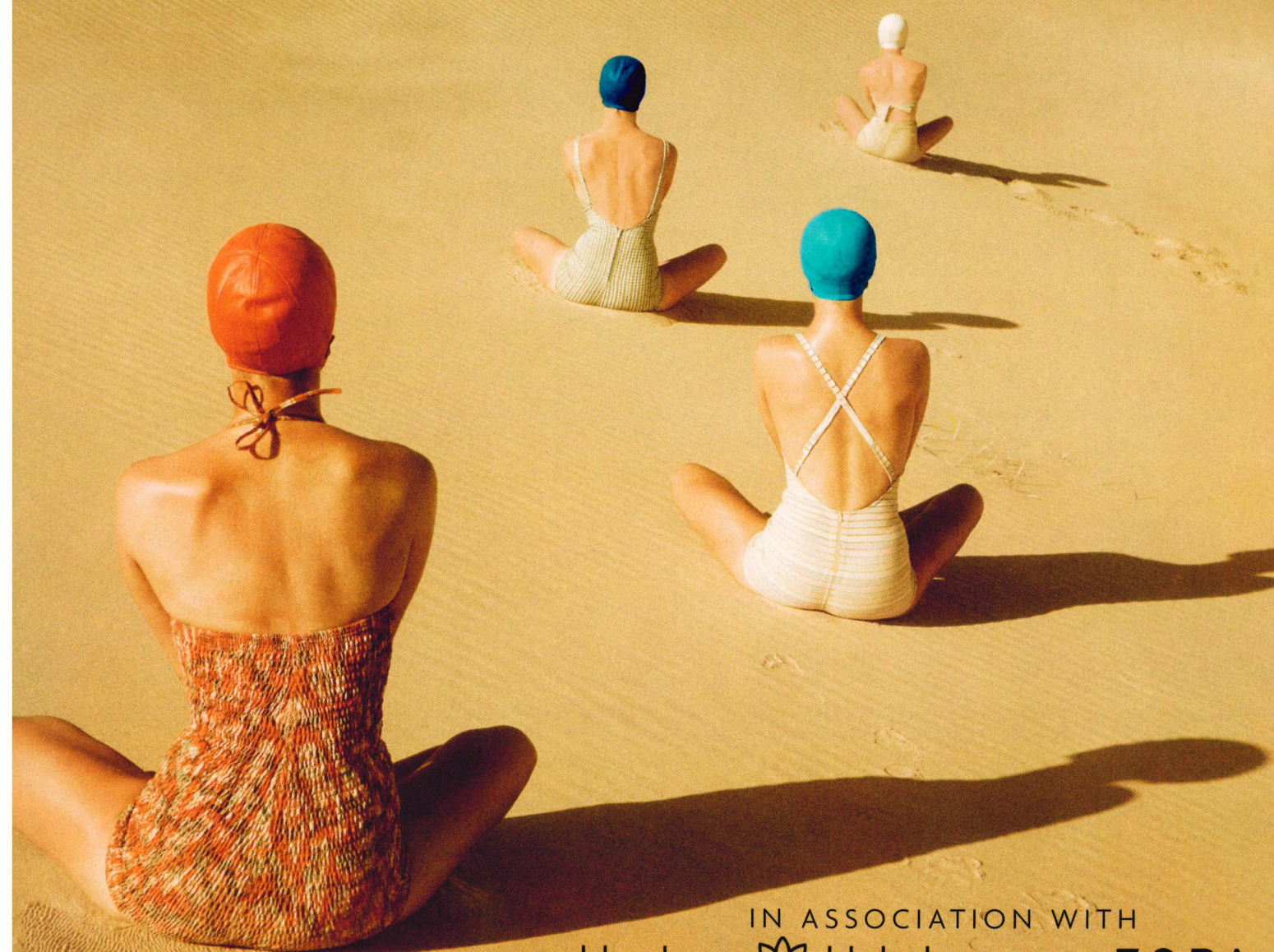


FAT TALKER[®]

SPA GUIDE 2017



IN ASSOCIATION WITH
Healing  Holidays AND ESPA

TATLER AWARD WINNERS 2017

ZEN MASTER

Santani SRI LANKA (P. 14)

Peace, love and understanding are the fabric of this eco-chic sanctuary, infusing everything from the architecture to the soul-soaring treatments.



Don't interrupt me, I'm doing jazz

CLASSIC BEAUTY

Lucknam Park ENGLAND (P. 26)

Cossetting rooms, country walks, superb suppers... this bucolic beauty has long held our hearts, but now that ESPA has arrived in the heroic spa, we love it even more.

EMOTIONAL OVERHAUL

Amanpuri THAILAND (P. 37)

Can a retreat at a five-star hotel change your life? Yes, if you're in the caring, capable hands of exceptional experts like these. Time to rediscover yourself.

TROPICAL TURNAROUND

Six Senses Zil Pasyon SEYCHELLES (P. 40)

There's the ridiculous sea and the OMG beach-and-boulder-strewn setting – but it's the off-the-chart yoga and treatments that make this an all-round winner.

BEST FOR EAST-WEST FUSION

Lefay Resort & SPA ITALY (P. 44)

Classic Chinese medicine and Western wizardry – plus Italian pinch-your-cheeks charm – form a winning combination that brings about lasting changes. AND there's Lake Garda: *Bellissimo!*

MEDICAL MAESTRO

Lanserhof Lans AUSTRIA (P. 47)

Mix a state-of-the-art medical centre with a spruced, slick hotel, and here's what you get: futuristic facilities, ravishing rooms, a fleet of doctors and results that last.

CHAMPION FITNESS

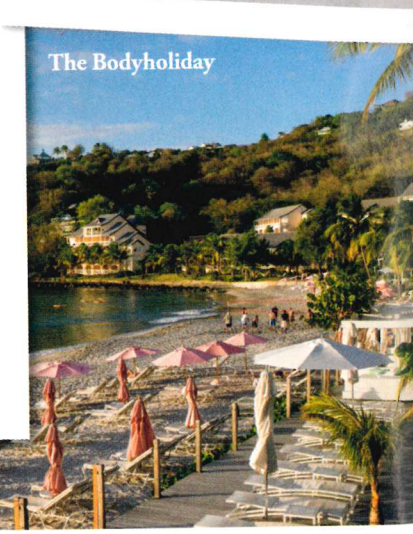
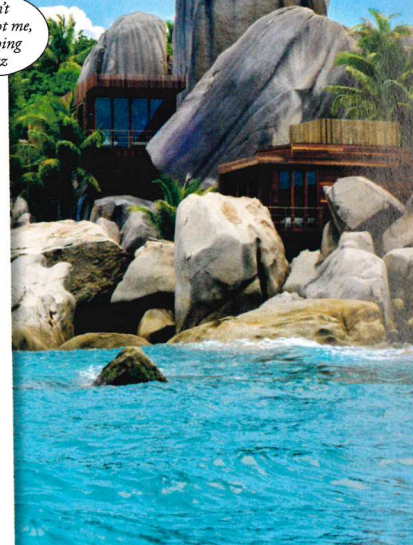
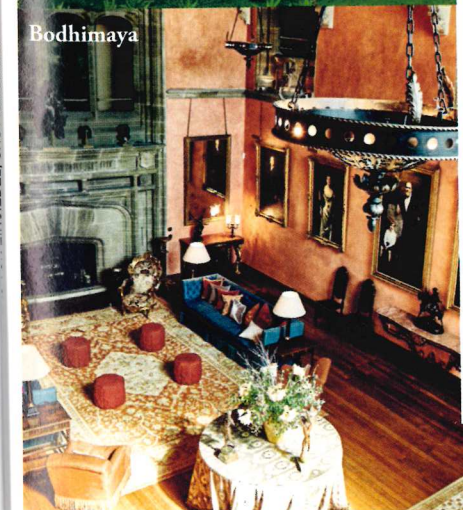
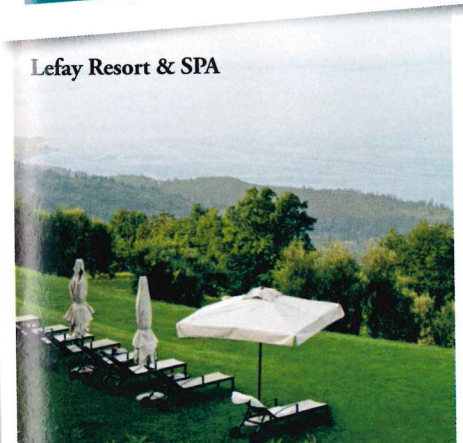
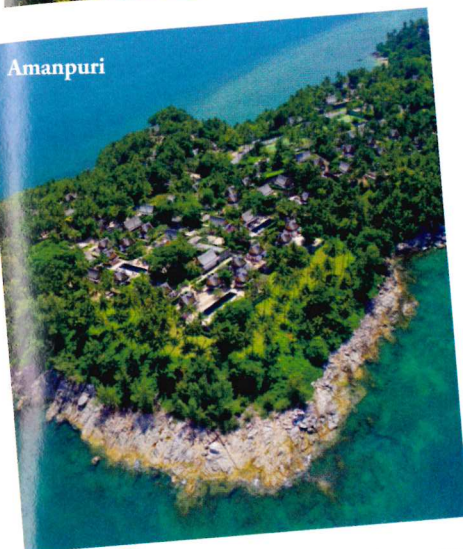
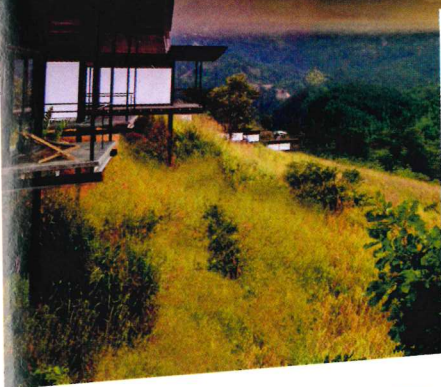
The Bodyholiday ST LUCIA (P. 50)

Frolicky fitness with a team of in-house and roving specialists – from Olympic athletes to ayurvedic supremos. All this plus white sand and rum punches...

GUT GETAWAY

Bodhimaya ENGLAND (P. 66)

It's fasting, yes, but made so much easier by the sumptuous surrounds of Cowdray House. Add yoga, meditation and expert support – that's style AND substance.



REAR GUARD

Beautiful places for bootylicious bodies

HEADS UP

Block-book therapist Teddy Trevisan – his deep-tissue tuina massage incorporates acupressure. It's a revelation.

TATLER
AWARD
WINNER
2017

Lefay Resort & SPA

Lake Garda, Italy

Here's why we love Lefay: it gets results without a jot of punishment. Set high above the glittering waters of Italy's largest lake, the resort uses a combination of traditional Chinese medicine and modern Western therapies to gently, kindly, sort you out. Even the weight-management programme is so good-hearted that you actually enjoy losing a few pounds, with your dignity firmly intact. No shouty ex-Army PTs, no depressing watery broth, no one grappling your muffin top with fat calipers. Instead, you have a consultation with charming Dr Carlo Barbieri (one of Italy's leading acupuncturists), who will prescribe a bespoke diet and umpteen treatments. Then the energy reboot: sessions of meridian stretching (t'ai chi meets yoga) with bubbly Veronica; guided walks in the intriguing 'energy gardens' of the glorious grounds; and qigong to strengthen and circulate qi (vital energy. Do keep up). Your diet will address organ and energy imbalances too. A sluggish liver, for example, responds well to bitter foods, so chard and artichokes may join swordfish carpaccio, filling omelettes and veal on your menu. Book the cavernous, dark 'moon lake', where you can sink into warm salt water for a womb-like calm, before dipping in and out of five saunas (Caligo, with red mosaic thrones and coloured lights, is like a Seventies-rock-star pad). Everything at Lefay is customised for you, from the puntarelle (chicory) salad that magically reappears when you mention it's a favourite, to finer needles for your second acupuncture session after you wimp out, needle-phobic, at the first. And make time for your balcony. Step out of your suite (eco lighting, stripy olive and walnut wood, sweeping Italian marble) to gape at the lake and mountains, and you'll be hit by the silence. It's so simple and yet so powerful. Here, serenity is king.



BOOK IT Healing Holidays (healingholidays.co.uk/tatlerspaguide; 020 7529 8551) offers the five-night weight-management programme from £2,480, full board, including flights, transfers and treatments. Book before 31 August for stays during 8 Oct–28 Dec 2017 or 2 Feb–28 Mar 2018 inclusive and get five nights for the price of four.

