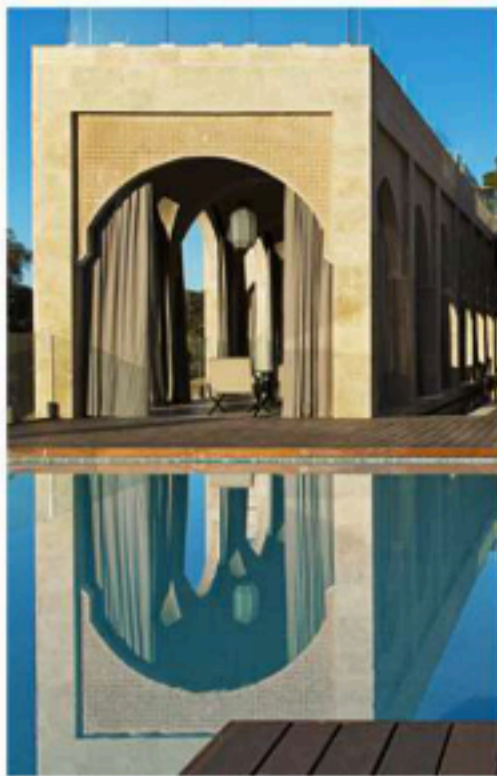


QUIET ZONES



Hotel Sahrai

Fes, Morocco
hotelsahrai.com; from \$189

Fes's historic medina is as frenetic as it is thrilling; the elegant Hotel Sahrai, high on a hill with a panoramic view of the city, offers a serene respite.

Don't miss: Undo any damage wrought by the North African sun with the Complete Beauty Renewal facial, a blissful hour-long treatment that delivers deep hydration, toned contours, and a dewy glow, courtesy of Givenchy's luxe, black-algae-rich Le Soin Noir.



Kamalame Cay

Andros Island, Bahamas
kamalame.com; from \$350

At this family-run private island—with the Caribbean on one side and a bay on the other—you can watch the sun both rise and set over crystal blue water. For a true WWBD (What Would Beyoncé Do?) experience, book the deluxe Magnolia villa.

Don't miss: The glass floors of the Overwater spa ensure that, even facedown on a massage table, you can continue to watch the waves.

BODY SHOPS



Viceroy Palm Springs

Palm Springs, CA
viceroyhotelsandresorts.com; from \$140

The whirring of treadmills unites with chants of "om" at the Viceroy. The spa—which is equipped with a 24-hour gym—offers yoga and meditation classes, or go off-site to hike the nearby Indian canyons.

Don't miss: The Diamond Experience involves a strange but cool body wrap of diamond-dust-polarized mud, removed with magnets, of course.



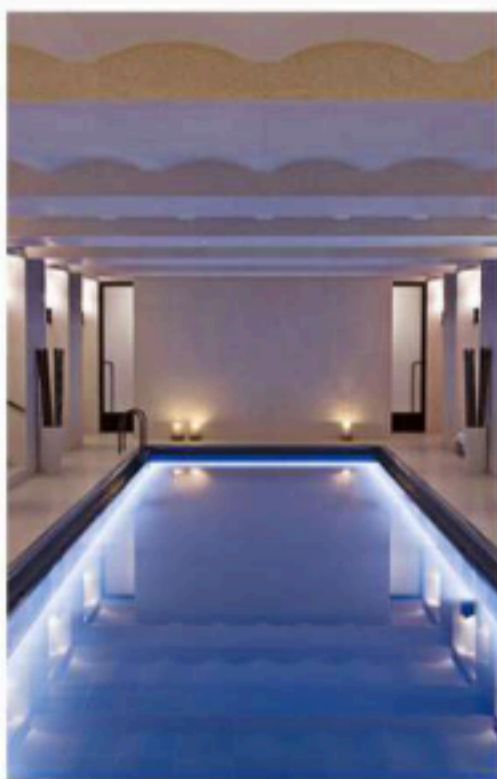
The Sanctuary Thailand

Koh Phangan, Thailand
thesanctuarythailand.com; from \$68

Based on a hard-core fasting regimen (clay-based "shakes" and an evening cup of broth), the 5.5 Detox Cleanse camp is not for the faint of heart: Expect DIY colonics, as well as coffee or wheatgrass enemas.

Don't miss: There's nothing like an authentic Thai massage to distract from hunger pangs. And at \$18 a pop, two-a-days feel perfectly reasonable.

CITY BREAKS



Hotel Café Royal

London
hotelcaferoyal.com; from \$640

Did that Oxford Street shopping blitz deplete both your chi and your funds? The Akasha Holistic Wellbeing Centre will restore balance, with four-elements-themed treatments and classes.

Don't miss: Admire your posthydrotherapy glow—and new duds—in the ornate Oscar Wilde Bar, a favorite haunt of its namesake's (and of David Bowie's) that's been serving up bubbly since 1865.



Four Seasons Hotel

New York City
fourseasons.com; from \$895

The newly renovated spa at this chic New York mainstay—home to Switzerland's ultraluxe skin-care export L.Raphael, beloved by Sofia Coppola and Emma Watson—is a celeb spotter's paradise.

Don't miss: Combine a pore-cleansing Mineral Skin Rebalancing Facial with an Oxy Slim body treatment—involving fat-burning exfoliation and a slimming serum—before any big event.

Clockwise from top left: Courtesy of Hotel Sahrai; Courtesy of Kamalame Cay; courtesy of Four Seasons; Michael Franke; courtesy of The Sanctuary Thailand; courtesy of Viceroy Hotels and Resorts; Christian Horan