

# Condé Nast Traveller

SEPTEMBER 2016 £4.30

*Lazy days of summer*

**BRIGHT YOUNG THING**  
**HOW TO RENT NANCY MITFORD'S HOUSE**

**QUIET GREECE**  
EMPTY BEACHES & HOT WHITE LIGHT

**NEW YORK  
ESCAPE**  
THE CLEVER ALTERNATIVE  
TO THE HAMPTONS

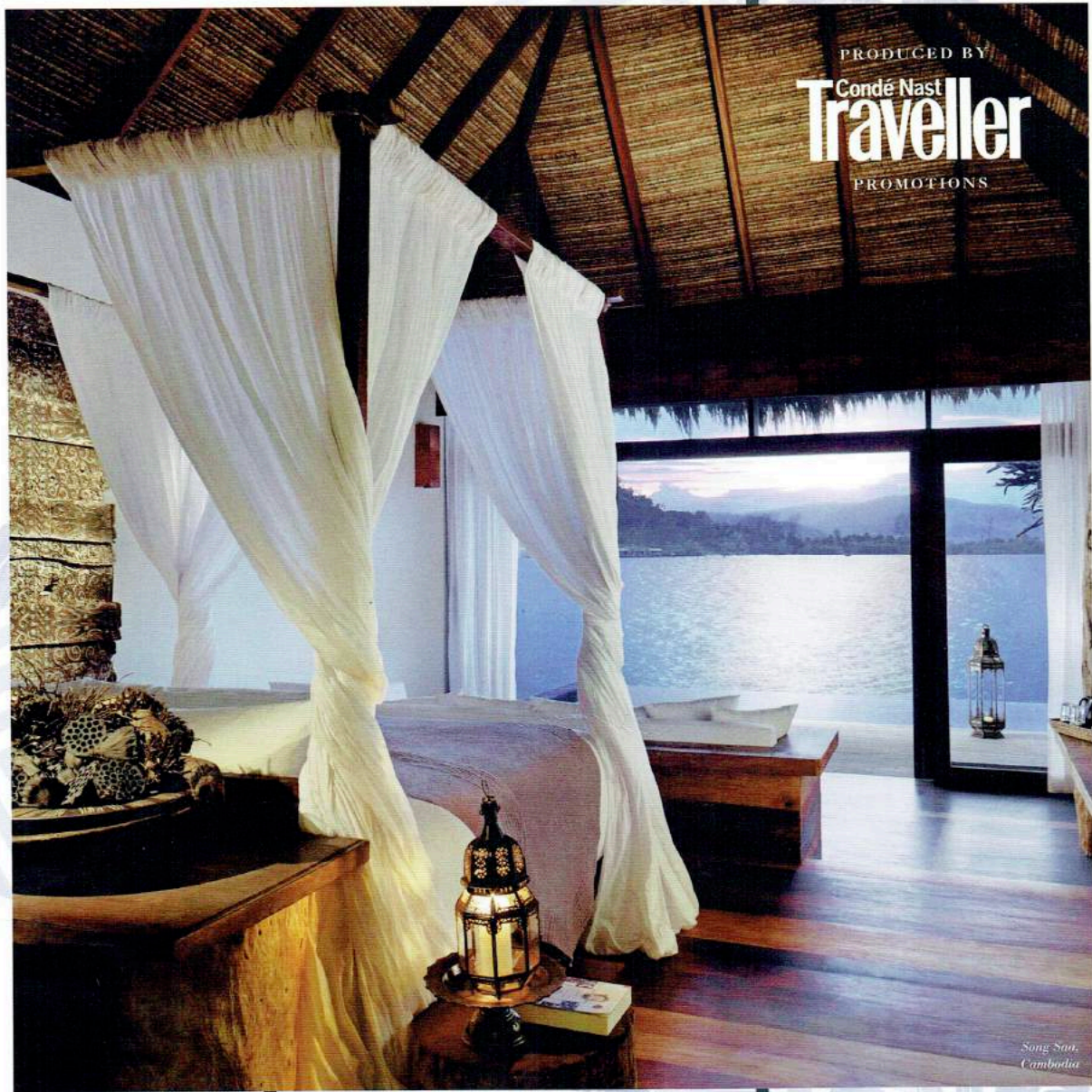
**EATING, SHOPPING, EXPLORING**  
COPENHAGEN,  
PALM SPRINGS, PERU  
& SOUTH AFRICA

THE MOST CURIOUS  
NEW HOTEL IN  
**THE MALDIVES**

THE SMART SIDE OF  
**THE FRENCH RIVIERA**



# +body souL



PRODUCED BY  
**Condé Nast**  
**Traveller**  
PROMOTIONS

*Song Saa,  
Cambodia*

**Words**  
Sadie Macleod

WHAT  
TO PACK

- 1 INSTANT BOOST SKIN TONIC SPRITZER 30ML, LIZ EARLE, £6. UK.LIZEARLE.COM  
 2 HEAVENLY GINGERLILY CARESSING BODY POLISHER 275G, MOLTON BROWN, £34. MOLTOXBROWN.CO.UK  
 3 EPSOM SALT 1KG, WESTLAB, £5.99. WESTLAB.CO.UK  
 4 VITAMIN NECTAR VIBRANCY-BOOSTING FACE MASK 100ML, FRESH, £52. FRESH.COM  
 5 HAIR TURBAN, URBANTURBAN, £15. URBANTURBAN.CO.UK

**Chalet Eagle's Nest, Val d'Isère**

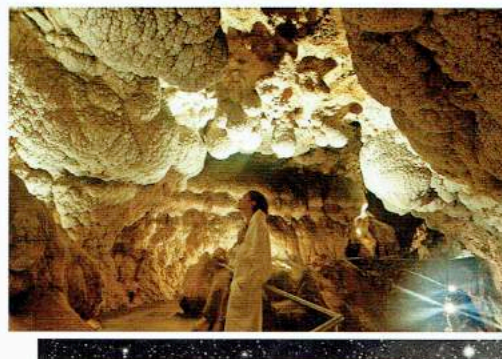
Perhaps the ultimate in body and soul holidays (the skiing will do as much for your body as the mountain air does for your soul), ski breaks are a great way to get some much needed downtime that you share with family and friends. This particular chalet caters for ski studs and water babies alike with its spectacular indoor swimming pool, sauna and steam room. There is even a hot tub. It also comes with every mod con – all but one of the seven bedrooms have a flat screen TV. But if the snow is good, we predict you'll be spending most of your time on the spectacular slopes that Val d'Isère is famed for. **Stay seven nights from £1,790 per person including flights.** [scottdunn.com](http://scottdunn.com)

**Grotta Giusti, Tuscany**

Luxury spa hotel Grotta Giusti sits atop a 130-million-year-old thermal cave often regarded as the eighth



*Clockwise from top right: Grotta Giusti, Tuscany; Tri, Sri Lanka; Divani Apollon Palace & Thalasso, Greece*



wonder of the world, and, said to have natural therapeutic properties. Everything at this resort revolves around the incredible thermal waters – it is literally on tap (even in your bathroom). The therapies all include water in their treatments and guests are encouraged to spend time in the different areas of the steam-filled cave. But no visit is complete without trying the meditative floatation therapy. Proven to significantly improve your mood by boosting your levels of endorphins, floating therapy can effectively combat stress and even relieve pain. **Stay seven nights from £730 per person with return flights.** Book with [italia.com](http://italia.com)

**Divani Apollon Palace & Thalasso, Greece**

Situated in the heart of Athens, the Divani Apollon Palace & Thalasso is every bit an oasis in this buzzing metropolis. The award-winning

spa – home to one of the biggest thalassotherapy centres in Europe – is the jewel in its crown. Here, you'll find a plethora of treatments that all work with water to help heal, repair and rejuvenate the body and face. Choose from salt water hydro-massages, Thalga facials and jet showers. Or head straight to the thalassotherapy pool for an analytic jet session, where you will be gently pumelled by an underwater jet to help the lymph nodes drain toxins. **Rates start at €250 per night.** [divaniapollonhotel.com](http://divaniapollonhotel.com)

**Tri, Sri Lanka**

Overlooking Sri Lanka's largest natural lake is the country's first contemporary sustainable hotel. At its centre is the water tower. With living roofs, solar-heated water, and local building materials, this hotel seamlessly fits in with its surroundings. Co-founder, Lara Baumann, also the founder of the Quantum Yoga method, focuses on tailoring your practice to balance your doshas, and daily yoga is practiced in an open treetop yogashala – heaven. **Stay seven nights, including flights, from £1,995.** Book with [ampersandtravel.com](http://ampersandtravel.com)

## WATER

From thermal caves to saunas and lake views, you'll find water, water everywhere in these wet and wonderful resorts. Steam away toxins, shower out tension and let saltwater soothe all cares

