

**1. PEARL FARM BEACH  
RESORT, PHILIPPINES**

*Regal massages in the home  
of the ylang ylang flower*

Author Allison Arieff says:

"Look at this place! You'll  
leave looking like one of the  
pearls that were once farmed  
here – smooth, shiny and  
very well looked after."

Signature treatment:

Asmara Royal Massage

[www.fuegohotels.com](http://www.fuegohotels.com)



# Seven heavens

A LUXURY RESORT IN AN EXOTIC LOCATION: WHAT MORE CAN YOU ASK FOR? A NEW BOOK SHOWCASES THE FINEST SPAS SPRINGING UP AROUND THE WORLD – HERE'S OUR PICK OF THE PARADISES



Super-heated lava, suffocating ash, gigantic boulders... volcanoes can be difficult to live with. But as if to make up for the odd bout of biblical destruction, they've given us thermal springs. Wherever these warm spas have sprung up over the millennia, customs have developed to exploit their soothing waters. Today we're left with a legacy that includes the noisy informality of the Turkish bath, the vigorous Swedish *kur*, and the stately ritual of Japan's *onsen*. But however you take your waters, there's one goal: to take your time and rejuvenate. *Spa*, a new book by Allison Arieff, editor of US style

magazine *Dwell*, and designer Bryan Burkhart, shows off the world's finest spas. There are resorts where you can indulge in extreme sports before repairing to the spa for extreme luxury; spas where you can shop till you drop - into a plunge pool; and places where the only aim is to reach Nirvana. With sumptuous photography, browsing through the 80-odd spas in the book is a deeply enjoyable experience in its own right. Here, the authors tell us about seven of their favourites: so dip in and soak them up. *Spa*, by Allison Arieff and Bryan Burkhart (TASCHEN, £19.99)