

PARADISE FOUND

This Valentine's Day, start saving your frequent-flier miles, grab your man and head for some of the most exotic, romantic island spas on the planet for a little couples therapy of the most opulent kind *By Shantila Lee*





**DIOR
INSTITUT at
ES SAADI
GARDENS &
RESORTS**
*(ESSAADI.COM)
MARRAKECH,
MOROCCO*

THE DEETS: Nestled in lush gardens and the kind of tranquillity you'd expect from a



TAKE IT HOME: Post-spa treatment, grab these Dior products used at the Institut. *La Crème Souveraine & Satin Revitalizing Nectar, Dior Prestige*

Moroccan paradise, soak in the palace's view of the Atlas Mountains and bask in lavish, amorous Moroccan hammams, waterfall showers, a solarium and an outdoor Jacuzzi. Which you might end up sharing with Leo DiCaprio, a regular at the resort.

HIS AND HERS: Make like a princess and head to one of the double treatment rooms at the Dior Institut for their Youthfulness facial (RM1,028) during which you get slathered in exfoliating sapphire dust. Then as you're getting the complementary makeover, your guy can head to the barber for a close shave. It's pure decadence on tap.

**ISLAND SPA
at LAUCALA
ISLAND
RESORT**
*(LAUCALA.COM)
LAUCALA ISLAND, FIJI*

THE DEETS: Hop onto Red Bull cofounder Dietrich Mateschitz's personal island, an oasis opened to the public that gives a whole new meaning to 'exclusive'. Envision breathtaking

sandy beaches, green mountains and coconut plantations galore. **HIS AND HERS:** Languish on the outdoor massage beds outside your villa, then pick your own heavenly cocktail of flowers, fruits and spices that work equally well for both of you, to be infused into various rituals offered at the spa.



IF YOU CAN'T GO THERE: At least get a taste of it at home with products from Organic Fiji. *Virgin Coconut Oil, Organic Fiji*



**THE
ELOUNDA
SPA at BLUE
PALACE
RESORT**

(BLUEPALACE.GR)
CRETE, GREECE

THE DEETS: Perched right on the most serene private beach on the island, the spa has an amazeballs view of the Grecian gulf, featuring a glistening relaxation pool, three thalasso pools and two marble

Turkish Hammams to soak in while the background sound of water chills you out, big time.

HIS AND HERS:

When you're done baking a glimmery bronze on the blue-sky, white-sand Mediterranean beach, sign up for a Couples Spa Pampering one-day ritual (RM1,259) with a joined series of blissful treatments which include a

scrub, massage and facials with essential flower oils.



TRY IT FIRST: The Elounda Spa uses Valmont products for their facials, so give 'em a test run before flying off. *Infinite Radiance Essence & Repairing Oil, Valmont*



**IRIDIUM SPA at
THE ST. REGIS**

(WWW.IRIDIUMSPAMAURITIUS.COM) LE MORNE PENINSULA, MAURITIUS

THE DEETS: Just off the southeast coast of Africa and home to a Michelin star-winning chef, the St. Regis is island seduction *du jour*: a turquoise lagoon on Le Morne beach, a nothing-less-than-extravagant beachfront and grand views of the Indian ocean. Sublime, no?

HIS AND HERS: Post spending a day kite or wind-surfing (high-end

beach bumming totally allowed), kick up your feet in a couples treatment room and take the Hot Guava and Coconut Milk Body Ritual for a spin: a body polish, mask and massage come packed with potent antioxidants.



KEEP IT GOING: Get slathered in Bella Luce products during the massage, then buy more of it at the spa store. *Passionfruit Guava Body Rub, Bella Luce*



THE SPA at VELASSARU

(VELASSARU.COM)
MALÉ, MALDIVES

THE DEETS: Sited on a private coral island that is an explosion of azure blue sea, this is what they meant by 'lonely planet', in a very good way. Get doused in indigenous ingredients while luxuriating on swish overwater treatment pavilions set on stilts.

HIS AND HERS: Once you've snorkelled to your heart's desire, get loved-up with their 2

hour-long Celebrate Romance ritual for two: an energising massage and facial end with a luxurious dip in a spice-soaked bath. Red wine and smooching (after) comes with.



BABY I LOVE YOUR WAY: Snag a little something to remind you of the rich Maldivian spa aromas long after the vacay is over. *Maldives Luxe Scented Candle, Vie Luxe*



GEOHERMAL SPA, BLUE LAGOON

(BLUELAGOON.COM)
REYKJANES, ICELAND

THE DEETS: Floating weightless in a milky-blue natural spring in the middle of a lava field in dead winter is just the tip of it. Picture waterfalls, glass walls overlooking neon-hued Icelandic water, plus private indoor lagoons. So uniquely otherworldly, we need a new word for otherworldly.

HIS AND HERS: The In-Water Massages (try Authentic Silica Salt

Glow, RM653) will have you and your guy on rafts, drifting in the geothermal waters surrounding the hotel, being slathered in a curative, silica-rich mud, as the mineral salts and algae in the water work miracles on your skin.



AGREATALTERNATIVE:

If you can't afford the Icelandic jaunt, run a warm, steamy bath, then spritz this on in liberal quantities. *Eau Thermale Spring Water, Avène*