



Travel

Red's 2025 spa guide is here

The loveliest skin, health and wellbeing destinations,
all in one place

BY PHOEBE LEE AND RED BEAUTY TEAM UPDATED: 20 FEBRUARY 2025

What do you look for in a brilliant spa? When *Red's* team gathered to review some of the best across the world, our criteria varied wildly. Some wanted a full wellness MOT, complete with nutrition plans and exercise classes; for others it was near solitude, free to dip into warm pools and massage chairs as they please.

Hard-wired city dwellers sought backdrops of snow-capped mountains and calm waters to swim in. Others felt buoyed exploring new cities, recharging their batteries in chic hotel spas away from the hustle and bustle. Whatever you look for in a spa, *Red's* edit has covered all bases.

Scroll on down for our edit of the very best spas, according to *Red's* beauty team. You never know: one of our favourites may become yours, too.

Andronis Concept Wellness Resort, Santorini, Greece



Andronis

The vibe: Even without this hotel's emphasis on wellness, the view (endless blue) helps to immediately hit the reset button. All rooms have their own private terrace with outdoor pool, helping communal areas to feel quiet even in the height of summer.

The rooms: The very best of Santorinian design and architecture – muted neutrals, curved corners and exposed stone. Beds are unfathomably comfortable and every room comes with ESPA bath products and a minibar filled with organic treats. But the biggest selling point has to be the private pool overlooking the view – sunsets here are just mind-blowing.

The food: Breakfast at the hotel's restaurant has everything to love – delicious coffee, fresh smoothies and juices, baskets overflowing with biscuits and bread and hot dishes served à la carte. By night, locally sourced Mediterranean meals feature the freshest fish and creative twists on Greek specialties.

The crowd: A mix of chic international couples and some families. But you'll hardly interact with any other guests, besides at mealtimes.

The spa: The aesthetics borrow from the natural surroundings, with a craggy outdoor cave pool and dark treatment rooms crafted with volcanic Basalt rock. Activities are geared towards wellness, too – yoga in an open-sided studio overlooking the caldera and a guided hike to nearby tourist hot-spot Oia.

The treatments to try: The spa's philosophy is holistic wellbeing – marrying outer beauty with inner harmony. Practitioners use three unique essences – energy, rest and calm, or balance – with ingredients sourced from nearby Crete. Full body rituals combine traditional treatments with breathing and visualisation, and crystal healing.

Arielle Steele, Contributing Editor

Rooms from £590 a night; Back, Neck and Shoulder Massage, from £80 for 30 minutes.

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