



# spa review THE SPA

THE CARRICK ON LOCH LOMOND

BY ANNABELLE HOOD

THE CARRICK IS a couple of miles up the road from the world-famous Loch Lomond golf course and from its sister Cameron House Hotel, a fine 18th-century baronial building perched on the shores of Loch Lomond.

The distance means hotel guests without a car have to rely on porters to collect and drop them off, but it's worth the hassle as The Spa is a real asset to the British spa scene. On three floors, it has a hydro pool with massage jets so powerful they virtually replace the need for a hands-on massage.

Kerstin Florian and anti-ageing Carita facials are ideal for mothers and brides-to-be, while newlyweds can get steamed up in the Rasul Chamber or share a twin-bed massage in the Spa Suite. Saunas and tropical showers of varying heat will please seasoned spa-goers and novices alike.

The Cafe Spa's new Spa Tasting dish is a healthy express smorgasbord on one plate, but the deal breaker is The Spa's bubbling rooftop infinity pool. Sweeping views and a bijoux terrace decked with sun loungers make The Carrick one to come back to. [www.devere.co.uk/spa.html](http://www.devere.co.uk/spa.html)

## JARGON BUSTER

►► **CRANIOSACRAL THERAPY:** An extremely gentle touch therapy involving lying down fully clothed while the therapist focuses on the connection between the skull and the spinal column. It's thought to kick-start the body's own capacity for self-repair.



## WHAT'S NEW



### SWAROVSKI STEAM

After a €100 million (£87m) summer revamp, the Grand Resort Bad Ragaz in Switzerland's Heidiland region now boasts the quirkily named To B. Wellbeing & Spa. The 5,500sq metre spa featuring a steam room studded with 300 Swarovski crystals, as well as a circular 100sq metre Andeer Private Spa with a Cuddle Lounge for couples, a home cinema, steam room, sauna, whirlpool and hydro-massage shower. [www.resortragaz.ch](http://www.resortragaz.ch)



### JUMBY BAY TO REOPEN

Rosewood Resorts' 300-acre Jumby Bay in Antigua will reopen early next month following a year-long \$28 million (£17m) makeover. The open-air Rosewood Spa Sense will have five treatment rooms around a sculpture garden. Two new restaurants and 28 new and upgraded suites with private infinity pools are ideal for honeymooners, being metres from Jumby Bay and the Caribbean Sea. [www.jumbybayresort.com](http://www.jumbybayresort.com)



### MAURITIAN SANCTUARY

Beachcomber Hotels' Dinarobin Hotel & Spa in Mauritius has reopened after four months of sprucing up its public areas. Five new pools have been added to its tropical gardens and a modernised sports centre now flanks the tennis courts. The Clarins Spa has six treatment rooms near the hammams, saunas and aqua suite. A third of the spa is dedicated to Ayurveda, with four cabins housing meditation decks. [www.dinarobin-hotel.com](http://www.dinarobin-hotel.com)

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