



Sting and Trudie (left), who have an estate south-east of Florence, love Castello del Nero, just 25 minutes away



CASTELLO DEL NERO, TUSCANY

enjoying Chianti country, including the delicious food, wine and warm hospitality. Is it any wonder that Sting lives in the next valley?

The spa The sauna, steam rooms and treatment rooms of this stylish spa are tucked beneath the hotel, while the beautiful vitality pool is outdoors, overlooking the lush gardens. Drop by 30 minutes before your appointment and you can bask in the sunshine while the water works wonders on tired muscles, before heading into the cool interior for a treatment. The scrubs will prep

your skin after a long winter, and the massages are relaxing after a long day's sightseeing. Try the Castello del Nero Relaxation Ritual for €260 – you can customise the 110-minute treatment, if desired, with a Sea Salt and Tuscan Rosemary Body Exfoliation, followed by either an Espa Intensive Facial, Body Envelopment or Essential Body Massage.

The lowdown Meridiana flies from London Gatwick to Florence daily, with flights starting

from £132; visit meridiana.it. Castello del Nero offers a special Espa Escape for two nights including a two-hour spa package, buffet breakfast each day, and shuttle into nearby Florence for sightseeing starting from €1,280; visit castellodelnero.com.

Famous fans Sting and Trudie Styler are regular visitors.

ESPA Restorative Body Oil, £28 A nourishing blend of essential oils with wheatgerm and borage, stress-reducing myrrh, sweet orange oil, rose geranium, lavender, palmarosa and carrot oil.

ESPA Replenishing Face Treatment Oil, £50 A rich, deeply hydrating face oil for tired skin with neroli, rose otto, patchouli, benzoin and clary sage.



The hotel With a daily shuttle to and from Florence, a 25-minute drive away, Castello del Nero is the perfect base for a spa and culture break. The 12th-century castle in the Tuscan countryside is the ideal blend of five-star luxury and old-world charm: everything in the 50 stunning rooms – from the family crests and hand-painted ceilings to the frescoed private chapel – has been beautifully restored, and there's a heated Olympic-sized pool in the 800 acres of grounds. This is an ideal bolthole for

BLUE SPA AT CARLISLE BAY, ANTIGUA

Kate Beckinsale (right) is a fan of the laidback Caribbean chic at the Carlisle Bay resort in Antigua



The hotel The Carlisle Bay resort is the Caribbean at its most stylish and slick: a chic, urban hotel set right on the beach. And what a beach... with turquoise water and sparkling white sand. Outstanding food ranging from grills to Asian cuisine at the two restaurants, three great bars and movies every night will keep adults happy, while children are catered for at the Cool Kids' Club.

The spa Tucked away in the lush gardens, the spa has a sauna, plunge pools and a yoga and Pilates pavilion, as well as treatments from the cult Spanish skincare range Natura Bissé. The Diamond Ice Lift Facial, combining a facial massage with an Ice Lift Facial Mask, gives instant results and costs approximately £213 for 90 minutes.

The lowdown ITC Classics (01244-355 527; itcclassics.co.uk) offers seven nights' b&b in a garden suite, including flights and transfers, from £2,304 per person. Famous fans Kate Beckinsale, Davina

Natura Bissé Facial Cleansing Gel, £30, and Diamond Ice Lift

