

# Condé Nast Traveller

in association with  
Healing  Holidays

## THE BEST SPAS IN THE WORLD 2015

LOSE WEIGHT IN SPAIN

GET FIT IN BALI

DETOX IN FRANCE

YOGA IN THAILAND

GO ZEN IN IBIZA

## NEWS BITE

THE UNIVERSAL FOOD  
TRUTHS LEARNT AFTER  
15 YEARS ON THE  
HEALTH CIRCUIT

# THE SPA GUIDE



## LEFAY LAKE GARDA, ITALY

**IN BRIEF** Head-on help for backache, insomnia and weight issues

**THE LOWDOWN** This is a suitably serene place to achieve posture perfection, hone eating habits and fall into a much-needed deep slumber. All programmes use a combination of classic Chinese medicine and Western techniques. A check-up with the charming Dr Maurizio Corradin – the reigning king of posture specialists who has rolled out many books – kicks off the week. He treats you like a grandchild. It's in-depth stuff, with questions about lifestyle, sleeping patterns, exercise regimes and even childhood dreams. Dietary intolerance or movement tests are up next: walk forward, walk backward, march on the spot. Consultation done, the damning diagnosis is delivered (they don't spare you), and a bespoke programme is set. It's an action-packed mixture of massage, physio and exercise classes. Improve breathing in the Salt Water Lake – a sparkling chamber carved out of natural rock with a salt pool. Then tackle energy points with moxibustion, which is an acupuncture-style treatment. Reflexology also hits the spot. Massages swing

## A CHECK-UP WITH THE KING OF POSTURE SPECIALISTS KICKS OFF THE WEEK. HE TREATS YOU LIKE A GRANDCHILD

from pampering to painful depending on which part of the body is being manoeuvred. Do qigong and ta'i chi overlooking the lake. The 93 suites are comfortable, bright and spacious with lake views, but don't expect high style. The food is far more exciting. Tuck in to a marvellous buffet at lunch on a terrace filled with potted lemon trees. In the evening head to La Grande Limonaia and feast on rigati pasta with veal ragù, sage pesto and black truffle, or Catalan-style lobster with mango sauce, lettuce and bergamot emulsion. There's also a light menu, with each dish below 300 calories, for those here to lose weight, including roasted salmon with carrot cream and teriyaki sauce. Time spent here brings results. You'll be sent home with piles of exercise diagrams and will be bursting with resolve never to hunch over or gorge on chocolate cake again.

**INSIDER TIP** It would be easy to hibernate in the hotel, but instead go for a walk and take in the vineyards, olive groves and lemon gardens.

**BOOK IT** Wellbeing Escapes (+44 20 7644 6111; [www.wellbeingescapes.com](http://www.wellbeingescapes.com)) offers a five-night Rebalancing Integral Method programme from £1,044 per person full board, including flights, all treatments and activities.