

TATTLER®

Spa Guide 2023

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Lefay Resort & SPA Lago di Garda is an holistic wellbeing haven designed to restore inner harmony - fully rejuvenating body, mind and spirit. Experience the newly renovated spa resort where luxury has been reinterpreted and interwoven with nature, silence, a seasonal Mediterranean diet and time for oneself. Located in a natural park with views overlooking Lake Garda, in the heart of the spectacular "Riviera dei Limoni", the five star luxury Resort offers an organic certified award-winning 4,300 sqm SPA, with more than 60 Signature energy treatments to choose from.

Indulge in a three night taster with the Discovery Spa programme from £1,539pp sharing, including transfers and full board. For more information, please visit healingholidays.com/tatlerspaguide or call on 020 7529 8551.

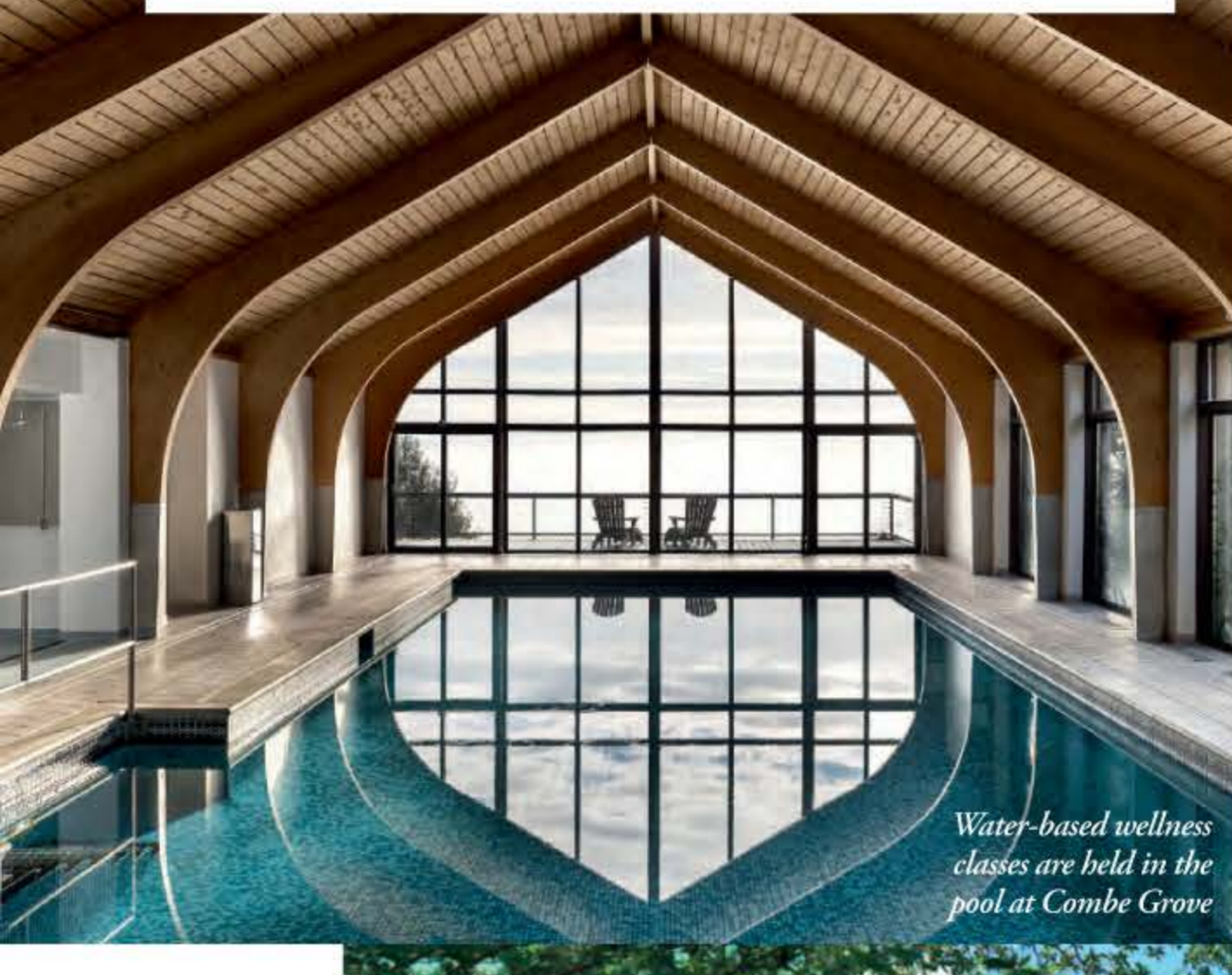
LEFAY
RESORT & SPA LAGO DI GARDA

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COMBE GROVE *Bath, UK*

Behold a new superstar in the making. Combe Grove has a clear-cut aim: to improve metabolic health – a key to enhanced and extended wellbeing – within the cradle of its 18th-century manor house and 70 acres of forestry and meadows. A year-long programme of check-ins and consultations kicks off with a week's retreat comprising talks, treatments and time-restricted eating. Everything is grounded in nature: morning rambles reset circadian rhythms; the food comes from the estate's field-to-fork kitchen garden; and the decor takes its palette from grass and bark. Bats, badgers – and, yes, moths – are lovingly conserved; rescue-goats trim the brambles; and walks in the woods become spiritual epiphanies. For even deeper immersion, future plans include treehouses and threshers' huts. *Seven-day retreat, £2,600, including a year's programme and Health Club membership (combegrove.com).*



Water-based wellness classes are held in the pool at Combe Grove

JAMAICA INN *Ochos Rios, Jamaica*

In tune with its 65-year history of easy glamour, Jamaica Inn's farm-to-skin foraging ritual introduces guests to the therapeutic qualities of its ocean-front garden bounties: exfoliating pineapple, detoxifying lemongrass, healing papaya and so on. (You'll also learn the recipe for a divine piña colada body-scrub.) But the setting, under a rainforest canopy between beaches, with a saltwater bath carved into the cliff, is what gives The Ocean Spa a head start in delivering relaxation. In the outdoor treatment pavilions, you get a concentrated sensory dose of all that is special about this resort. Serenity, as intoxicating as the Planter's Punch served on the beach, is in the exceptional therapists' lulling tempo. Don't miss the Ocean Ritual, which starts with a vigorous scrub, followed by a thermal cocooning in oatmeal, honey and coconut milk. Buffed and hydrated, you're primed for the Blissful Stone Massage, high up in a tree-hut, with surely one of the best views from a treatment table in the world. *Turquoise Holidays (turquoiseholidays.co.uk) offers seven nights from £2,475, including breakfast, flights and transfers.*



Indoor and outdoor pools reflect the landscape at LeFay Resort & Spa Dolomiti

LEFAY RESORT & SPA DOLOMITI *Verona, Italy*

For a change from the revered Lake Garda LeFay, try its younger Alpine sister, where glamour is elevated to dizzying heights – you can't move on the terrace for chic Europeans sporting this season's Moncler. The spa, more than 53,000 square feet of earthy, elemental energy, is also a crowd-puller. Less doctor-led than its older sibling, its focus is on the natural world, and treatments fold in Alpine butter, horse chestnut and mountain flowers. There are five 'sensory circuits', inspired by the seasons, whose areas differ in temperature as well as treatments and types of phytotherapy (healing with active plant ingredients). The former range from ice fountains and salt inhalations to bio-saunas and potassium-enriched pools. Meanwhile, the Michelin-featured Grual restaurant is a destination in its own right. After, say, saddle of roe deer and cherries, and iced green-apple meringue, sleep comes easily. Especially if you've booked the penthouse, with its bubbling hot tub, private sauna and head-spinning views. *Elegant Resorts (elegantresorts.co.uk) offers seven nights from £1,755, including flights and transfers.*



Be at one with nature at Jamaica Inn and enjoy breakfast on your cottage deck