

Spa Secrets

for mind, body & soul

editorial calendar

features for 2009

Spring 2009

Au naturel (hot stones, mud, hay, crystals)

The natural way to unwind — therapies using ingredients from the earth

Thailand

Beautiful beaches, stunning scenery, and the ultimate in spas, this is a dream holiday destination

Austria

Fresh air and plenty of outdoor activities makes Austria a holiday and spa hot spot



Autumn 2009

Massage

From Swedish to Thai, Balinese to Sports — massage therapies regularly top peoples' spa menu choice

California

Get the Californian vibe at some of the hottest resorts in the world

UK

From country retreats to urban chic, the UK is making a name for itself on the spa scene

Summer 2009

Ayurveda

This popular, ancient, Indian healing tradition can be found on spa menus world wide

Caribbean

Tropical treats to tempt you at some of the world's most exclusive resorts

Turkey

Steeped in history and culture, the Turkish star is rising with plenty of chic retreats to choose from



Winter 2009

New trends — celebrity favourites

The latest health and beauty trends under the star spotlight

Greece

A perfect combination of sunshine, cuisine, history and luxurious hotels to help you relax and unwind

Australasia

Head down under for a trip of a lifetime where sun, sea, beautiful scenery and incredible spas await



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in every issue...

Spa scene

The latest product, spa and destination news

Celebrity interview

Discover the spa secrets of some of the hottest stars in the spotlight

Fashion

Get inspired with our seasonal fashion for international spa lovers

Health & beauty

Spend or save, tried and tested, product news and treatment reviews

Reviews

We try out some of the top spas and treatments around the world

Fitness focus

Get active with our top tips to help you get the perfect body

Healthy food

Healthy eating tips and the latest superfoods to hit the shelves

Mind & soul

Ideas on how to combat the stresses and strains of a busy life to reach an inner calm

Cosmetic treatments

Cosmetic surgery and bespoke beauty demystified for when you need a helping hand

Spa design

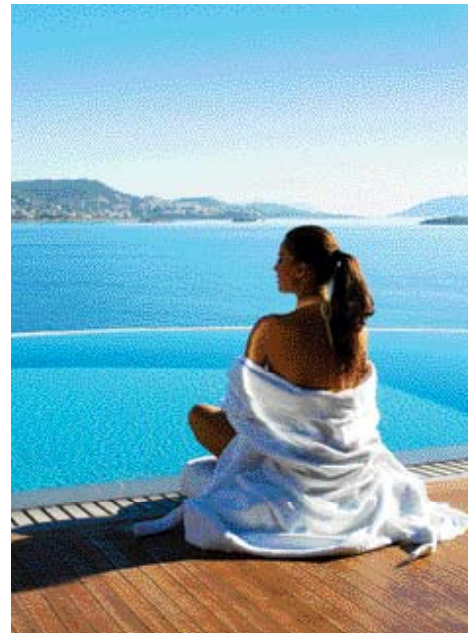
Get the latest high-tech spa products in your own home or business

For him

The latest products, treatments and gadgets for men

Column

Get the lowdown from this seasons' guest columnist



Spa Secrets Magazine

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