

TATLER®

Spa
Guide
2018



IN ASSOCIATION WITH HealingHolidays AND ESPA


BEST FOR A DETOX



PALACE MERANO

MERANO, ITALY

Don't let first impressions – a grand but uninspiring lobby – put you off. Down in the basement is one of the world's most hi-tech medi-spas, offering every possible kind of treatment, all geared to one main aim: a total detoxification. Yes, you'll lose weight, on a mere 600 calories a day, but weight loss is not what it's all about. In the medical centre, doctors and nutritionists (ask for Dr Max Mayrhofer) talk you through your stay and plan the weeks after you leave. Each day starts with an hour of hydro-mud therapy, then a massage that targets organs and works on your circulation. The ebullient Marie-Pierre, Henri Chenot's sister-in-law, is a firm believer in Chinese medicine and will unblock negative energy. Chenot himself is now 75 and has been in the detox game for some 40 years. 'Why wait until you become sick?' he says. Why indeed?

 *Healing Holidays* (healingholidays.co.uk/tatlerspaguide; 020 7529 8551) offers seven nights from £5,300, full board, including flights, transfers and all treatments and activities on the Detox programme.


NEWS The new Six Senses Kaplankaya on the Turkish Riviera has a holistic anti-ageing clinic led by a neuroscientist. Smart (sixsenses.com).



LEFAY RESORT & SPA

LAKE GARDA, ITALY

If you need to slow the heck down and get your body back in sync, check into the eco-focused Lefay. The 10-night Intensive Detox programme is designed to expel toxins, decrease stress and put the wag back in your tail. Lefay merges traditional Chinese medicine with Western science, combining detailed nutritional and bodily analysis with acupuncture, tuina massage, clay wraps and saltwater therapies. It also employs some of the best therapists around. Days might be spent moving from acupuncture with leading expert Dr Carlo Barbieri to moxibustion, reflexology and detoxifying facials. There'll also be two dreamy sessions floating in the underground saltwater lake, a bit like a humid fairytale grotto. Best of all, purist abstinence need not rule – you can even try a glass of the local organic wine at lunch.

 *Healing Holidays* (healingholidays.co.uk/tatlerspaguide; 020 7529 8551) offers five nights from £3,050, full board, including flights, transfers and all treatments and activities on the Detox programme. Exclusive offer: book a five-night programme and receive a herbal infusion, a massage and a salt-lake session per person, early check-in and late check-out.