Top 10 International Spa Destinations

Modern life can be incredibly stressful for us all. With the boss breathing down your neck, your spouse nagging you to do things around the house and the kids constantly bombarding you with requests for attention, food and toys sometimes it is necessary to get away and just relax for a while. A trip to a luxury spa can revive the mind and the soul, ensuring that you don’t go insane from the stress and get back to being you at your best.

There are many spa destinations around the world but there are certain ones which stand out in the crowd. What makes a spa destination outstanding is a combination of treatments, service and surroundings. Let us take a look at the top ten international spa destinations.

The Oasis, Manhattan, New York

If you are waiting for a flight out of JFK in New York, then the Oasis will certainly allow your soul to take flight. It is the sole spa within the airport but it exudes a calm and serene atmosphere, almost Zen-like ambience, in a hectic and busy environment. The Oasis offers a selection of massages, facials, hydrotherapy and many other treatments.

Hotel Termes Montbrio, Tarragona, Spain

Easily accessed via Barcelona and other cosmopolitan cities along Spain’s Costa del Sol, Hotel Termes Montbrio offers a wonderful selection of treatments and remedies for guests to try out. Over the last 2000 years, Spain has been inhabited by the Phoenicians, Greeks, Romans, Moors and many others and the Hotel has incorporated authentic Roman thermal baths and ideologies from all to create a truly captivating experience.

Brenner's Park and Hotel, Baden Baden, Germany

Located in Baden Baden, the spa located in Brenner’s Park and Hotel is known by its members as the Spa of Spas – for very good reason. With a tailored menu, each of the various treatments and remedies are designed for the individual. Even better, it is easily accessed from Berlin, Munich and Frankfurt.

Capri Palace, Island of Capri, Italy

Situated on the stunning island of Capri near Naples, the spa at the Capri Palace will truly take you on a magical journey. The spa has elements of Shiatsu in them, adding to the serene ambience of the area. Indulge in a range of therapeutic remedies and beauty treatments whilst enjoying the beautiful scenery over the Bay of Naples.

Ananda is in the Himalayas, Nepal

Easily reached from New Delhi in India or from Kathmandu, there are few spa destinations that can compete with the Ananda. Located in the Himalayas, the treatments used here are taken from centuries of tradition and incorporated with modern remedies. Combined with breathtakingly beautiful scenery, the few days here with rejuvenate both body and soul.

Authenticity, Port Elliot, Australia

Nestled in a grove of cypress and almond trees, Authenticity Spa in South Australia will leave you feeling like royalty, especially if you try out bathing in milk just as queen Cleopatra once did. Try out various massages hydrotherapy and beauty treatments such as a complete Chinese body wrap and feel energized once more.

Phi Phi Island Resort and Spa, Phi Phi Island, Thailand

Used as the setting of Leonardo di Caprio’s movie ‘The Beach’, Phi Phi Island in Thailand is the home to one of the best spas in Southeast Asia. Using holistic elements and treatments designed to complement the natural beauty of the area, the various therapeutic treatments will leave you feeling as though you have died and gone to heaven. Don’t pass up on the chance to try their signature massage with combines ancient Thai practices and yoga.

Nui Resort and Spa, Bora Bora, Tahiti

If being in one of the moist spectacular locations in the world isn’t relaxing enough, then time at the Nui Resort and Spa in Bora Bora will leave you completely rejuvenated. With the exotic scents of vanilla beans and grapefruit in the air and stunning vistas of Mount Otemanu from the spa, you can indulge in a range of facials, massages and other treatments.

SpaHalekulani, Honolulu, Hawaii

Easily reached from many cities around the world, Honolulu is a magical destination but spend a bit of time at SpaHalekulani will leave you feeling as though you have been sent to heaven. Raising the bar for other international spa destinations, their signature scent is used in all their products which has been used on royal visitors.

Faena + Universe La Prairie Spa, Buenos Aires, Argentina

The internationally famous five diamond star Faena+ hotel is home to one of the best spas in the world. Treating celebrities and jetsetters, you are treated like royalty as you treat yourself to a range of traditional, holistic and modern remedies and treatments – including the famous caviar treatment which you use on every inch of your body. Utterly decadent, but well worth it.