

One&Only The Palm

DUBAI, UAE

If you find yourself flying to Asia via Dubai, a word to the wise is to stay here for a couple of days, to offset all that time-zone tiredness. Unusually for glitzy Dubai, this place is positively boutique: a low-rise oasis of calm on the Palm. Specialising in the best sort of sensory overload, the Guerlain Spa feels a million miles from the bustling malls and seven-lane highways. Try a spoiling two and a half hours of the Désert d'Orient Dubai-does-Paris-style hammam experience, where you're steamed and cleaned and massaged with gusto. Our kind of bikini prep. Add a final flourish with a Bastien Gonzalez pedicure or a new do from stylist Alexandre Zouari, and you're set. **HEADS UP** You can buy a lipstick and shimmering powders collection specially chosen for Dubai. The ultimate bling beauty souvenir. **BOOK IT** Cleveland Collection (clevelandcollection.co.uk/tatlerspa; 020 7843 3596) offers two nights from £920, including breakfast, flights and transfers.

