



## SPA

Allison Arieff and Bryan Burkhart  
Published by Taschen, £19.99

This lavish addition to Taschen's library of sumptuous illustrated books, opens with Mae West's famous advice, "When in doubt, take a bath." The book celebrates the world's most beautiful spas from Bali to Berlin, Palm Springs to Paris – where the grime and worries of

daily life are massaged, steamed and meditated away. The book is a visual delight (no surprise there) providing ample inspiration for any private spa haven you may be planning for your home. But more, Spa presents the ultimate guide to worldclass spa resorts with informative text to accompany the delicious photography. So what do you fancy? The bucolic Grotta Giusti Terme perched over a natural hot bubbling thermal spring with its Dante-esque cavernous chambers, Paradise, Purgatory and Hell (93+ and humidity of 100%) has a certain gothic magnetism or perhaps the celebrity-drenched Shambhala at Parrot Cay. Here dazzlingly pale beach houses come complete with their own Japanese wood baths and a fine array of traditional Asian therapies (including four-handed massage). Slip into a world beyond...

