

We can't believe it has been a whole year since ESPA at Yas Viceroy first opened its doors



To celebrate, the team at Yas is offering guests the chance to experience the ultimate spa day with its Celebration Package.

As ESPA's number one fan, we were yet again lucky enough to test drive the new experience on behalf of our readers, so slippers, paper pants and fluffy robe at the ready we hot-footed it up to our spacious treatment suite to get started.

As every ESPA girl knows, any good treatment begins with a calming foot ritual – or bath to be precise. With our feet soaking in warm water, infused with energising bath oil and mineral salts, our therapist adds to the experience by massaging a scrub into our tired and aching feet. Karen is from Mauritius and as she asks us to select which oils we'd like massaged into our body and face, her soft Creole accent is instantly soothing.

First up is the relaxing back treatment, where, snuggled into a mound of fluffy towels, Karen begins by massaging a cleansing foam into our back. The temperature of the room is perfect, but just to make sure we don't get chilly, Karen quickly follows the application of the foam with a warm towel. Next, we're treated to some light body brushing to exfoliate away any dry/dead skin cells, which is followed by the application of the energising oil, which Karen skillfully massages into our aching muscles with hot stones.

This part of the treatment is relaxing, but also has the added benefit of opening our pores, ready for the marine mud masque which Karen leaves to soak into our skin under yet another warm towel while she moves on to a delicate massage of our legs.

All too soon, and with the masque removed from our back, it's time to slowly roll over for the next part of our treatment – the facial. Each facial at ESPA is 100 percent tailored to your individual skin type so after a short analysis of our skin, Karen decides we're in need of a desensitising treatment to soothe our dry and sensitive areas. After a cleanse, mild exfoliation and wonderful face massage, we're ready for the masque and the final leg of our mammoth two-hour pamper session – the oriental head massage.

Snuggled in a cocoon of fluffy towels and with our masque slowly soaking into our tired skin, Karen begins to ease every ounce of tension from our body by moving her fingers deftly over several pressure points around our face, head and neck.

Utterly relaxed from head-to-toe, sadly our session is at an end. We can't wait to come back!

Megan Wynes