



## Sandy Lane

### BARBADOS, CARIBBEAN

The love/loathe debate continues when it comes to Barbados's notorious hotel, one of the most talked about on the planet. And now the facials at Sandy Lane have also been facelifted. The acclaimed spa, which only opened a few years ago, has already been nipped 'n' tucked to create a new look, with Bond-type treatments that include a two-hour Liquid Gold Facial. The new bigger sauna is complete with three hot and cold showers, and there's a gush bucket – icy-water that you pull over yourself on a rope, cartoon-style (terrifically bracing). In the Crystal Cold Room, the chilled-but-not-too-cold mosaic tiles are enough to soothe even Michael Winner's flame-grilled flesh. And the new Rasul is for those who fancy a little bit of the kasbah here in the Caribbean. Like everything at this glitzy hotel, the spa goes all-out with no holds barred. **Website** [sandylane.com](http://sandylane.com). **UK reservations** Cleveland Collection (tel: 0845 450 5732). **Rates** Double, from £760, including breakfast.