GRAZIA

LOW LIFT STYLE SWAPS

10 WAYS TO LIGHTEN UP YOUR LOOK

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THE IN-BETWEEN SHOE

MEGHAN, THE INFLUENCER

INSIDE HER FASHION PIVOT

TAKE THE FRIENDSHIP AUDIT

5 SIGNS THEY'RE A KEEPER

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KRISTIN SCOTT THOMAS

THE SCREEN LEGEND LETS DOWN HER GUARD

GRAZIA SHARPER THAN MERYL STREEP'S TOURDROBE

From Nancy Meyers-coded interiors to science-backed detox programmes, bougie boltholes and beyond, these are best places to relax and reset this year

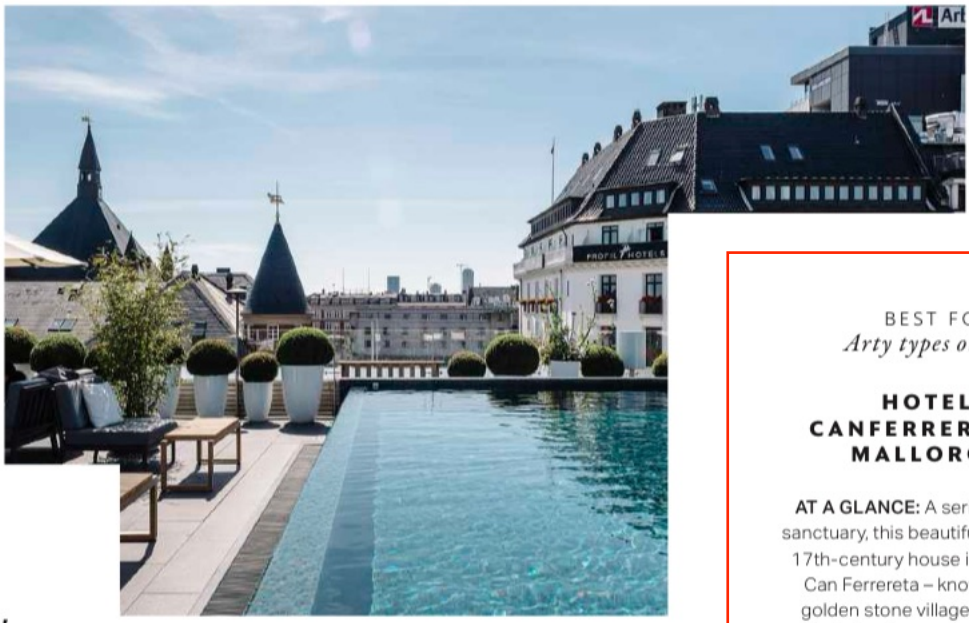
COMPILED BY **ANNIE VISCHER**

THE GREAT GRAZIA SPA GUIDE

BEST FOR
Guilt-free childcare

XO CAPE ARNNA, TURKEY

AT A GLANCE: XO Cape Arnna spa resort on the sun-drenched Turkish Riviera opened last year to great fanfare. If you're looking to cushion the chaotic whirl of a family holiday with fluffy robes, an extensive cocktail menu and excellent massages, this is the destination. The private water park boasts six waterslides and is a magnet for high energy kids and teens, and the toddler splash park keeps younger ones cool and amused. The kids' club, Lumi World, is a playground of neon lights that features soft play, a junior chef's studio and PlayStation hub. Make the most of your me-time by heading to the new-gen spa, which offers a Turkish hammam experience and thermal spa cabins – you can skip from the salt room to the herbal sauna before waking yourself up again in the igloo room. There are 11 restaurants to choose from and XO Gastro, which serves up a buffet of local Fethiye dishes, is a real highlight.
TREATMENT TO TRY: Book the bespoke full body massage to right all the wrongs of your desk-side posture. Don't be surprised if your therapist leaps on to the table to deepen the pressure and gently stretch out achy joints. It's a luxe way to loosen up.
HOT TIP: Educate your kids in the art of self-care and treat them to a chocolate massage and facial – they'll be talking about it for months.
BOOK IT: From £480pn; *xocollection.com/xocapearnna*

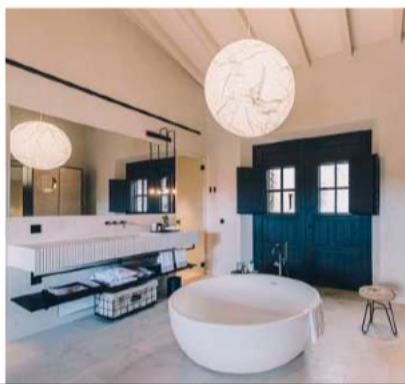


THE NIMB, COPENHAGEN

BEST FOR
A Scandi-chic retreat

AT A GLANCE: With its striking marble façade that faces the Tivoli Gardens, the pleasure gardens of Denmark's capital, The Nimb hotel offers a boutique stay that feels both in the mix and quietly removed. The interiors blend classic design with a modern edge and with 38 rooms it feels intimate and homely. Each bedroom has a Scandi luxe vibe – clean lines and crisp white sheets – and some have an open fireplace. The spa features a Moroccan-style hammam, steam room, sauna and blissful relaxation lounge. The treatment offering is refreshingly minimalist – forget overwhelmingly vast spa menus, The Nimb is focused on expertly tailored massages and facials. Make the most of the rooftop pool that looks out over the Tivoli gardens, which twinkle with fairy lights come sundown. When the night air turns chilly, pull up a stool at the elegant Nimb Bar, where bartenders whip up your cocktail of choice from the fairy-tale-inspired menu – try the Casanova, a dry blend of grapefruit infused vermouth, bitters, absinth and rosemary soda.
TREATMENT TO TRY: The bespoke massage employs a medley of techniques inspired by far-flung destinations.
HOT TIP: Make use of the low-lit gym, which is kitted out with all the latest tech and looks as sleek as London's most exclusive studios. Treat yourself to the French toast at breakfast afterwards – because, balance.
BOOK IT: From £442pn; *nimb.dk/en/hotel*

BEST FOR
Arty types on tour

HOTEL CANFERRERETA, MALLORCA

AT A GLANCE: A seriously chic sanctuary, this beautifully restored 17th-century house in Santanyi, Can Ferrereta – known as the golden stone village – offers a mind-clearing medley of stone walls, exposed beams and deep blue pool. It's ideal for couples in search of an adults-only vibe (guests must be 14 or older), solo reset seekers and those looking for the slow living side of Mallorca. Everywhere feels intimate and private, even the poolside patio, which is framed by cypresses and olive trees. Wellness is a priority here too, you can book in for yoga classes, use the state-of-the-art gym or indulge in a hammam or sauna in the Sa Calma Spa.
TREATMENT TO TRY: Book in for the Es Trenc treatment, designed to mimic a plunge into Es Trenc's turquoise waters; dry skin brushing and a sea salt body scrub exfoliate while the seaweed body wrap that follows detoxifies.
HOT TIP: The hotel's art collection features works by Jaume Plensa, Joan Miró, Guillem Nadal, Miquel Planas and Jordi Alcaraz to name just a few. Make time to explore Santanyi itself – there are twice-weekly markets and boutique shops, plus nearby coves for a dip.
BOOK IT: From £303pn; *hotelcanferrereta* ▸