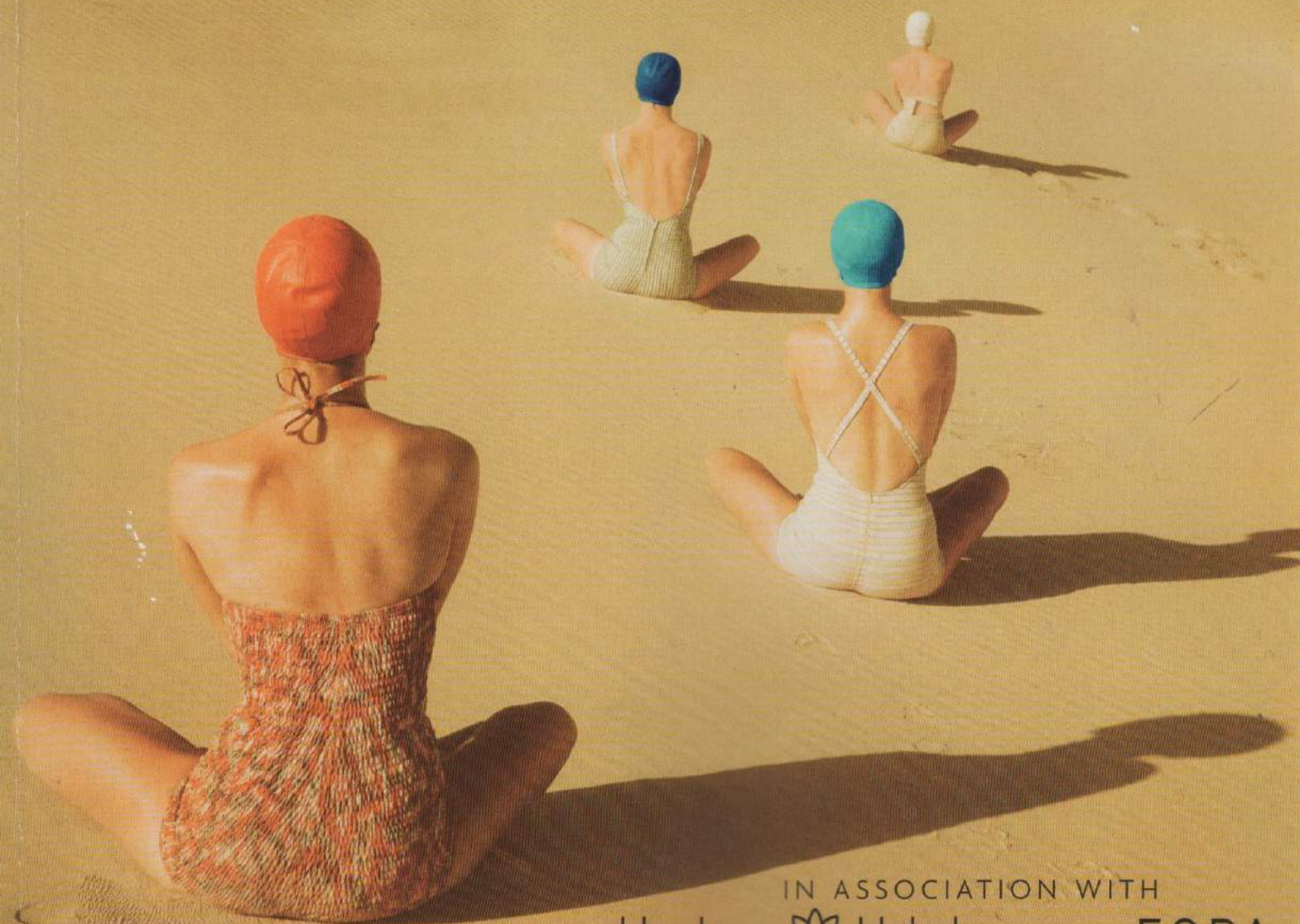



TATLER®

SPA GUIDE 2017



IN ASSOCIATION WITH
Healing  Holidays AND ESPA

PRIVATE LIFE

Help with handling unruly lady parts



HEADS UP

Get scanned with the state-of-the-art body-densitometry scanner. It checks both bone density and body fat to see how well you're ageing.

Palace Merano Merano, Italy

To halt the dial on ageing – particularly menopausal mood swings and mind fog – you can't beat a week on the Regenerating Anti-Age programme at 'the Palace'. You'll start off in your robe, in the minimal, white medical and bioenergetics departments, where they'll test the fatty-acid profile of your blood and run a full analysis of your hormones. As your diagnosis gets fleshed out, so does your personal plan (osteopathy, colonics, ozone therapy and so on). Detoxification is the focus here: dainty but delicious vegetarian food in the columns-and-chandeliers dining room, a one-day fast with nothing but clear broth, and therapies combining conventional and traditional Chinese medicines to drain clogged-up organs. Your day is filled with hydro baths, mud wraps, massages and exercise classes. Managing the menopause is not rocket science (increase physical activity, reduce meat and alcohol intake, get more fresh air and hang out with friends who lift your spirits) but it can feel like it. Clarity and camaraderie are key. You feel professionally and lovingly cared for here, emerging gleaming – and less ragey. **BOOK IT** Red Savannah (redsavannah.com; 01242 787800) offers a seven-night programme from £5,250, full board, including flights and car hire.

HEADS UP

Add on the Spirit 120 bathing ritual – a salt scrub and a wallow through hot and cold pools.



Palacio Estoril Estoril, Portugal

If you're heading towards 'the change', then head to the Palacio Estoril Wellness Centre. But you'll need to plan ahead, because you want the expert services of visiting doctor Dr Manuel Pinto Coelho – professor, specialist in all things hormonal *and* private physician to the Portuguese prime minister. His personalised programme deals with symptoms using bioidentical hormones. Your blood will be analysed and you'll see Dr Coelho to receive a tailored regime, which may include nutrition, exercise and supplements, offering a full-body reboot. You'll get your own menu plan too, and a range of treatments including the Banyan Tree signature – 150 minutes of ayurvedic massage and shirodhara. Joining exercise classes and vigorous morning walks by the sea is encouraged, as physical activity increases the production of telomerase, our inbuilt anti-ageing elixir. They've thought of everything. **BOOK IT** Three-night Lighter & Brighter detox programme, from £810, full board, including treatments and a consultation with Dr Coelho (palacioestorilhotel.com; 00 351 21 464 8000).

HEADS UP

Once you're home, Dr Coelho does excellent follow-ups by Skype, email or phone.



Borgo Egnazia Puglia, Italy

Borgo Egnazia's Vair spa calls itself 'spiritual alchemic', and no, its retreats are not for the sceptical. But don't be put off. The key to your stay at this Puglian-style village among lemon groves, with its candlelit spa beneath, is to escape your brain and get reacquainted with matters of the heart. If said heart is aching, or your sex drive has waned, the three-day women-only (and frankly out-there) Tarant programme is for you. Sessions involving dance, tambourine banging and even a simulated sword fight promise to start the mending process. No inhibitions allowed. Run with it, because you'll find that your feelings of embarrassment, frustration, sadness and anger will be released – or even transformed into euphoria. Then there's the headline act, resident shaman Stefano, whose gentle and intuitive massage releases hurt and heartache. Finish your day with a fortifying glass of red and the extraordinary local buffalo mozzarella before floating back to your room for deep, dreamy sleep. This cocoon of a place operates on a different level, and you'll leave a much happier and calmer person than the one who arrived.



BOOK IT Healing Holidays (healingholidays.co.uk/tatlerspaguide; 020 7529 8551) offers the four-night Tarant programme from £1,675, including breakfast, flights, transfers and treatments.



HEADS UP

Make time for Dr Harry König – he's charismatic, popular and has both a great bedside manner and knowledge of the latest regenerative treatments, including stem-cell therapy.



HEADS UP

Pack your snazziest underwear for the cryotherapy chambers – a three-minute session twice a day in one of the two cold booths (set at -60°C and -110°C) is said to burn calories, relieve joint pain and improve sleep. Cool.

Thermes Marins Monte-Carlo

Monte Carlo, Monaco

Dr Christophe Duhem, the resident nutritionist here, manages to make an hour-long consultation delving into the mechanics of your body absolutely riveting. But then, any man who can compare the enzymes in the digestive tract to a pearl necklace demands our full attention. The initial face-to-face on the four-day Silhouette package, held at this recently vamped-up spa overlooking Monte Carlo's bobbing superyachts, assesses which vitamins, minerals and fatty acids you're lacking. There is weighing, measuring of fat content and various blood tests, after which a personal programme is devised. Then comes the good bit: they have all sorts of machines that do the hard work for you. The toning Human Tecar Bodyreser, for example, combines radiowaves and massage to help improve metabolism. Our favourite: the MIHA BodyTec, a tummy-tightening, slack-skin-smoothing dream that involves electrostimulation and exercises – 20 minutes are said to be the equivalent of two hours in the gym. Then catch some rays overlooking the glamorous marina while eating delicious offerings from the spa's L'Hirondelle restaurant, all Mediterranean-inspired plates and menus at around 500 calories. **BOOK IT** Four-day Silhouette package, from £1,640, including medical treatments and tests, lunch and a personal consultation with Dr Duhem (thermesmarinsmontecarlo.com; 00 377 98 06 41 51).

Villa Stéphanie

Baden-Baden, Germany

The fashionable, thermally heated watering hole of Baden-Baden has been a go-to place for health cures since Victorian times. But for modern regulars, its USP is Villa Stéphanie, located between Brenners Park, one of Europe's loveliest grand hotels (a kind of German Claridge's), and the state-of-the-art medical facilities of Haus Julius. At the latter you'll find not only superb doctors, but aesthetic dentist Dr Marcus Beschnidt and preventative medicine from Dr Reinhold Busch, along with gynaecologists and ophthalmologists. Then there's the spa at Villa Stéphanie itself, with everything from indulgent facials and fitness programmes to shiatsu and one of the best (and toughest) sports massages you'll ever experience. And the Black Mountains are RIGHT THERE for invigorating hikes. After that, there's always the prospect of a G&T and a great supper at Brenners Park (even the spa menus are scrumptious). This is proof that the good life needn't be penitential. Here, you can have the best of both worlds.



BOOK IT Healing Holidays (healingholidays.co.uk/tatlerspaguide; 020 7529 8551) offers the seven-night Classic Detox retreat from £2,930, full board, including flights, transfers and treatments. Book before August and receive a £75 spa voucher.

SHA Wellness Clinic

Alicante, Spain

When it comes to looking after your behind, SHA clinical spa – a modern medical marvel set between the Mediterranean and the rugged mountains near Alicante – is the bottom line in efficiency. Colonic hydrotherapy spares no blushes as your bowel is flushed out; daily personal training goes for the glutes; and yoga and sunrise Nordic walks target firmness and tone. Once you've unpacked in your coolly minimalist room, head off to see the nurse, who'll take your blood to get a snapshot of your health. A hot-off-the-press personal programme, mixing conventional modern medicine with therapies from the East, might make it back to your room before you do. Treatments can include an underwater massage to reduce tension, bloating and puffiness, or a VelaShape III session, which promises to contour and slim using infrared light and radiofrequency. And then there is the food: reduced-calorie diets and menus that follow macrobiotic principles. You might – hold on to your Spanx – lose six pounds in three days.



BOOK IT Healing Holidays (healingholidays.co.uk/tatlerspaguide; 020 7529 8551) offers the seven-night Essence programme from £3,595, full board, including flights, transfers, activities and treatments. Receive a 10 per cent discount on accommodation when you book more than 45 days in advance.

HEADS UP

The clinic has some cracking recipes on its website, as well as its own cookbook, so you can recreate its anti-ageing dishes back home.

