



Blue sky, golden sand and pampering perfection at The Westin Resort and Spa, Los Cabos

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THE SPA AT THE RITZ-CARLTON,

NAPLES, FLORIDA, USA

The expert: Kara Williams,
chief spa reviewer, thespagals.com



With possibly the best job title in the world, Kara travels far and wide across the USA and Mexico to track down the best body lotions and Brazilian Peels for her blog.

“Situated among mangroves and cypress trees on Florida’s serene Gulf Coast, The Ritz-Carlton’s spa screams exclusivity. The treatments, hot whirlpools, cold plunges,

saunas and steam rooms and outdoor mineral pool are available to hotel guests only.

“The sheer size of the spa means that you won’t have trouble finding somewhere to cocoon yourself, from the outdoor spa deck to the comfy conservatory with a full tea menu.

“The treatments are holistic, with an aim to heal the mind, body and spirit – so it’s not just all about pampering, but rather a focus on overall wellbeing. I love the sublime Signature Massage (on a heated table with a choice of aromatherapy oils), but on my next visit I’d like to try the Craniosacral therapy (said to improve misaligned bones and restore their proper position). They also have a Drift to Sleep therapy designed to help guests completely let go of physical and mental stress and encourage a deep slumber. It consists of a lavender body scrub, an aromatic milk bath and a body massage. Therapists then suggest a 30-minute power nap. My eyelids are getting heavy as I think about it.”

📌 Book a stay at The Ritz-Carlton through elegantresorts.co.uk

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THE WESTIN RESORT & SPA,

LOS CABOS, MEXICO

The expert: Jann Bailey,
spagir1007.blogspot.com



Jann believes that you don’t need to spend a fortune to feel good. Her blog covers everything from affordable aromatherapy to DIY spa treatments.

“I’m a bit biased towards this spa because I got married here, but it more than earns its serenity stripes. Located on the Baja Peninsula, where the craggy desert meets the stunning Sea of Cortez, The Westin Resort & Spa is the perfect haven for helping you reach your pampering nirvana.

“My spa motto is ‘relax, rejuvenate and restore’, and this spa ticks those boxes (and more). The luxury Caviar Facial is my favourite, and at \$161 (£100) for an indulgent 80 minutes, it won’t punish your purse. Caviar helps the skin’s elasticity and makes it firmer. I’m convincing my husband to take a second honeymoon.” 📌

📌 Book a stay at The Westin Resort and Spa through thomascook.com

Enjoy a post-treatment sundowner at The Ritz-Carlton’s restaurant

