

# Spa Secrets

for mind, body & soul

editorial calendar

## features for 2010

### Spring 2010

#### In Focus: Facials

Not just relaxing, facials can offer an effective alternative to cosmetic surgery

#### Close to Home: Europe

We hone in on spas in Tunisia, Crete, Austria, Russia and Poland

#### Far and Away: Asia

From India to Thailand, Vietnam, Philippines to Hong Kong, Asian spas uncovered

### Summer 2010

#### In Focus: Hydrotherapy

Looking at the different sea water therapies and where you can experience them

#### Close to Home: UK

England, Scotland, Ireland or Wales, the UK has some wonderful spas and treatments on offer

#### Far and Away: Indian Ocean

Madagascar, The Maldives, Mauritius, The Seychelles and Sri Lanka under the spa spotlight

#### Eyewitness: Ibiza



### Autumn 2010

#### In Focus: Holistic Healing

Whether it's acupuncture or reflexology, there's a western medicine alternative to suit

#### Close to Home: North Africa

Egypt, Tunisia, Morocco and Libya

#### Far and Away:

Mexico, Antigua, St Lucia, Turks & Caicos, Grenada

#### Eyewitness: Goa, India

#### NEW

On location: Brighton; Five of the best Infinity pools; Spa getaways

### Winter 2010

#### In Focus: Reiki

It may not be hands on, but reiki has real healing qualities. Try some of the newer versions on offer

#### Close to Home: Central Europe

France, Germany, Italy and Spain show us their spas this winter

#### Far and Away: Middle East

Jordan, Oman, Dubai and Abu Dhabi under the spa secrets spotlight

#### Eyewitness: TBC

#### NEW On location: TBC

Five of the best TBC Spa getaways TBC

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