

Red

And breathe...
THE 2026 SPA GUIDE

MARCH 2026 £6.99

150 SPRING STYLE BUYS

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• NEW WAVE CO-ORDS

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AMBITION BURNOUT?
IN PRAISE OF THE
CAREER BACKSTEP

Too broke
to break up
THE CHEAP(ER) DIVORCE GUIDE

Plus LAUREN GRAHAM
SELMA BLAIR PANDORA SYKES
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Joie de
vivre!
DO IT LIKE A
FRENCH GIRL

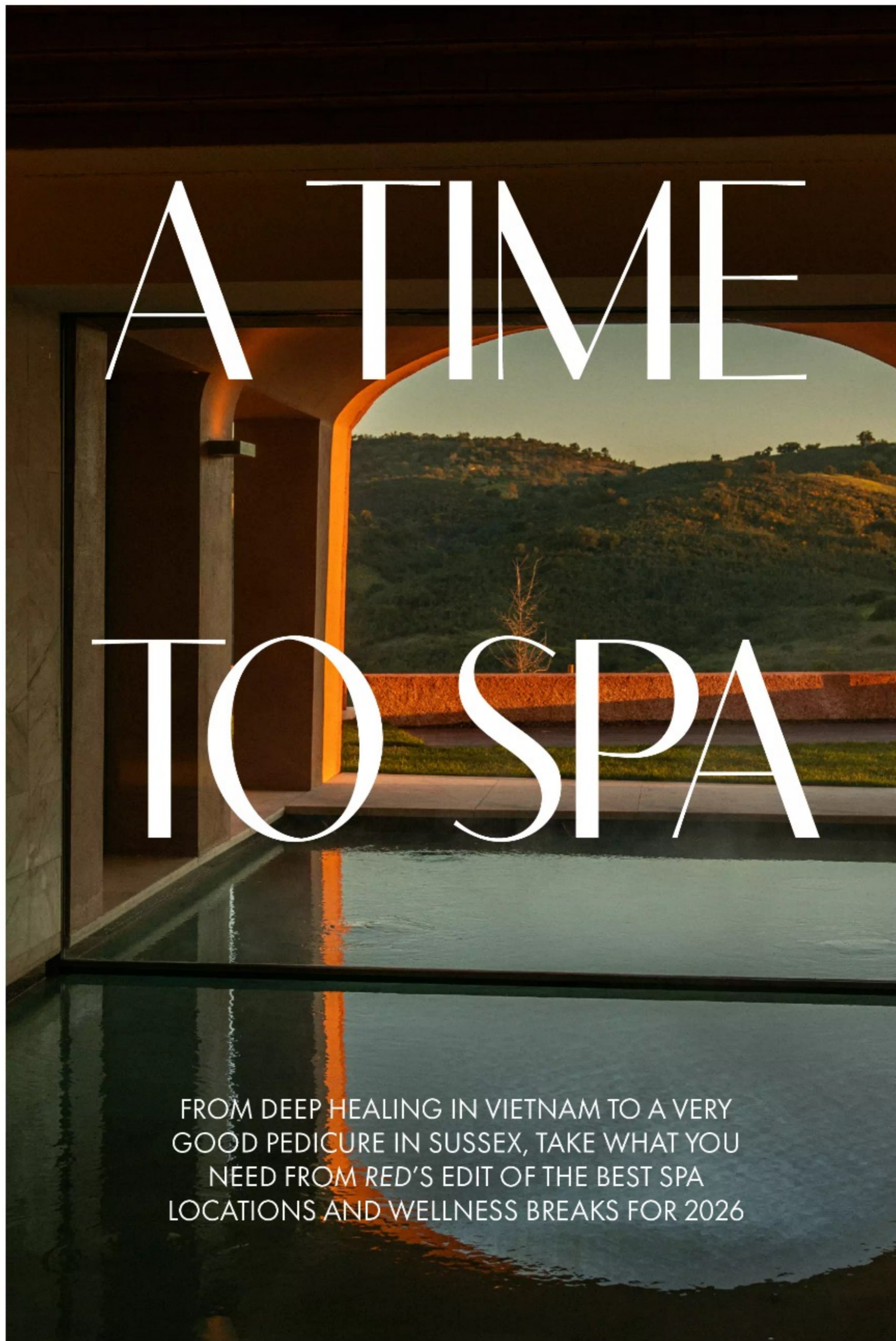
ESCAPE THE
DIET TRAP
BREAK THE
CYCLE ON
PAGE 146

HOW TO DEAL
WITH AN EIP*
(*EMOTIONALLY
IMMATURE PARENT)

SMALL WINS

DECORATE
YOUR NOOKS
BOOK A
BIJOU HOTEL
CURATE YOUR
COFFEE TABLE
SERVE UP SOME
DIM SUM

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A TIME TO SPA

FROM DEEP HEALING IN VIETNAM TO A VERY GOOD PEDICURE IN SUSSEX, TAKE WHAT YOU NEED FROM RED'S EDIT OF THE BEST SPA LOCATIONS AND WELLNESS BREAKS FOR 2026



VIKING ADVENTURES IN
THE TROLL PENINSULA
ELEVEN DEPLAR FARM, ICELAND

It's during my full-body massage at Deplar Farm that I discover I've been missing out; I've had many lovely massages, but none like this. No mindless strokes or classic spa sounds here: knots are kneaded away with intention, to a soundtrack of ritualistic chanting, shamanic drums and Viking horns (apt for the remote fjord setting). If there's one thing they do incredibly well here, it's spa and sauna, peppered with cold water immersion in a fresh-water plunge pit a mere shiver away

from the outdoor geothermal pool and (incredibly chic) swim-up bar. Downstairs, a flotation tank promises more relaxation; with 500kg of salt to mimic the buoyancy of the Dead Sea, it's like drifting in silk. As for the rest of Deplar, the vibe is best described as Hamptons-meets-Nordics, set against a rugged landscape. Hospitality is hyper-personal: we're greeted by name on arrival, my partner's favourite niche band plays on our in-room sound system, and for every guest there's a cluster of three or four staff. All 13 bedrooms brim with thoughtful, functional touches, including Aesop toiletries, home-made snacks and a white noise machine at turndown. Beyond this cocoon of nothing-spared luxury, a cornucopia of adventures awaits: heli-skiing, horse riding, whale-watching and, of course, the Northern Lights. So, the crowd? We're joined by music producers from LA, and our trip is bookended by a UK politician arriving with their family, and Justin Bieber with his posse. The enchantment of rural Iceland: who knew?

Bella Evennett-Watts

Rooms from around £2,958 a night based on full-board double occupancy, including adventure itineraries and equipment, minibar and house beverages, and airport transfers; Full Body Massage from £283 for 60 minutes

