



May 2016 : A Luxury Spa Resort for Every Continent

No matter where you go, there's a luxury hotel spa waiting. We picked out one for each continent, but there's plenty more to be found on our list of the [World's Best Spa Resorts](#).



Africa: Twelve Apostles Hotel and Spa

Guests at this Cape Town hotel can enjoy a massage in an outdoor treatment gazebo. There's also seven indoor treatment rooms, a Rasul Chamger, Tourmaline Salon, Plunge Pools, Salt Water Flotation Pool, and a Tranquility Lounge.

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Europe: Les Sources de Caudalie



What better place for wine-based beauty treatments than Bordeaux, France? The property features underground spring water, wraps and massage using grape extracts, Cabernet scrubs, and Merlot wraps. Cap it all off with a tasting in the wine cellar.

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North America: Sedona Rouge Hotel and Spa

Drawing on Sedona's legendary spiritual aura, the Spa's certified massage therapists can offer Reflexology, Cranial Sacral, Cupping Massage, Myofascial Bodywork, Lomi Lomi, Thai Massage and traditional Ayurvedic services.

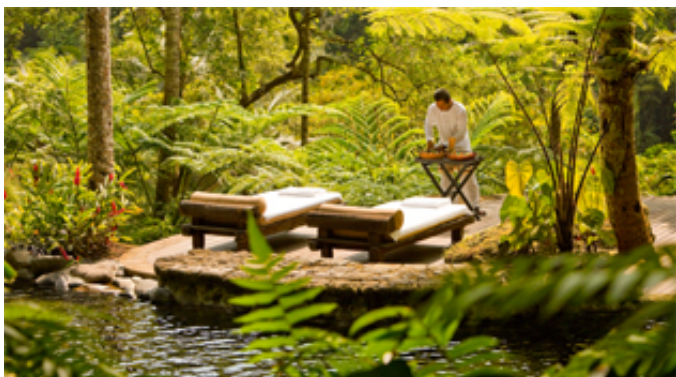
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Central & South America: Hacienda AltaGracia

Billed as the largest spa in Latin America, guests here in Costa Rica can enjoy many different types of massages, along with unique offerings such as Mochachino Manicure and Pedicure.

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Asia: COMO Shambhala Estate

Expect a holistic approach to wellness when in Bali. In addition to the healthful cuisine and spa treatments, the resort also incorporates adventure and cultural discovery as part of its beauty regimen.

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Australia: Lillianfels Blue Mountains

It's hard to stay tense when surrounded by the legendary Blue Mountains. The spa offers a menu including hot stone massages, facials, and body treatments including body wraps, manicures and pedicures.



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