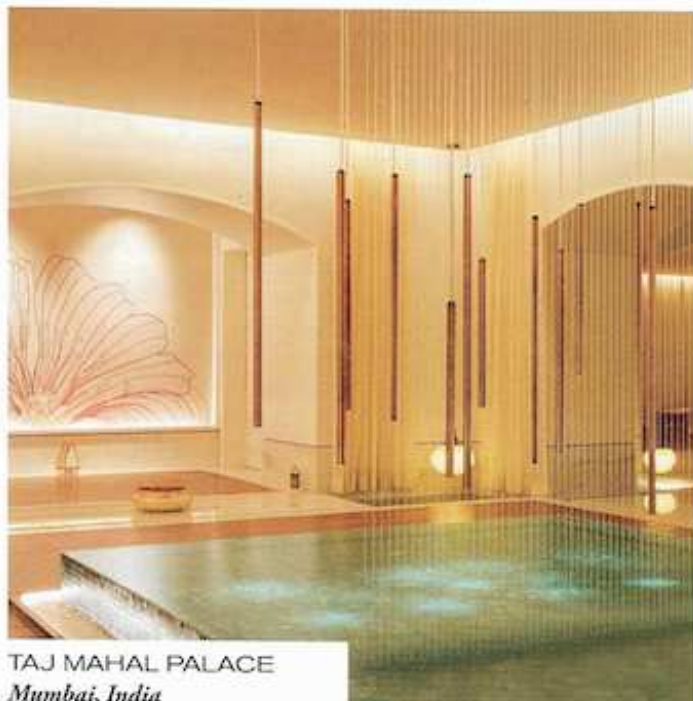


TATLER



SPA GUIDE 2019

IN ASSOCIATION WITH Healing  Holidays AND ESPA



TAJ MAHAL PALACE
Mumbai, India

Closeted within the city's majestic Taj Mahal Palace is an all-natural antidote to buzzing Mumbai – and the overhauled Jiva Spa wastes no time in recalibrating mind, body and soul. Its flowing energy envelops you from the get-go: soaring arches and lotus motifs abound – and a nod to Ayurveda, India's ancient healing system, is distinct throughout. Nodes at the beginning and end of the muscles (where detoxification takes place) are stimulated during signature Vishrama massages; the Ayurvedic wonder root ashwagandha, said to reduce cortisol, appears in various tinctures and oils. Ashram life is gently alluded to through guided kriyas (traditional purification and breath techniques) and jel neti (pouring warm, salty water through your sinuses – yogis swear by it for banishing head colds, allergies and poor concentration). Just as curative is Mumbai's first magnesium-rich flotation pool and a hammam, which purifies skin with Indian almond, turmeric and sandalwood. Finally, flop into a heated lounger – if you don't float out after 20 minutes, the staff are discreet enough to let you snooze. *Destinology* (destinology.co.uk; 01204 474801) offers three nights from £1,150, including British Airways flights and transfers.

LEFAY RESORT & SPA
Lake Garda, Italy

Up a meandering approach road lined with blossom trees and palazzos, the great lake comes into sight. Equally impressive is Lefay's approach to wellness, which sits at the nexus of Chinese medicine and Western practices. At its core is the belief that any mental or bodily issue derives from organ imbalance, such as in the lungs, liver or kidneys – cue a raft of therapies that aim to strengthen and rebalance. Like moxibustion, where hot smoking herbs stimulate targeted points across the body. Or an aromatherapy bath with recalibrating



VIVAMAYR
Maria Wörth, Austria

oils, before a sculpting mud-wrap. The new Recovery of Original Energy programme fuses heart-rate variability monitoring with acupuncture and reflexology to keep you firing on all cylinders. Nothing focuses the mind like a meditation walk through olive groves and rosemary (picked fresh and stirred into squash spaghetti at dinner).

Healing Holidays (healing-holidays.com/tatlerspaguide; 020 7529 8551) offers three nights, full board, from £1,300, including flights and transfers. **Tatler Exclusive offer see p.75.**

Since 1994 the mountain air and healing waters have lured those in need of revitalisation to Vivamayr, on Europe's largest and warmest Alpine lake. Namia-like in winter and Fifties Riviera in the summer, it's founded on the principles of Modern Mayr medicine – rest, cleansing, re-education of eating habits and supplementation. Medical director Dr Harald Stossier enjoys rock-star status among devotees. Initial consultations and abdominal massages immediately home in on hidden issues such as exhaustion, caffeine overload or lazy nutrition. But there's nothing that tried-and-tested methods can't treat: with morning oil-pulling (to get digestive enzymes going in the mouth); an alkaline menu (sparse, bar the famous buckwheat rolls); and gentle exercise. Exhaustion is remedied by vitamin infusions, massages and psychological consultations with the change-inspiring Magister Kohla before clarity dawns. You'll leave with renewed zest – and several pounds lighter.

Healing Holidays (healing-holidays.com/tatlerspaguide; 020 7529 8551) offers seven nights, full board, from £2,200, including flights and transfers.

HOT SMOKING HERBS STIMULATE TARGETED POINTS ACROSS THE BODY