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Clockwise from far left Get the Glow in London; on the ball in the Pyrenees; the butler did it at Dubai's Assawan Spa



H is for hammam If you're looking for old world spa tradition, venture into a classical steamy hammam. You'll find them in Turkey, Tunisia and Egypt, and the best recommendations come from the locals. Or dip in to *The Last Hammams of Cairo* (£33, The American University of Cairo Press), published in May, with stunning images of the city's hammams, photographed by Pascal Meunier.

I is for Ila Organic skincare and spa treatment line Ila is taking the beauty world by storm. Created by healer, yoga teacher and registered nurse Denise Leicester, Ila's products use the purest of hand-sourced, natural ingredients. ila-spa.com

J is for Jeeves At the five-star Burj Al Arab in Dubai, your very own butler will cater to your every whim. Ask 'Jeeves' to book you into the Assawan Spa and Health Club on the hotel's 18th floor. The views

here are as stunning as the treatments. burj-al-arab.com

K is for Kate Somerville For gorgeous, plumped-up skin, pay a visit to the clinic of Hollywood skincare guru Kate Somerville. While not strictly a spa – think chic colonial-style bungalow – the clinic offers the latest in skincare and aesthetic treatments, including Botox and DermaLucent light treatment. Her skincare range has also just arrived at Space NK in London. katesomerville.com

L is for Lucknam Park Located in a quintessentially English walled garden, this hotel's stunning new spa has three pools (lap, hydrotherapy and saltwater plunge), nine treatment rooms and extensive thermal cabins (Japanese salt, aromatic steam, amethyst room, etc). Products are by Anne Semonin and Carita, so be prepared for some seriously good pampering. lucknampark.co.uk

M is for massaging the bump Most of the wonderful facilities at London's Mandarin Oriental hotel spa – vitality pool, amethyst crystal steam room and sanarium – are sadly off limits if you're pregnant, but the maternity massage is perfect for mums-to-be. The full body massage alleviates pregnancy discomfort and improves skin elasticity. mandarinoriental.com/london

N is for nirvana One of Thailand's premier destination spas is the Dhara Dheva at Mandarin Oriental Chiang Mai. Designed in the form of a 19th-century Burmese palace, the seven-tiered roof represents the seven steps to nirvana – which is what you'll experience with their Watsu water massage, which takes place in the pool to allow you to fully relax. mandarinoriental.com/chiangmai

O is for oriental glamour Indulge in Peninsula Hong Kong spa's

unique Freedom of Life Oriental Life Dance. It begins with an elegant oriental tea ceremony, followed by a fresh-ginger foot scrub. Next comes exfoliation, head massage and a full-body hot-stone shiatsu massage. peninsula.com

P is for the Pyrenees Rejuvenate at the base of the Pyrenees in Pure Escapes' new retreat in Girona, Spain, where you can hike, mountain bike, surf and sail. A week here includes nutritional consultations, sleep and stress management, activities including qigong, boxercise and yoga, and local organic cuisine. purescapes.com

Q is for quiet Escape into ecclesiastical tranquillity – with all the luxuries of a boutique hotel – at Le Couvent d'Hérépian, a 17th-century former convent in France's Haut Languedoc region. Its subterranean spa has a bijou eight-person relaxation pool, and >