

THE RITZ CARLTON, TORONTO, *Canada*

THE HOTEL The recently opened five-star Ritz Carlton brings a new level of luxury to this buzzing city. The grand lobby is a stylish mix of hunting lodge cosiness and contemporary chic with its original Canadian modern art, soaring ceiling and bronze maple leaves embedded in the floor. Situated in the heart of downtown Toronto, its rooms offer spectacular views over the city and Lake Ontario. Signature restaurant Toca is an unmissable experience with its open-concept kitchen and menu showcasing sustainable products. Guests can also enjoy meals on the terrace while warming themselves by the open-air fire.

THE SPA Offers Spa My Blend by Clarins, a personalised, whole-body wellness concept. Each guest receives a supply of customised products tailored to their skincare needs. Try the signature My Blend Regenerating Facial, which uses the latest diagnostic imaging technology

to assess your complexion, then tailor the treatment to suit. For your body try a Rebalancing Massage – a sweet honey treatment that alternates manual movement and hot polished marble stones – a truly soothing experience. For extras, there's a champagne nail bar and individual yoga instructor.

THE STARS The Ritz Carlton is fast becoming the hotel of choice for discerning A-listers during the city's annual film festival, including George Clooney and his girlfriend Stacy Keibler, Brad Pitt and Angelina Jolie (below, far left), Glenn Close, Marisa Tomei and Ryan Gosling.

THE LOWDOWN Rooms cost from CAD\$500 (£319) a night. The 90-minute My Blend Regenerating Facial costs CAD\$150 and the Rebalancing Massage is CAD\$150 for 60 mins; visit ritzcarlton.com. British Airways flies from London Heathrow to Toronto YYZ airport from £467 return; visit ba.com.



1. Clarins Blue Orchid Face Treatment Oil, £29 2. Clarins HydraQuench Intensive Serum Bi-Phase, £40 3. Clarins Eau Dynamisante Moisturizing Body Lotion, £2

CAPRI PALACE HOTEL AND SPA, CAPRI, *Italy*

THE RESORT Set high on the rocky ledges of Anacapri lies this chic, sleek resort, a member of The Leading Small Hotels of the World. This family owned and run hotel has stunning views over Capri, and its beach restaurant, Il Riccio, is a glorious place for sunset watching. The main restaurant, l'Olivo, serves Mediterranean cuisine (and calorie-counted meals for those who wish) and boasts two Michelin stars. From here, you can board the hotel's private yacht to transport you to the sights and shopping of Capri.

THE SPA The first *salus per aqua* ("health via water") on the island, the spa is best known for its Leg School, pioneered by medical director, Professor Francesco Canonaco, and which offers a series of treatments formulated to tackle cellulite and vascular disorders. Essentially a medical spa, the Capri Spa enjoys a longer season than traditional beauty spas and offers a Heart School and programmes for weight loss and metabolic response, as well

as more traditional pampering body and facial treatments by celebrity facialist Sarah Chapman.

THE STARS Gwyneth Paltrow (below) is a friend of the owner – there is even a penthouse suite named in her honour. Mariah Carey, Kim Cattrall, Elizabeth Hurley and Julia Roberts have also stayed here.

THE LOWDOWN The seven-day Leg School costs €4,540 (£3,600) per person or €3,655 per person for double occupancy. A sea-view Classic Double starts at €500 per night, including buffet breakfast; visit capripalace.com. British Airways flies directly to Naples with flights starting at £68; visit ba.com. A hydrofoil transfer to Capri costs about £17.



1. Institut Esthederm Svelt System Multi-Target Slimming Cream, £52.50, from Space NK 2. Sarah Chapman Skinesis Facialift massager, £25 3. Sarah Chapman Skinesis Overnight Facial, £45, from Space NK and QVC