



## 6 LE SIRENUSE, ITALY

**Who goes?** Sienna Miller is a fan of the region.

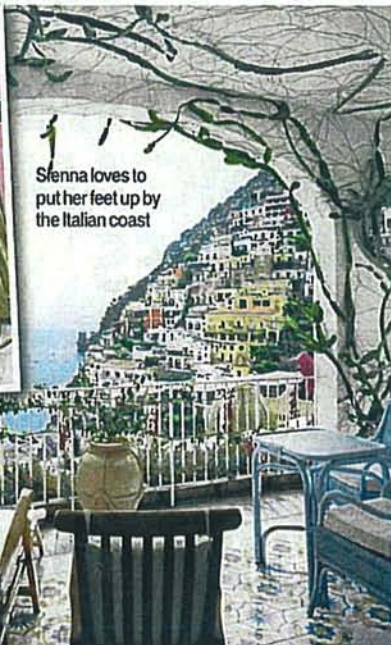
**What's so special about it?** The hotel ([www.sirenuse.it](http://www.sirenuse.it)), in Positano, is located by the Amalfi Coast and has Mediterranean views to die for. It also has an Aveda Concept Spa which will leave you thoroughly relaxed.

**What treatment to have:** Try The Four Handed Massage, which uses two therapists and is personalised to specific areas of need using Aveda aromas (£155 for 50mins).

**Getting there:** British Airways ([www.ba.com](http://www.ba.com)) offers return flights from Gatwick to Naples from £106. It takes approximately 45 minutes by car to Positano.



Sienna loves to put her feet up by the Italian coast



Dannii likes to holiday on the island of Jersey

## 7 HOTEL DE FRANCE, JERSEY

**Who goes?** Dannii Minogue is a big fan of Jersey.

**What's so special about it?** The hotel is located on the idyllic island of Jersey, which boasts golden beaches and a cobalt sea. The hotel also has the **Ayush Wellness Spa**, which is the first Ayurvedic hotel destination spa in the UK, offering customised treatments and consultations.

**What treatment to have:** Try the Abhyanga Oil Massage where two therapists work in synchronised harmony to relieve fatigue and tension from the body.

**Getting there:** easyJet ([www.easyjet.com](http://www.easyjet.com)) goes from London Luton to Jersey from £23.99 (excluding taxes) one-way.