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Spa Talk: The hottest treatments, news, openings and trends in spa hotels across the world



Events at the Mandrake include sound healing sessions, bespoke shamanic ceremonies and rituals through to energy-cleansing work

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16 SEPTEMBER 2020 · 6:00PM

The world of wellness is ever evolving, especially at the moment with the travel industry starting to reemerge from lockdown.

Last year it was all about IV infusions, goat yoga and CBD treatments, this year it's immune-boosting therapies, private spa experiences and socially distanced loungers. With a constant flurry of new hotel openings, there's always somewhere and something to get excited about.

We've created a guide to our favourites, so you can discover some of the world's best places to escape to, whether for planning in destinations we can currently travel to, or dreaming for those where we can't. Read our spa hotel reviews; keep up to date with the latest news; and relive the best experiences at home with our pick of the top products found in hotel spas. And... relax.

Lou Pinet launches face gym

Face needing a spot of TLC? Spa therapists at Lou Pinet have been trained in Tata Harper techniques to release tension, restore original volumes and re-sculpt features to achieve a visible rejuvenating effect. Described as a "natural facelift" because of the anti-ageing, toning effect, the massage is taught to guests through personalised training sessions so they can continue the treatment at home for long-lasting effects. loupinet.com



Lou Pinet is there to restore a special glow following months in lockdown