

UltimateUnwind

THE HIGHLANDS

The Right Track

The latest, and arguably, most prestigious spa on wheels is the **Bamford Haybarn Spa** on the Belmond Royal Scotsman. Designed with sustainable wood from Scotland and Cotswolds, the car's two single treatment rooms offer a menu of rejuvenating facials, de-stress and deep-tissue massages as well as expert manicures using eco-friendly polishes and botanical ingredients. It's the perfect haven for guests to unwind after a day out in the Highlands yet without missing a moment of the picturesque countryside from the rooms' sizeable windows.

www.belmond.com



STOCKHOLM

Viking Legacy

The 930-passenger Viking Ocean's **LivNordic Spa and Fitness Centre** offers Scandinavian wellness including the Nordic Bathing ritual in the Thermal Suite for detoxing, relaxing and circulation boosting pre- or post-treatment. On top of main and infinity pools, a must-visit at the spa is the Snow Grotto, an indoor igloo where snowflakes descend from the ceiling through the chilled air – ideal for closing pores after treatments.

www.livnordic.com

MOSSEL BAY

Garden Party

Gondwana Game Reserve brings the safari into its therapeutic spa with the new tented **Spa Gondwana**, featuring individual and couple treatment rooms with chic African decor. Designed with midday siestas in mind, rooms stretch outdoors allowing guests to be at one with nature, listening to birdsongs and enjoying the breeze or even viewing game during foot massages. Products are made from indigenous plants such as marula, rooibos and aloe ferox.

www.gondwanagr.co.za

