



SPA GUIDE 2013

SPA GUIDE | TOP-SPEED TURNAROUNDS



HAREM

MARRAKESH, MOROCCO LOSE WEIGHT!

Girl power. Sandra Zwollo's women-only retreat for exhausted alpha goddesses is a predominantly timetable-free affair, because spa schedules, let's face it, can be stressful in themselves. Leave clock-watching behind, along with your wardrobe – so liberating. Simply don your complimentary kaftan and babouches and become a slave to your own rhythm. A gong will let you know if it's time for yoga, and a gentle hand on your shoulder will awake you from poolside slumbers when it's your turn for a hammam with Hind (it's like returning to your mother's lap – she truly puts her all into it). The house itself has wow factor, combining opulent Moroccan touches with eccentric details – you'll eat on a flower-laden table observed by a life-sized model giraffe. Such fun. Tara Stevens's organic fare is imbued with her knowledge of Chinese food therapy and every bite tastes good for you. Come night, fall into blissful sleep on beds scattered with the softest of cushions, and in the morning wake to melodic birdsong. **Website** harem-escape.com **Book it** Lotus Journeys (0845 170 1747) offers three nights from £990, full board, including transfers and treatments.