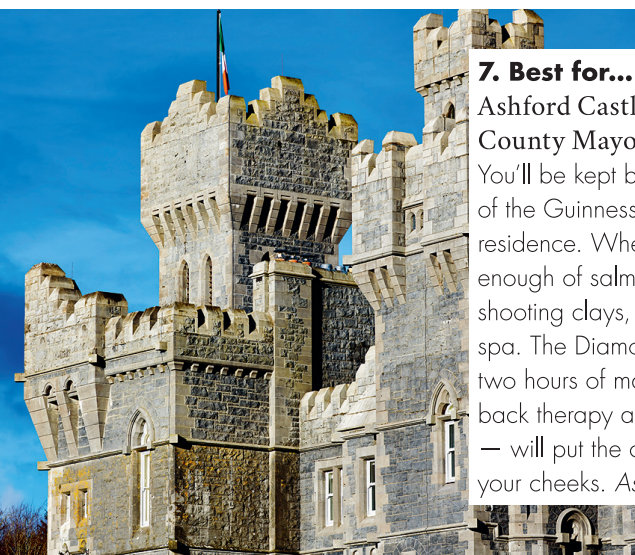
This former cookery school turned hotel and spa has Cotswolds charm by the barrelful. Food is locally sourced, the views roll for miles and the rooms are tricked out in chintz, with freestanding tubs. Don't miss a trip to the herb-filled greenhouse spa, offering facials and massages using Aurelia Probiotic Skincare products. [Thyme.co.uk](http://Thyme.co.uk)



### 7. Best for... Going rural

Ashford Castle,  
County Mayo, Ireland

You'll be kept busy in the grounds of the Guinness family's former residence. When you've had enough of salmon fishing and shooting days, make tracks to the spa. The Diamond Life Facial — two hours of masks and massage, back therapy and foot soaking — will put the colour back in your cheeks. [Ashfordcastle.com](http://Ashfordcastle.com)



### 8. Best for... Living your best life

The Ned, City of London

Deep beneath the City, in the vaults of a former bank, lies a dark and sexy spa. Cowshed does a mean medi-facial (the Fire & Ice treatment with iS Clinical products makes skin gleam); the nail bar delivers gloss and glamour, plus there's a marbled pool and a hammam. Finish up at the salon, where they'll prep your hair, getting you stylishly coiffed for evening drinks at the rooftop bar. [Thened.com](http://Thened.com)



### 9. Best for... Working up a sweat

La Réserve Ramatuelle, France

St Tropez's most stylish sanctuary draws a chic crowd (it's a stone's throw from Club 55). And if you're looking to shape up, their Nescens Boot Camp can't be beaten. An effective mix of Nordic walking, invigorating treatments and Mediterranean cuisine, it leaves sluggish bodies feeling lighter and tighter. [Lareserve-ramatuelle.com](http://Lareserve-ramatuelle.com)



### 10. Best for... Beautifying

Cliveden House, Berkshire

Weekends at this 17th-century manor (the illustrious backdrop to the Profumo affair) are best spent in the elegant spa with its columned pool and quintessentially British treatments. Be sure to book in for a Sarah Chapman facial, which will leave your features looking newly sculpted. And then, dinner. [Clivedenhouse.co.uk](http://Clivedenhouse.co.uk)