

Floating away at Lefay
Resort & Spa in the
Dolomites

SPA GUIDE

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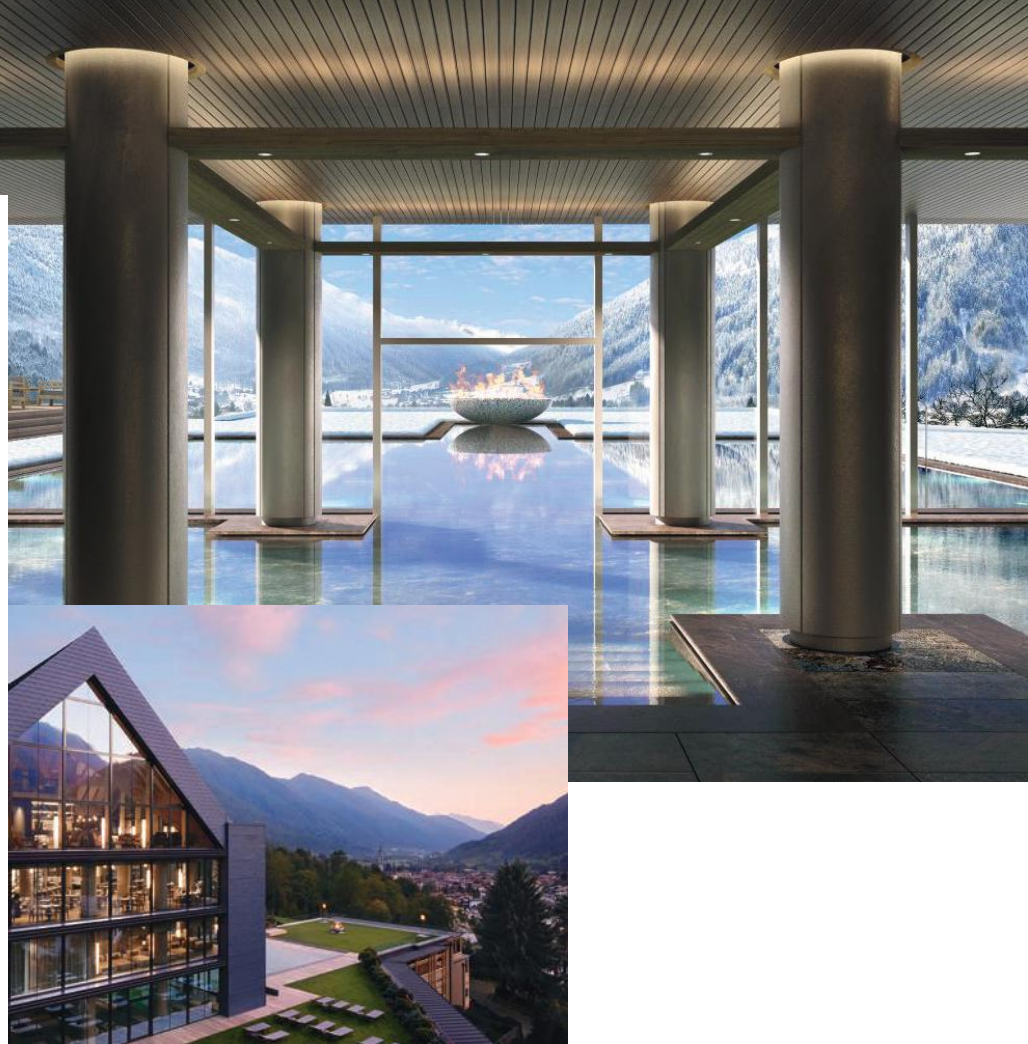
THE PERFECT PLACES TO HIT RESET

LEFAY

DOLOMITES, ITALY

Nestled into the mountainside on a UNESCO World Heritage Site in the Italian Dolomites, surrounded by forest, Lefay's newest offering is an elegant architectural juxtaposition of traditional and modern. Warm and cosy, with sleek accents and tonal touches, the 88-suite sustainable resort blends perfectly into the surrounding landscape. Situated in the popular ski area of Madonna di Campiglio, it provides a chic base to relax and recharge (there are firepits aplenty) after a hard day on the slopes, especially with a vast and impressive spa on offer. Set over three floors and incorporating the brand's wellness method of traditional Chinese medicine with Western techniques, it's a spa-goer's paradise with eight saunas, three pools, healthy snacks and a variety of authentic herbal teas, all catered to your emotional disposition. With immune-boosting breathing classes, low-calorie menu options and skin-loving juices to boot, you'll be tempted to give the slopes a miss altogether. But if you do crave a little movement, wrap up and explore the nearby waterfalls on the hotel's electric bikes – before retiring in front of your in-room faux fire to watch the clouds roll in over the peaks.

BOOK IT: Junior suites from £281 B&B.
dolomiti.lefayresorts.com/en



LES PRÉS D'EUGÉNIE

EUGÉNIE-LES-BAINS, FRANCE

Ever since 1861, when Empress Eugénie, wife of Napoleon III, bestowed her patronage on Eugénie-les-Bains' thermal springs, this sleepy town in south-west France has been a must-visit for fixing health issues. Then, in 1974, French superstar chef Michel Guérard opened Les Prés d'Eugénie. Housed in a supremely chic 19th-century manor house, this Relais & Châteaux retreat is a masterpiece of French country elegance, with Guérard's phenomenal food its crowning glory. A pioneer of nouvelle cuisine – the 20th-century movement that lightened traditional French cooking – Guérard created a shining example with his cuisine 'minceur' (slimming). Tuck into succulent beef salad, creamy risotto with vegetables and shrimp, and even a chocolate pudding – all in a three-course menu with less than 600 calories. Then continue shedding pounds in the garden spa, where thermal water baths in solid marble tubs in front of crackling log fires are divine, with a bouquet of rosemary, thyme and sage to exfoliate your skin. Next, aid digestion with a white clay bath – like wallowing in warm thick cream. The body-shaping hydrotherapies sting (a little) but stick with it, those high-pressure jets of water are breaking down unwanted fat cells. Sisley, the brand of choice, works wonders for further toning.

BOOK IT: Doubles from around £210.

lespresdeugenie.com