

PRESS RELEASE

Four Tips for Luxury Holidays

Clear the Mind, Relax the Body and Regenerate the Soul

Luxury travel is trending. High on the agenda for those with the means are deluxe health and spa holidays: in a sublime environment, relaxations is more easily found. SpaDreams, the #1 source for health and spa holidays in Europe is currently increasing their range of packages for this discerning target group. Those looking for the perfect body & soul getaway this summer will be spoilt for choice. Ellen Marek, Country Manager for SpaDreams English speaking market, shares her insider tips.

Frankfurt, April 7th, 2017. Luxury travel is booming. Notably, travellers value intangible experiences, and ideals such as health, well-being, reflection and inner balance. In order to satisfy the most discerning guests, nothing less than perfection is expected, including personal attention from spa doctors and therapy teams, professional relaxation programmes and, above all, an atmosphere of well-being. SpaDreams Country Manager Ellen Marek shares some tips on possible destinations for bringing harmony to the body, mind and soul in a luxury environment.



Being good to oneself and at the same time enjoying an exquisite holiday experience is possible at the [Marbella Club](#)***** in Spain. Prince Alfonso of Hohenlohe founded this glamorous hotel in the 1950s. Since then, numerous kings, heads of state celebrities and actors have been spoiled here. Today the luxury hotel on the Costa del Sol offers a lavish Thalasso Spa where the healing power of sea water is combined with health, beauty and fitness treatments. Golfing enthusiasts can enjoy the benefits of the affiliated golf club. Even the menu is exquisite: Amanda Hamilton, the British diet and well-being expert has created exclusive treatment programmes for the Marbella Club***** such as emotional and body balance.

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Also located in Spain is the [SHA Wellness Clinic](#)****.

Ranking as one of the world's leading luxury spa hotels, it lies directly along the sunny Costa Blanca. This designer resort overlooks the picturesque town of Altea and is connected by a series of five bridges. The breath



taking views over the bay and Mediterranean Sea are breath taking and so are the range of treatments. From traditional Chinese medicine (TCM), Bio-energetic medicine, aesthetic and anti-aging therapies, at this hotel no wish will go unfulfilled. In the Shamadi Restaurant, health treatments are complimented by modern macro-biotic cuisine.



The [LUX* South Ari Atoll](#)*****S is located in the middle of the crystal clear South-Ari Atoll in the Maldives. The stylish resort invites health conscious guests to try the LUX* Me Spa – a relaxing oasis in a class of its own. Detox treatments, anti-aging treatments, the fitness centre and pools will bring peace and inner balance to guests seeking relaxation. The highlight: some rooms have a glass floor, located directly over the sea. For those wishing to get even closer to fish and whale sharks, diving is offered at the Padi diving school.

Another exquisite resort is the [Kamalaya Koh Samui](#)***** in Thailand. Detox treatments, fitness, and yoga deluxe are offered in the unique resort built into a natural rock cave. It was there, that for centuries the Buddhist monks retreated for meditation. Today, guests come here to relax and escape their everyday stress. This holistic spa resort on superb sandy beaches of Thailand's third largest island,



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offers a blend of eastern and western therapies. Alongside detox, spa, and regeneration therapies, guests are invited to recharge by diving, golfing or hiking.

Ellen Marek: "Our discerning customers want professional spa treatments, individual attention, excellent facilities and of course, an atmosphere in which a wellness holiday can be fully experienced. That's where our Deluxe Spa Resorts fit the bill perfectly: here one will be pampered in first class style"

More tips for health themed luxury holidays can be found at www.spadreams.com

About SpaDreams

SpaDreams - a brand of the German tour operator Fit Reisen – is the leading operator for Health & Wellness Travel in Europe. The company is now present in 38 countries, including the UK, USA and Australia and serves its customers in 9 languages. With its high-quality, diverse range, good value for money and personal service, the company has established itself as a market leader in its sector.

For over 40 years, SpaDreams - and the Fit Reisen group - has been synonymous with healthy holidays and attractive beauty-, relaxation- and leisure facilities. Today, the specialist offers more than 3,500 different spa, health, beauty, Ayurveda, Yoga, detox and wellness offers. The portfolio comprises 600 hotels and 400 destinations in more than 50 countries. In 2014, the company was voted the most innovative operator in health tourism.

This and other press releases, as well as additional information and pictures to the offers of SpaDreams under:

www.spadreams.com/press-area/

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