

EUROPE'S BEST LUXURY SPAS FOR THE MODERN GENTLEMAN

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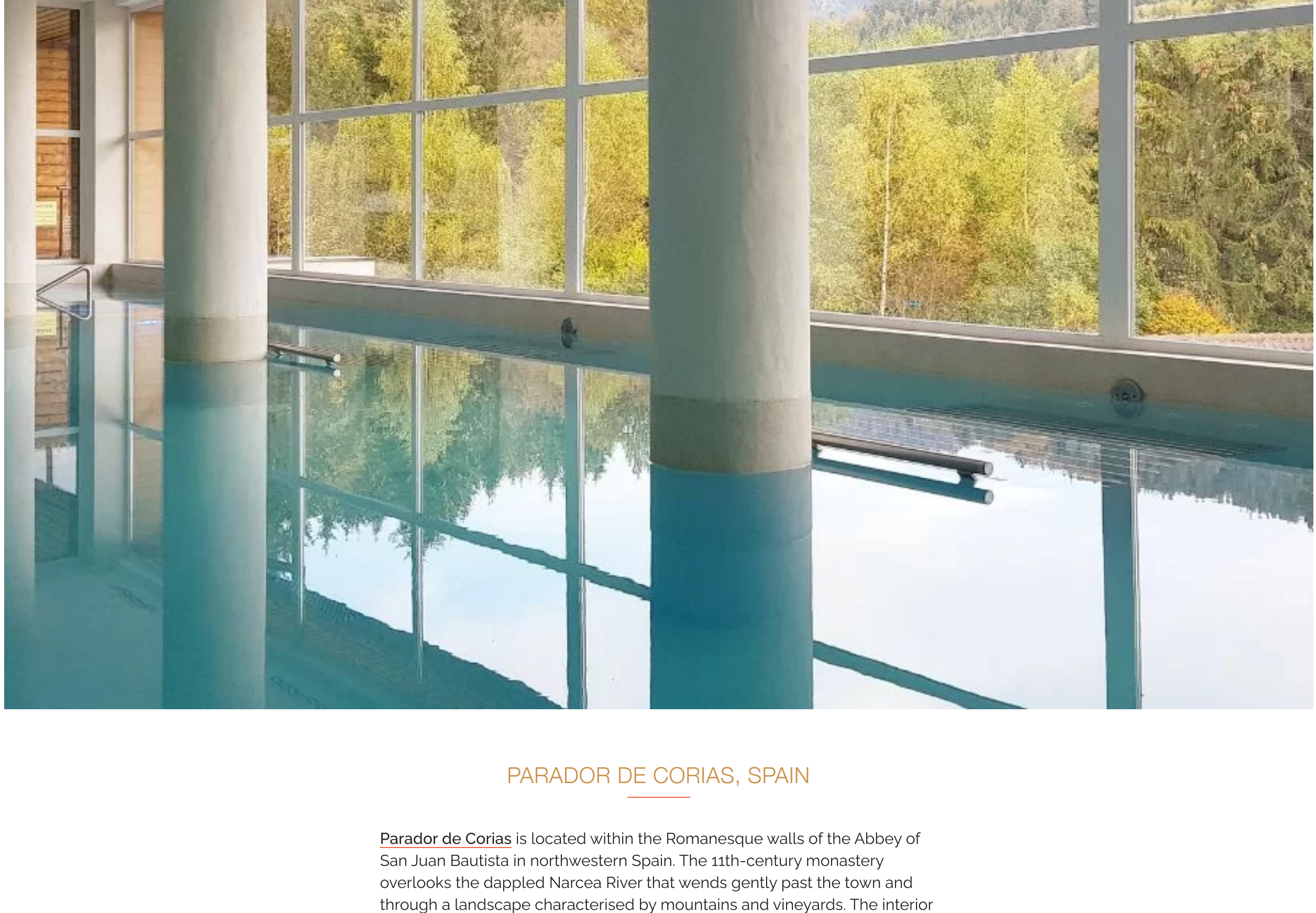
UNDERGROUND BATHING AT A SPANISH MONASTERY, THALASSOTHERAPY BY THE ATLANTIC IN TENERIFE, AND A TRADITIONAL SAUNA EXPERIENCE IN SWITZERLAND – THESE ARE THE BEST SPAS IN EUROPE

A spa break is simply a no-brainer for a physical and emotional wellness reboot. Happily, Europe is home to more spas than you can shake a stick at, many featuring custom treatments and therapies for a holistic experience tailored to you. Expect hi-tech health analysis, rejuvenating hydrotherapies and baths, and plenty of outdoor and indoor activities to add a little action to the tranquility.

The marketing of wellness facilities frequently looks to appeal to the female visitor. However, spas are an excellent choice for all. In fact, nearly 50% of spa goers in the US are male, according to the International Spa Association. This is no surprise considering the irrefutable benefits of a trip to the spa; personal pampering can boost mental clarity and increase serotonin and dopamine levels, and no matter the treatment, you'll notice an improvement in stress levels.

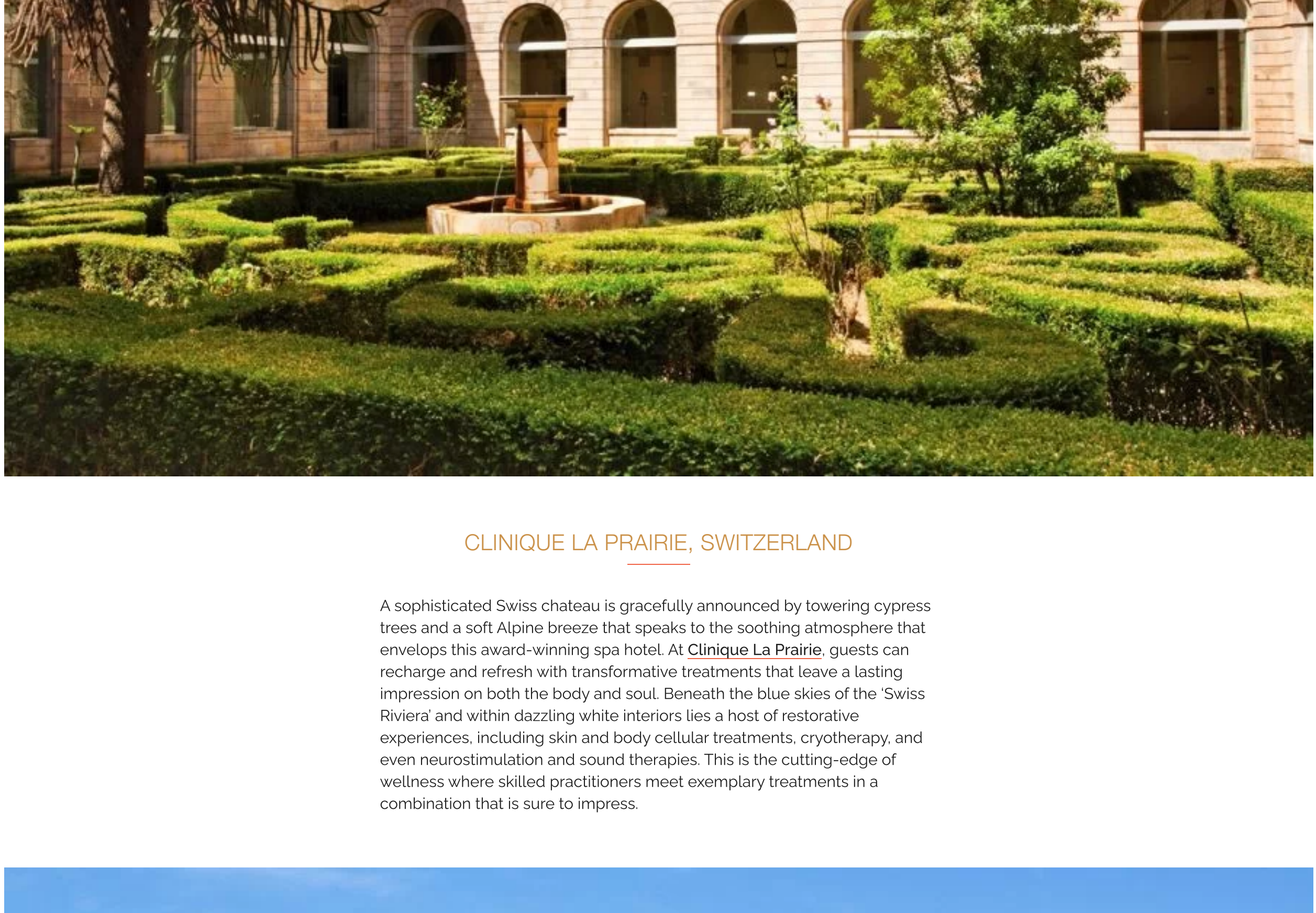
Especially while travelling – whether your end destination is a spa or not – it is a good idea to take care of the mind and body with some on-the-go wellness products. The Cream by [Le Domaine Skincare](#), The Balm by [Joanna Czech](#) or The Moisturising Eye Cream by [Acqua Di Parma](#) would make great additions to your daily routine and travel washbag essentials.

Whether for therapeutic thermals beside pine-scented mountains or top-of-the-range treatments for health-conscious travellers, this is our pick of Europe's best luxury spas for the modern gentleman.



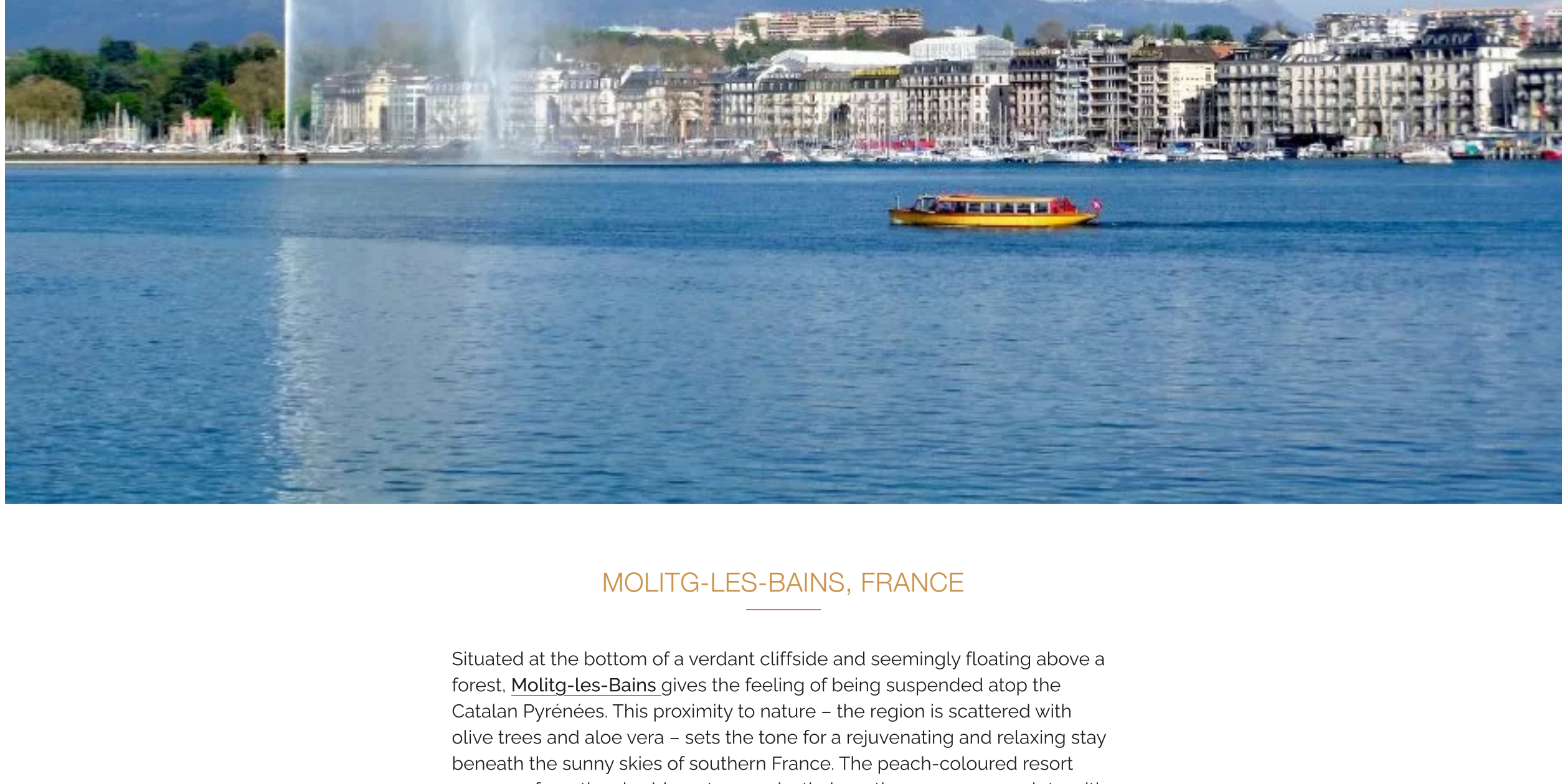
PARADOR DE CORIAS, SPAIN

[Parador de Corias](#) is located within the Romanesque walls of the Abbey of San Juan Bautista in northwestern Spain. The 11th-century monastery overlooks the dappled Narcea River that winds gently past the town and through a landscape characterised by mountains and vineyards. The interior is a striking convergence of traditional and contemporary design illuminated by hundreds of windows that marry countryside vistas with the décor within. The main treasure here, however, is the Corias Spa, located in the tastefully renovated cellars of the property. Under vaulted ceilings and low-level lighting, visitors can enjoy facials, massages and treatments, as well as amenities including a Turkish bath, an aroma mist shower and a hydro-massage pool.



CLINIQUE LA PRAIRIE, SWITZERLAND

A sophisticated Swiss chateau is gracefully announced by towering cypress trees and a soft Alpine breeze that speaks to the soothing atmosphere that envelopes this award-winning spa hotel. At [Clinique La Prairie](#), guests can recharge and refresh with transformative treatments that leave a lasting impression on both the body and soul. Beneath the blue skies of the 'Swiss Riviera' and within dazzling white interiors lies a host of restorative experiences, including skin and body cellular treatments, cryotherapy, and even neurostimulation and sound therapies. This is the cutting-edge of wellness where skilled practitioners meet exemplary treatments in a combination that is sure to impress.



MOLITG-LES-BAINS, FRANCE

Situated at the bottom of a verdant cliffside and seemingly floating above a forest, [Molitg-les-Bains](#) gives the feeling of being suspended atop the Catalan Pyrénées. This proximity to nature – the region is scattered with olive trees and aloe vera – sets the tone for a rejuvenating and relaxing stay beneath the sunny skies of southern France. The peach-coloured resort emerges from the shrubbery to reveal a thalassotherapy spa complete with hydrotherapy baths, white clay baths and even mist rooms for gentle hydration. Molitg-les-Bains is home to rich thermal waters that are extracted from the ground and used within the spa for their minerals and healing properties.

