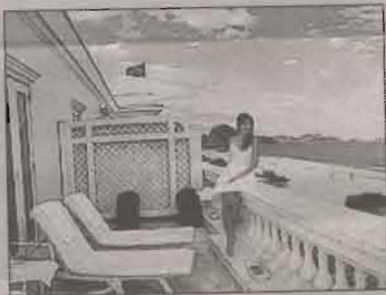


Beauty and the beat

To Rio, where the iconic Copacabana Palace hotel (www.copacabanapalace.com.br) unveils its new temple to wellbeing. The spa boasts a selection of novel treatments, among them the gruelling-sounding Amazon package, and a facial and body massage performed to bossa nova songs. At two hours and £173, here's hoping you at least emerge tall and tanned and young and lovely.



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