



Cowshed salon at The Ned.

THE NED'S CLUB SPA, THE NED

THE VIBE Occupying a century-old heritage property in the heart of London, The Ned is much more than a new luxury hotel. In addition to restaurants, event spaces and a members' club, it also boasts the largest spa in the city and a luxurious spa. From an extensive menu, you can choose from traditional treatments such as facials, manicures, pedicures, haircuts, and massages, alongside healing alternatives like acupuncture, infra-red therapy and more. You'll also love the interiors: Art Deco-inspired finishes, which pay homage to the property's history as a bank, with unique touches like safety deposit boxes featured throughout the hotel. The rooftop offers stunning views over St Paul's Cathedral.

THE TREATMENT

Reaching temperatures of up to 40 degrees, the hammam works to bust jet-lag as it delivers respiratory and muscular benefits. Splurge on the Indulgent Hammam treatment, which includes a traditional black soap wash and kessa scrub, a rhassoul clay hair cleanse and shirodhara, along with a full-body massage within the exotic heated space—you'll leave with happy muscles (and sleep like a baby).

TRY AT HOME Atom Ghassoul Clay Mask (\$34; atomboutique.com) uses Moroccan clay to detoxify and refine your complexion.

For bookings, visit thened.com



A Halcyon Spa treatment room.

HALCYON SPA

THE VIBE An extension of buzzed-about boutique hotel Halcyon House, located on Cabarita Beach in northern NSW, Halcyon Spa is worth a visit for the decor alone. With imported tiles and textiles carefully curated by interior designer Anna Spiro, everything from the wallpaper to the lampshades is adorned with eclectic colours and prints. But the aim is more than merely aesthetic: every detail has been chosen to inspire and imbue a sense of calm.

THE TREATMENT Designed to boost radiance, Halcyon's Signature Facial uses a personalised selection of plant-based Sodashi products to suit your skin type. It begins with a double cleanse and gentle exfoliation, plus a mask and skin-plumping massage to finish. Fancy a full-body treat? The spa's masseuse will tailor a blend of essential oils—known for their aromatherapy benefits—to leave you relaxed from head to toe.

TRY AT HOME Codage The Oil (\$73; at mecca.com.au) uses a combination of eight nourishing oils designed to condition your hair, body and face.

For bookings, visit halcyonhouse.com.au

