

Cool, calm and corrected

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It seems nothing is too out there in global spas devoted to your relaxation, writes Rachael Oakes-Ash.

Feeling stressed? Uptight? In need of some downtime? A simple massage is no longer enough to relieve today's overworked urbanite. Spa treatments are high on the list for holidaymakers at home and overseas and just as important as good food and service. The global spa industry has addressed the need for rest and relaxation with treatments native to the destination and often served up in exotic outdoor settings inspired by nature with a dash of the seriously "out there" for the true spa spiritual believer.



Indigenous

Global spas are going local, celebrating their roots with indigenous treatments using native ingredients unique to their surroundings. Expect to channel ancient spirits with therapists who learnt their craft from their ancestors.

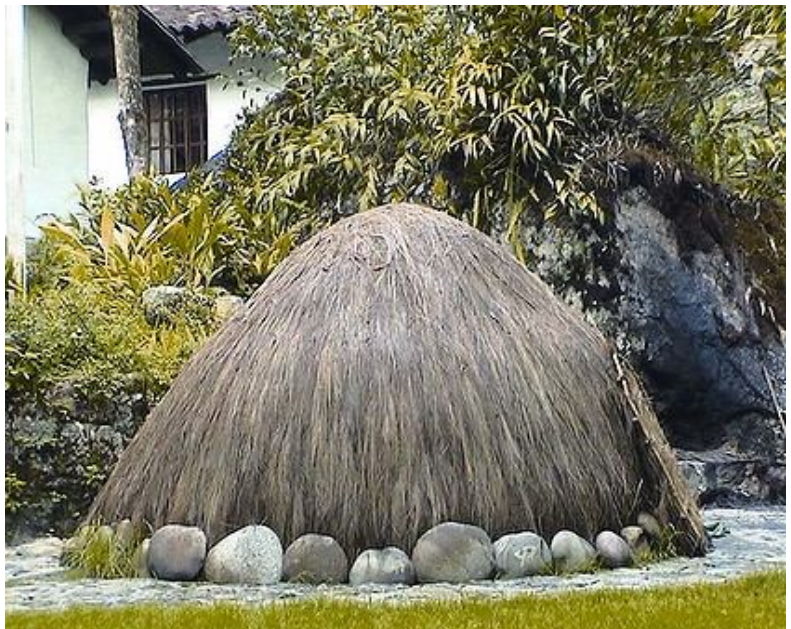
UNU Spa Inkaterra Machu Picchu Pueblo Hotel, Peru

For a start, you have to hike here, that's outdoors (the hotel is located a day's hike from the ruins of Machu Picchu). Then retreat to the outdoor Andean Sauna, a bamboo-and-eucalyptus hut built on the side of a natural spring pool.

Step into the candle-lit hut and inhale local herbs warming on hot stones to detoxify the body, before throwing your detoxified but overheated body into the cool spring waters to tighten the skin.

Voila! A new outdoor you. Now trek back down.
Price on application.

inkaterra.com/en/machu-picchu.



An Andean Sauna in Peru.