

WELL, WELL, WELL...

Spas are no longer just the preserve of honeymooners. A whole host of destination hotels have cottoned onto wellness for all the family, says
SOPHIE QURESHI

Just a few years ago, booking your child in for a spa treatment would have been viewed as distinctly questionable parenting. After all, why would kids need pampering? Surely they grow up quickly enough, without having pedicures before they can tie their shoelaces?

But fast-forward to 2016 and wellness for little ones and teens is a burgeoning trend. 'Just like grown-ups, children need to de-stress,' says Anna Hjurstam, vice president of Six Senses Spa and Wellness. 'My own children are proof of how treatments such as massage can calm them, and there are infinite possibilities to engage kids in fun and quirky wellness activities.'

So how do you choose the right sort of treatment? For younger kids, it's important that the focus is on fun and relaxation, rather than appearance. There are plenty of age-appropriate treatments that allow them to play at being pampered, without taking things too seriously - rainbow manis, for example, or chocolate facials. For teens, more grown-up treatments can be beneficial - particularly gentle facials, if they're struggling with breakouts, or relaxing massages if exams are looming. Here are a few ideas for in-spa-ration...



GREEK RETREAT

Sani Resort is pretty special. A stunning ecological reserve occupying the whole of Halkidiki's Cassandra Peninsula, it's made up of four very different hotels and, whichever you pick, you get to enjoy the facilities of all the others, too - as well as six private beaches. The best for families is the Sani Beach Club, which offers complimentary babysitting, giving

you the chance to try some of the more unusual activities, such as paddleboard yoga. There are four spas, too, offering tailored treatments for different ages, with Anne Semorin facials for teenagers, £23, and toe-tingling pedis for little feet, £17. sani-resort.com

ITC Luxury Travel offers seven nights from £1,399 for a family of two adults and one child sharing. Includes flights and private transfers. itcluxurytravel.co.uk



