



CYBER JAMMIES
Cotton camisole,
£28 as part of set

CALVIN KLEIN
Sunglasses, £155



WOLFORD
Bikini top, £45.
Bottoms, £59



HAY MAX
Pure Organic Drug-
Free Pollen Barrier,
£6.50, at Haymax.biz



RAW FAIRIES
Detox Booster drink,
£6, at Rawfairies.com

FIONA PAXTON
Gold-plated
necklace, £140



TANIA PLAGÉ
Beaded tunic
dress, £308



Africa

Sasaab Samburu

For pleasure-seekers wanting to get back to nature, the ultimate treat has to be enjoying a facial with the sound of elephants splashing in the river nearby. Launching in July at the Sasaab eco-lodge in Samburu, northern Kenya, Liz Earle's first international spa will offer a range of African-inspired treatments using ingredients sustainably sourced from Kenya. The Moroccan-style treatment rooms afford outstanding panoramic views around Mount Kenya, while back in your room – one of nine suspended over the Ewaso Ngiro River – you can take a cooling dip in your own infinity pool and watch the zebra and giraffes saunter past. Prices start from £403 per person per night. Contact Ultimatehideaways.co.uk

MUTURE
scarf, £92,
edges



NEXT
Cotton
smock top,
£28

DR ANDREW WEIL
FOR ORIGINS
Night Health Bedtime
Spray, £19.50



TRUE RELIGION
Denim shirt, £167,
at Selfridges



MONSOON
Embroidered
cotton top, £45



NEXT
Straw hat, £12



CAMPER
Leather sandals, £110



TIMOTHY HAN
Travel candle, £7.50



England

Lucknam Park

State-of-the-art was their aim and the newly refurbished spa at Lucknam Park has succeeded in offering brand spanking new relaxation. Tucked within walled gardens, the spacious therapy rooms and an endless treatment menu give you every opportunity for pampering. If you're keen for more activity, the pool, gym and equestrian centre will undoubtedly work up your appetite. Start at the Brasserie for lunch, where the produce is locally sourced, and finish up at the Park Restaurant, where dinner is worth the extra laps you'll have to do the next day. Prices start from £290 per room per night on a B&B basis, including a 60-minute treatment. Contact Lucknampark.co.uk

