

**Client:** Borgo Egnazia  
**Source:** Country & Town House – Spa Guide  
**Date:** May 2018

**COUNTRY & TOWN HOUSE**

THE BEST OF BOTH WORLDS

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THE SPA GUIDE

# A FAMILY AFFAIR

Spa and family are words that can go together happily



**JUMEIRAH ZABEEL SARAY, Dubai**

Everything is bigger in Dubai and the family-friendly Jumeirah Zabeel Saray is no exception. A mini-palace with 443 rooms and 10 restaurants on The Palm, the central pool is the size of a small lake with views stretching over to the Atlantis hotel in the distance. The brilliant kids' club features its own pool, a climbing wall, play areas and an indoor area with everything from a Playstation to drawing and games. Leave them there and head to the hotel's Talise Ottoman spa, which is heaven for tired parents. With 42 - yes, 42 - treatment rooms, the spa is one of the largest in the Middle East. Think soaring ceilings, mosaic floors and Ottoman-inspired decorative touches, not forgetting three hammams, two thalassotherapy pools and various saunas and steam rooms, all dotted through a maze of darkly glamorous corridors spread over two vast floors. But what it lacks in intimacy, it makes up for with dazzlingly good treatments such as the Collagen Myoxinol facial (to smooth out fine lines), a full-body Citrus Hydration ritual and an indulgent Arabian rose and gold hammam. The post-treatment come down is beautifully managed with plenty of time to soak in a Jacuzzi, discover your inner Elsa in a snow room or relax on a hot stone bed. All that's left for you to do is find your way out.

**BOOK IT:** Doubles from £215 room only. [jumeirah.com](http://jumeirah.com)



**BORGO EGNAZIA, Puglia, Italy**

This magnificent hotel, built of tuff stone to resemble a Puglian village, offers everything; a trendy beach club, hearty restaurants, swimming pools, cycling, cooking classes, a zinging kids' club, golf and the most magical spa for weary parents. Literally - the ethos here is Puglian healing based on ancient witchcraft and ritual. Descend to the labyrinthine spa, where you are met by local healers dressed as Grecian goddesses. Into this sepulchral calm, every inch of space is considered;

vast troughs contain rock crystal to absorb negativity. Sink into the white-curtained cinema for mind-bendingly beautiful films with no dialogue. Unknot your body in the spectacular Iyengar studio. Fall into the arms of the therapists whose treatments are beyond description - they release muscles and emotions in the most intuitive way. Perfectly pitched, you will leave whoozy with disconnected delight. Vair Spa will blow your mind. It offers destination spa standards hidden in a family resort.

**BOOK IT:** Doubles from €269 B&B. [borgoegnazia.com](http://borgoegnazia.com)