

The spa at
London's Café
Royal hotel

Refresh on Arrival

Even if these treatments don't cure your jet lag, you'll still feel great
By Celia Shatzman

Sydney

QT Sydney's SpaQ

Weekend Warrior, 150 minutes, \$365

This hip Aussie hotel takes a three-pronged approach to curing fatigue. First comes an all-over scrub with anti-inflammatory green-tea salt, then a 45-minute massage with rich camellia and sunflower oils, and finally an invigorating facial.

Tuscany

Rosewood Castiglion del Bosco

Sense anti-jet-lag massage, 80 minutes, \$230

The agrarian beauty of this 800-year-old estate screams relaxation—which your 10-hour trip from JFK did not. Drop off your bags and head to the spa for some muscle manipulation with a treatment blending local chamomile, jasmine, and lavender.

London

Café Royal's Akasha Holistic Wellbeing Centre

The Four Elements, 90 minutes, \$300

This historic hotel uses water, fire, earth, and air to combat the main symptoms of jet lag: water retention, stiff muscles, dry skin, and sleep disruption. Think aquatherapy and hot-stone massage. There's also a foot rub—and a scalp rub to stimulate the sleep-regulating pineal gland.

Hong Kong

W Hong Kong's Bliss Spa

Jet Out, 45 minutes, \$24

A full-body massage incorporates pine, rosemary, and eucalyptus, which is known for germ-fighting properties. The rubdown will calm you—and the eucalyptus will help ward off whatever grossness you picked up while locked in that aluminum tube.

HOMeward BOUND

Three spas
for when you land
on U.S. soil

NEW YORK

Park Hyatt's Spa Nalai
*Jet lag therapy, 90 minutes,
\$350*

Full-body exfoliation with heated gloves “will get rid of the dry, itchy skin airplane air causes.”

MIAMI

Viceroy
*Jet lag cure, 80 minutes,
\$215*

The Viceroy turns to Mama Mio's Lucky Legs cooling energizing gel, originally designed for pregnant women, to relieve lower-body swelling.

LOS ANGELES

The Beverly Hills Hotel's Spa by La Prairie
*Travel recovery, 120 minutes,
\$400*

Part deep-tissue rubdown, part cell-renewing facial, this two-hour session will make you forget all about where you are—let alone where you were.