

Condé Nast Traveller

THE SPA GUIDE 2013

THE BEST SPAS IN THE WORLD

WEIGHT LOSS IN ITALY

ASHRAMS IN CALIFORNIA

DETOXES IN AUSTRIA

AYURVEDA IN THE MALDIVES

SURFING IN COSTA RICA

YOGA IN CAMBODIA

BOOT CAMPS IN BRITAIN



In association with ESPA and Healing Holidays



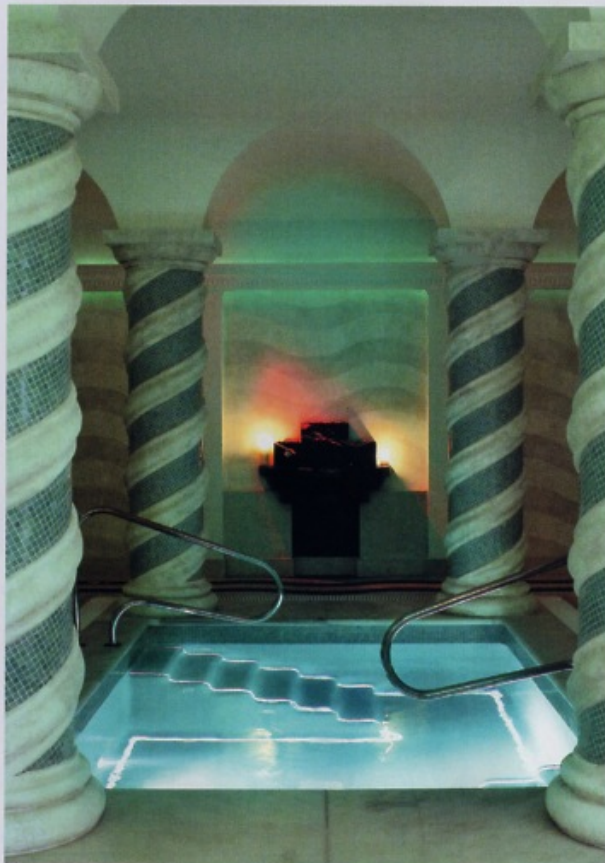
LONGEVITY WELLNESS RESORT PORTUGAL

So here you are: burnt-out and exhausted. You're only 35, yet you feel 100. But the spritzly staff at Portugal's newest spa say they can turn back the clock, fix you up. Their mission is disease prevention, achieved by scrutinising your toxic lifestyle habits. This is a serious business, on a hill in the sunny Algarve, an hour from Faro and within walking distance of the cobbled spa town of Caldas de Monchique, famed for its alkaline springs. The treatments are transformers, and the philosophy is utterly doable in real life. On arrival, you are submitted to a battery of tests to assess your BMI, water and fat levels, and cardiac fitness. From this, they deduce the magic number of your biological age (Ruby Wax was 19, which should give everyone hope). Treatments range from intravenous-nutrient therapy, where vital nutrients are pumped into the body via the bloodstream, to ozone therapy (a bit *Star Trek*, but repeat guests claim they don't get colds or flu, and have renewed energy for months afterwards). There's a huge range of other therapies and analyses, including food intolerances and acupuncture, as well as a detox programme, skin rejuvenation and anti-ageing cosmetic procedures. Osteopath Riccardo Rosso is a combination of spiritual healer, cranial-sacral therapist and psychologist; he is like a pianist who is in tune with every note of your body. He probes your mind and manipulates weary limbs to release energy blocks and make you feel brand new. It is all very well thought through and makes you feel genuinely looked after. The doctors' approach is refreshing; they don't frown on the way you live your life, but advise and inspire you to take a healthier path. It's like an all-over body MOT with medical back-up. **TAKE HOME** Elemis Pro-Collagen Body Serum (£48.50) – like a pair of Spanx in a bottle. **BOOK THROUGH** Healing Holidays (+44 20 7843 3592; www.healingholidays.co.uk/condenast), which offers a seven-night Essential Detox programme from £2,565 per person full board, including daily activities, flights and transfers.

TRAVELLER SPECIAL Book this and receive a complimentary 40-minute facial

VILLA PADIERNA PALACE HOTEL SPAIN

What do Michelle Obama, Antonio Banderas and Flavio Briatore have in common? They've all put their feet up here, an Italianate palazzo half an hour from the bling of Puerto Banús. It's slightly crazy, in a Las Vegas kind of way: a wonderful rendition of the opulence of ancient Rome, via Renaissance Tuscany, set on a huge manicured golf course in Spain, with statues, tinkling fountains and 1,000-thread-count sheets. And the spa offers glorious pampering. Charming Dr Alberto Cerrada will give you an initial consultation, but it feels more like a life-coaching session than a military drill. The emphasis is on achieving and maintaining a balanced lifestyle. Before you get down to the serious anti-ageing stuff, you can warm up in the thermal baths with a visit to the hammam or laconium sauna or an exotic, coconut-and-vanilla-scented steam before throwing yourself into the icy plunge pool to tighten saggy flesh. It's fun and rejuvenating. Then you move on to all sorts of tricks: ultrasound and radio-frequency treatments to iron out engrained crow's-feet; seaweed baths to renew leathery skin; facials to lift, firm and cleanse deeply. The lympho-energetic massage, which uses essential oils and a Chinese cupping technique up your spine, is great. And check out the oxygen bubble massage, performed in a tent with pumped oxygen, which is especially beneficial for those who suffer from migraines and respiratory problems. Despite the serious undertones of the spa, this is the perfect long weekend: there's golf for those who play; chilling for those who don't; fruit platters for those being virtuous; and truffle risotto for the naughty. **TAKE HOME** A jar of La Prairie's Skin Caviar (£492) – it costs almost as much as your stay but promises to take three years off in a few weeks. **BOOK THROUGH** +34 952 88 9150; www.hotelvillapadierna.com. A one-night package, including a four-hour Spa Duet therapy for two, costs from about £795. **TRAVELLER SPECIAL** Book this and receive a 30 per cent discount



PHOTOGRAPHS: NIAL CLUTTON; LINE KLEIN

SPA

PARKHOTEL IGLS, AUSTRIA

Set in a pretty mountain town and surrounded by its own park with mature trees and a herb garden, Parkhotel Igls offers holistic, medically supervised programmes based on Modern Mayr Medicine, where nutrition, exercise and treatments focus on the health of the gut. For the best results, retreats of two weeks or more are recommended, but for the time-poor the effective four-night Modern Mayr swift programme gives you proper time-out to relax.

From £1,470 per person, single occupancy, for a four-night Modern Mayr swift programme, including flights, transfers, accommodation in a Superior room on a full-board basis, medical consultations, a 50-minute massage, four therapeutic treatments and more with Healing Holidays. Valid until 30 November 2013. Book a Modern Mayr swift programme and receive a £150 discount.



SELECTIONS

Healing Holidays recommends its spa picks for 2013...

FUSION MAIA, VIETNAM

At this sleek, Zen-lifestyle resort on Vietnam's white-sanded central coast you'll have a minimum of two spa treatments each day included in your stay, so you won't have to worry about hidden extras. Instead, relax and let the talented wellness specialists ease body and soul with healing massages, body and beauty treatments and spirit-lifting yoga, breathing and meditation. There are aromatherapy workshops and tea-appreciation classes, and you can have your breakfast anytime, and anywhere you choose.

From £1,549 per person sharing for seven nights, including flights, transfers, accommodation in a pool villa, all spa treatments daily with Healing Holidays. Book a seven-night stay and receive a complimentary Fusionista Explorer Tour with wellbeing and cultural activities tailored to your tastes.



LONGEVITY WELLNESS RESORT, PORTUGAL

Set in the lush, green Monchique mountains in the south of Portugal, this contemporary award-winning wellness resort offers some fantastic programmes for wellness, stress, weight management and anti-ageing. Choose the Detox & Stress Management programme to help you control stress and anxiety and adopt a healthier lifestyle, or for a focused cleanse to rebalance body and mind, the Essential Detox programme teams medical consultations and detoxifying wraps and therapies with training sessions.

From £2,565 per person sharing for a seven-night Essential Detox programme, including flights, transfers, accommodation in a suite, meals, access to the gym and spa, daily group activities and the detox programme with Healing Holidays. Book and receive a complimentary 40-minute Taster Facial for an instant skin pick-me-up. Offer valid for bookings and travel before 31 December 2013.

TERME DI SATURNIA SPA & GOLF RESORT, ITALY

An elegant destination spa and golf resort in a medieval Tuscan village, this award-winning retreat is set on the site of a rich thermal spring, whose sulphurous waters have been used by generations of bathers for their health-giving properties. Soak in them to naturally detox, exfoliate, enhance your circulation, relax your muscles and improve your breathing. For after, there are pampering and holistic treatments and fitness classes to be enjoyed

From £1,525 per person sharing for a seven-night Remise en Forme programme, including flights, transfers, accommodation, daily breakfast, a Gommage and Thermal Plankton treatment, a Nutrimelis treatment, a Saturnia long massage, a Saturnia four-hand massage shower and a foot massage with Healing Holidays.

