

December 2013

## SPA GODDESS

IN EACH ISSUE LEO BEAR WRAPS HERSELF IN A SOFT WHITE TOWELLING ROBE AND TRIES OUT THE LATEST SPA OFFERINGS ACROSS THE GLOBE



### FARMHOUSE CHIC

Dormy House, a 17th-century Cotswolds hotel, is taking farmhouse chic to a whole new level with the opening of a new spa in February. With a 16-metre infinity pool, Veuve Clicquot champagne nail bar and Temple Spa treatments, it will knock the socks off the home counties crowd, literally. Rasul mud therapy and a juniper Finnish sauna sound enticing, but it's the lavender sauna that has my name on it.

[DORMYHOUSE.CO.UK](http://DORMYHOUSE.CO.UK)

### CARIBBEAN CRUNCH

Any clients keen to shape up before Christmas should head to Jakes in Jamaica. A new fitness and wellness programme with New York trainer Ross Anti will see guests taking part in sunrise yoga, hiking through rainforests, biking along the coastline, as well as taxing circuits at the local Sports Park.

[JAKESHOTEL.COM](http://JAKESHOTEL.COM)

