

TRAVEL, TRENDS, BEAUTY, INTERIORS, FOOD *and* MY LONDON

WEEKENDING

SPA TREK

*Welcome to the world's
most decadent spas*



LAVA SPA *Iceland*

At the foot of Mount Hengill, in a landscape of mossy lava fields, crystalline waterfalls and hot springs, stands a forbidding glass and concrete structure that seems to float above its otherworldly surroundings. This is Iceland's Ion hotel, in the Thingvellir National Park, and at its heart is the Lava Spa where you can soak in a 10ft outdoor geothermal hot tub as the Northern Lights dance above

your head. After a day exploring this land of volcanoes and geysers, enjoy a massage with Icelandic herbs and ash from that pesky Eyjafjallajökull volcano, or take a moment in the relaxation room to reflect on the grandeur of creation. *Discover the World's three-night Summer Adventure at Ion hotel (ionice.land.is) is available from £781 per person (01737 214 250; discover-the-world.co.uk)*