



Date: June 09

Circ: 90,590

EAV: £ 23,100



Royal Zambezi Lodge

LOWER ZAMBEZI, ZAMBIA

You only have to look at the rugged men in muddy shoes to figure out that this is no ordinary spa hotel, but it's the only place in the wilds of Zambia that vaguely resembles one - hence its allure. Just the setting will thrill you: purple mountains that wobble in the midday heat haze; a fat, meandering river; and most of the creatures from Noah's Ark. The open-sided thatched spa is built high on the riverbank, hung with white muslin curtains, and has a hot-tub, mini steamroom and therapies ranging from traditional Zambian massages (so restorative they were originally given to local women post childbirth) to a men's manicure - kind of fun after a week of mucking about in the bush. **Website** royalzambezilodge.com. **UK reservations** Africa Travel (tel: 0845 450 1533). **Rates** Double, from £330, full board.



Park Hyatt Beaver Creek

COLORADO, USA

Sure, we still love Aspen with all its glitz and glamour, but for those who prefer a more understated, low-key ski resort there's Beaver Creek in the stunningly beautiful Vail Valley in the great Colorado Rockies. It's an awe-inspiring landscape - big and bold - and the skiing is just as spiningling. Roast S'mores over blazing firepits and sip brandy-laced hot chocolate, then it's boots off and slippers on in the spa with its subtle use of natural wood and local stone. The focal point is the Roman-style bathhouse, with a cooling rainfall shower, sea-salt-infused warm and hot thermal pools, an iridescent-tiled hammam and a tepidarium with heated beds. You'll feel like a mass of jelly with skin soft as a baby's bottom by the time your therapist calls you for Rocky Mountain-inspired treatments such as the Indian Spring Clay Ritual or the Colorado Wild Rose Cure. **Website** beavercreek.hyatt.com. **UK reservations** Carrier (tel: 0161 491 7670). **Rates** Double, from £350.

