

Adour in Washington DC



DC Delights

As presidential fever starts to take hold in Washington DC, join the ladies who lunch at hot new restaurant Adour at the St Regis hotel. With master chef Alain Ducasse at the helm, expect fab French fare in luxe surroundings – we hear Catherine Zeta-Jones is a fan. See starwoodhotels.com/stregis for info.

Catherine Zeta-Jones



BIKINI, DHS990, HEIDI KLEIN FOR W MALDIVES



BATHING BEAUTY

What do you do if you arrive at your luxe hotel in the Maldives, only to realise you forgot to pack swimwear? No problem. Just dial room service and they'll send something up. At the W Retreat and Spa, they'll bring you the gorgeous W Maldives Bikini, designed exclusively by Heidi Klein (perfect for cocktails at the pool bar). Call +960 666 2222 for details.



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SPACIOUS SPAS

Expect pampering to the max at our pick of roomy retreats from across the globe



Bellevue Spa

MOUNTAIN RETREAT

Is all that effort on the pistes wearing you out? Recuperate in Gstaad at the sumptuous Bellevue Spa, one of the largest and most beautiful in Switzerland. Book a vigorous sports massage to ease those muscles still sore from the slopes, or try a Singing Bowl massage for deep relaxation. After your treatments, allow several hours to journey through the seven sauna and steam rooms. Call +41 (0)33 748 0000 or see bellevue-gstaad.ch.

HORSES FOR COURSES

Horsey types are hot to trot for the new Park Hyatt Jeddah in Saudi Arabia, with its equestrian centre and exclusive members' club. But we're more keen on the resort's 4,500 sq m spa. The women's area features the region's first balneotherapy centre (which offers therapeutic bathing treatments), as well as fitness facilities, a shopping area, hair and beauty salons and indoor and outdoor pools. Log onto jeddah.park.hyatt.com for more details.



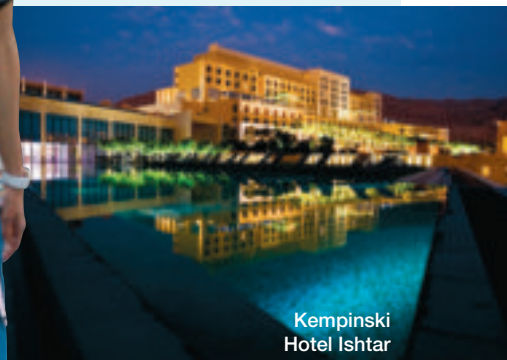
The Park Hyatt Jeddah

ALL AT SEA

Let your cares float away with soothing Dead Sea treatments at the 10,000 sq m Anantara Spa, the largest spa in the Middle East. It's just opened at Jordan's glam Kempinski Hotel Ishtar, a favourite with Queen Rania of Jordan and Lebanese singer Nawal Al Zoghbi. For information, call +962 5 356 8888 or see kempinski-deadsea.com.



Queen Rania of Jordan



Kempinski Hotel Ishtar

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