

TRAVEL OFTEN · LIVE WELL

TRAVEL MAGAZINE

# DRIFT

## ROAM FOR THE HOLIDAYS

15 COUNTRIES TO DISCOVER THIS WINTER

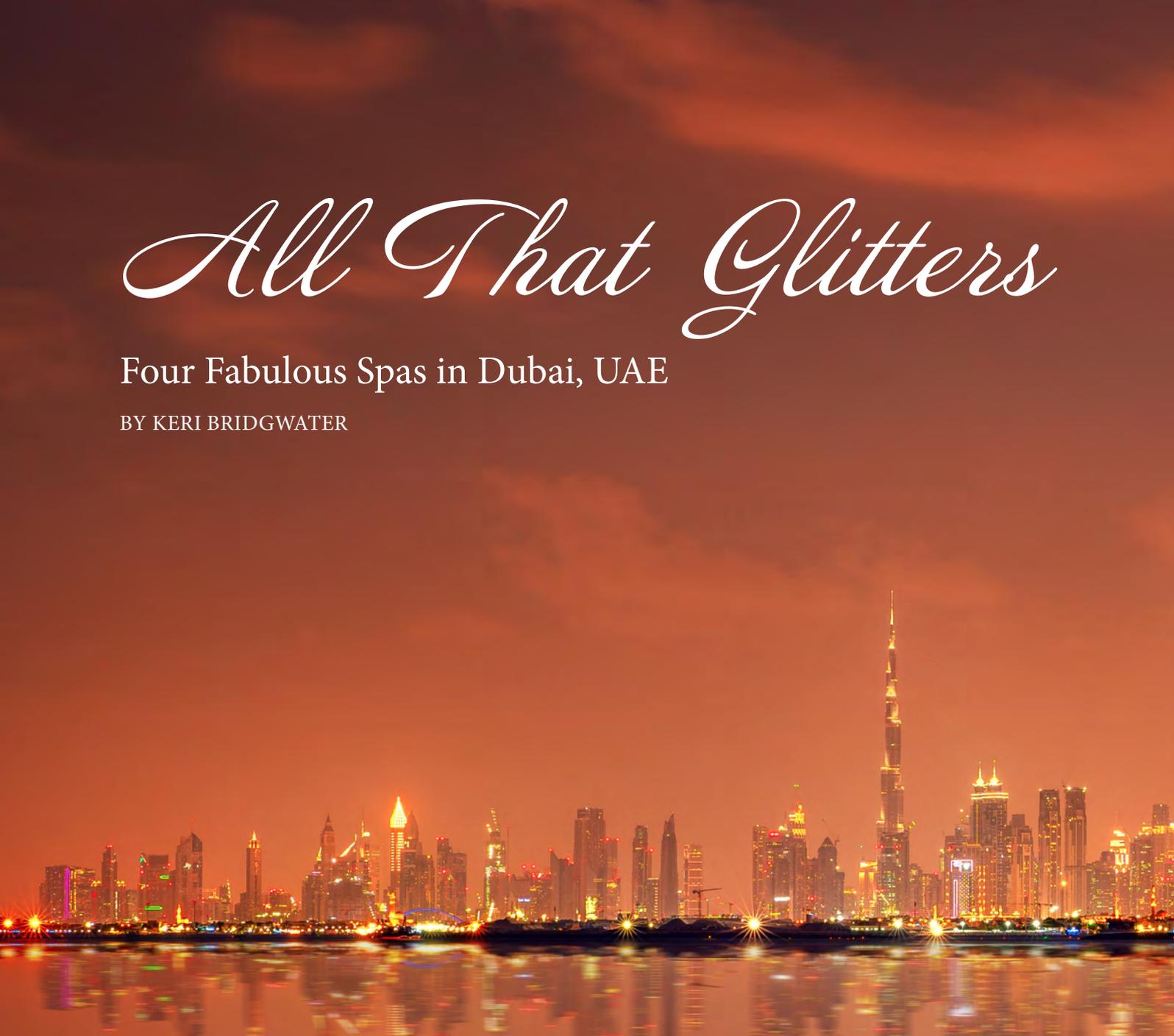
JOURNEY TO SUPER NATURAL NEW ZEALAND, ANCIENT CASTLES OF EUROPE,  
MAGIC OF MOROCCO, LUXURY SPAS OF UAE AND THE MANY WONDERS OF ITALY

SPECIAL EDITION TRAVEL GEAR GIFT GUIDE INSIDE

# All That Glitters

## Four Fabulous Spas in Dubai, UAE

BY KERI BRIDGWATER



When it comes to rest and relaxation, Dubai might not be the first destination that springs to mind, but beyond its ultramodern skyscrapers, luxury shopping and glamorous nightlife, this world-famous city in the United Arab Emirates is quietly gaining recognition as one of the hottest emerging markets for wellness tourism. Of course, the pretty white sand beaches overlooking the Persian Gulf and welcome winter sunshine add the allure. As the demand for health-focused getaways shows no signs of waning, travelers looking for a luxury spa holiday framed by an eye-catching change of scenery will find some of the Middle East's most seductive and sought-after sanctuaries in Dubai. The lineup runs the gamut from a palatial Ottoman-themed sanctuary in the sky (well, the 18th floor of the legendary six-star hotel, Burj Al Arab) to a Bedouin-inspired desert retreat where Hammam rituals and Arabian escapes not only restore balance but act as a balm to soothe souls of the most discerning wellness seekers.



# East Meets West on Palm Jumeirah

## Anantara Spa at Anantara The Palm Dubai Resort

Home to a private beach and the only overwater villas in the UAE, Anantara The Palm Dubai Resort is an Asian-inspired sanctuary on the iconic Palm Jumeirah island, making it a serene hideaway for a spa focused getaway. Much like its namesake resort, the award-winning Anantara Spa is housed in a series of Thai-style pagodas. Surrounded by lush palms and frangipani trees, it's reached across a little waterway just beyond the resort's majestic centerpiece infinity pool. Although featuring 24 treatment rooms, including gorgeous marble Turkish and Moroccan hammams and a crystal gemstone steam room, there's a decidedly boutique feel. A bamboo sauna, liquid sound pool, salt inhalation room, ice grotto, and multi-sensory shower round out the unique room experiences. Treatments have been designed with balance and well-being in mind and span therapies from the Middle East to Asia – think everything from Thai and Arabian massages to an Ayurvedic Shirodhara hot oil treatment. A time-held tradition of relaxation, rejuvenation and self-care, the Turkish Bath Ritual is a fully immersive and otherworldly experience led every step of the way by a dedicated tellak or special bath attendant. The Maison d'Asa Moroccan Hammam Rituals, namely The Anantara Royal Hammam, is another of the spa's most requested reservations. Magnesium body treatments using the Dutch-based brand Of The Islands are crowd favorites too. One of the seven macro-minerals said to support muscle function, promote energy and support a healthy immune system, the Magnesium Rebirth Bath, Glow Scrub and Immunity Recharge Full Body Massage make an ideal jet lag busting trio.



# An Oasis in the Clouds

## The Spa at Address Sky View

The twin towers of the prestigious downtown hotel Address Sky View are joined by a dramatic three-level sky bridge which affords show stopping 360-degree views of Dubai's skyline with the Burj Khalifa taking center stage from the 54th floor infinity pool. It's also where The Spa at Address Sky View is located. Walking into what feels like a hidden oasis (sometimes quite literally in the clouds), there's a sense of total tranquility removed from the hustle and bustle of the city below. Upon arrival, guests are greeted with a glass of fresh juice and dried fruits to snack on in the lounge – best enjoyed while swinging in one of the hanging chairs or on the outside terrace while admiring views of the world's tallest building – before being ushered into a state-of-the-art treatment room. There are eight rooms in total, plus a couple's spa suite, all finished in the typical refined and sophisticated Address style and perfumed with the Address Signature cedar and vetiver scent. Massages and advanced facials, such as the Bio Lift and Bio Light Anti-aging facial, a multi-stage lifting and brightening treatment that use state-of-the-art microcurrent technology and LED light therapy, grace the menu. Book one of the Signature Spa Journeys for a real treat, such as the Arabian escape, which features a henna and date all-over scrub followed by a moisturizing camel milk body wrap and eco-friendly date facial. With dedicated sections for men and women, the bio-sauna, ice fountain and herbal and salt steam rooms are worth arriving early or staying afterward to enjoy. While most of us think of spas as somewhere to visit during the day, relaxing post-treatment while looking out over at Dubai's twinkling city lights at nighttime is a memory that will last a lifetime.



# Old World Bedouin Splendor

## Satori Spa at Bab Al Shams Desert Resort & Spa

Built in the style of a desert fortress and surrounded by gently rolling sand dunes, Bab Al Shams is an oasis in every sense of the word. Its Arabic name translates to “gateway to the sun,” while the infinity pools, courtyards and cushioned lounges add to the romantic Arabian Nights ambiance. A night or two here provides a wonderful contrast to the futuristic and fast-paced downtown Dubai, which is just 40-minutes away by car but feels another world away entirely thanks to its secluded location. In addition to falconry, camel rides and nature walks, guests will want to get pampered at Bab Al Shams’ award-winning Satori Spa. For views of the surrounding landscape and a glimpse of wandering Arabian Oryx if you’re lucky, opt for a signature massage treatment to be performed at The Desert Escape Cabana. Body treatments, like the Aromatic Body Scrub with frankincense and coffee, which includes an all-over body exfoliation and steam, are better suited to one of the indoor treatment rooms. Guys are well catered to here with a Gentleman’s Facial service and special two-and-a-half-hour Satori For Him package that includes a mud mask, scalp and foot massage. Ladies will love the luxurious anti-aging mask with caviar, Asian pearl and phytoextracts, but Satori’s showstopper is, without doubt, the three-hour Blissful Desert Rose Experience. It begins with a full-body exfoliation and aromatherapy massage and is followed by a body wrap, facial and scalp massage using rose and frankincense oils – you’ll be left looking radiant and feeling light as a feather (of Japanese origin, the word satori means enlightenment in Zen Buddhism.)



# An Extravagant Ottoman Palace

## Talise Spa at Burj Al Arab

Located on the 18th floor of Dubai's legendary Burj Al Arab – one of the world's most opulent hotel properties famed for its distinctive dhow sail-shaped exterior, over the top 24-carat gold leaf embellishments and Hermès bath products. Little wonder then that the spa is equally as stunning. Billed as the ultimate retreat for mind, body and soul, Talise Spa features a coed area and 16 treatment rooms over two levels that are as glamorous and luxuriously decorated as one might expect. Separate men's and women's facilities include Jacuzzis, saunas, steam rooms and plunge pools – don't forget to bring swimwear with you. The colorful mosaic-tiled columns (the color scheme used throughout here represents the national United Arab Emirates flag) of the palatial indoor infinity pool must be seen to be believed; the panoramic views over the Arabian Gulf are just as breathtaking. Bliss-inducing spa treatments range from the 'Essence of Asia' Thai and Balinese style massages to soothe lingering frayed nerves and work out any stubborn or hard-to-find knots to body scrubs and scalp massages. While La Prairie facials using the celebrity-favorite brand's Skin Caviar Collection and Platinum Rare Haute Rejuvenation lines transform skin – the latter service is performed by two therapists who execute the facial along with a hand and foot ritual simultaneously. When it comes to head-to-toe pampering, schedule the Golden Amber Journey for 120-minutes of near Nirvana.

