



**Want to experience something new? Try reflexology.** Every part of the body is connected to the feet, so you really feel the benefit — especially as a dancer. Mine are very ticklish, so I have to grit my teeth, but it's worth it.

**The Corinthia Hotel's spa is so relaxing that I went into labour there!** It's one of my favourite hotels in London, and I'd checked in for a stay to relieve some of the tension caused by being heavily pregnant. A lot of people go just for the day to use the spa — it's that good: small, peaceful and exclusive (corinthia.com; spa days from £195pp). I also like Babington House, which is out in the Somerset countryside. It's very

old-school and I love its Cowshed products (babingtonhouse.co.uk; doubles from £220, room-only).

**If you're knackered or out of shape, try a juice retreat.** I go to one in Portugal called Juicy Oasis, which is all about wellbeing rather than punishment (juicyoasis.com: seven nights from £895pp, all-inclusive). There's a daily programme of yoga, hiking and spa treatments. You drink smoothies and vegetable juices all day. It re-energises me, I find. But don't forget to have fun as well — life is about balance.

**Couples' treatments should be banned!** Spa time is 'me' time. My partner and I once went for a treatment and found ourselves in the same room. He nodded off and I was chuckling as I could hear him snoring. For me, going to a spa as a group or pair defeats the object. Give yourself a moment to switch off. Quiet time isn't selfish — it's self-love! ■

## How to spa in style

By Alesha Dixon

The fancy-footed pop star and *Greatest Dancer* judge knows how to look after her body — the lazy way

**Never wait till you check in to book a treatment.** The spa might be full! Pre-book one for the moment you arrive. If you've just come from a busy city or work, it's the quickest way of getting your mind in the right place. I always make a beeline for the spa — even the smell puts me in the holiday mood.

**The best place in the world for spas is the Maldives.** They're on another level. I went to LUX\* North Male Atoll where you walk out to these tiny buildings on stilts in the middle of the sea (luxresorts.com; doubles from £1,933, all-inclusive). When I put my face into the hole on the massage table, the floor was glass, so I could see the fish swimming by. It was so beautiful.

**Know what treatment you like and don't be afraid to speak out.** I go for a simple facial, reflexology session or massage. But I don't like massages where it feels like I'm just having cream rubbed on me. It needs to be a firm-pressure, deep-tissue treatment as I do a lot of weight-training — the stress melts away as my knots are broken down.

**Traditional Thai massage is like having yoga done to you.** The Thai masseuses yank you into positions you never thought you'd be able to get into — by the time you're finished it feels like you've done a workout. And they're so cheap! You can walk into any tiny treatment shop in any Thai town and the therapists will be incredible.

Deck chairs: from the top, by the pool at Lux\* North Male Atoll; spa at the Corinthia Hotel in London; Thai massage

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