

MONDAY

# BAZAAR

Harper's

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## TRAVEL HOT 1000

*The eye has to travel*



## 5 THE BLUE SPA at BAYERISCHER HOF *Munich*

Munich's Bayerischer Hof, one of the oldest hotels in the city, has a gem on its roof: the Blue Spa, the only spa designed by architect Andrée Putman. The views from the café, terrace and pool area, complete with fitness studio, are the best in the city. Treatments range from ayurvedic, shiatsu and hot stone to Swedish, but try those devised by Dorissima Organic Alp Spa Rituals, which use indigenous mountain flowers and herbs, such as alpine rose, willow thorn, gentian and edelweiss. Created by former Versace muse Doris Brugger, and unique to the Blue Spa, they are a fusion of wraps, scrubs and massages using the healing properties of colour and crystals. The Arnica Ritual is based on yellow for vitality and zest, and uses frankincense, lemon and vanilla in the oils and yellow calcite as its crystal.

*Bayerischer Hof (+49 89 21 200; [www.bayerischerhof.de](http://www.bayerischerhof.de)), from about £285 a room a night.*

## 6 FOREST FIT BOOT CAMP at LIME WOOD *Hampshire*

The gentle but persuasive trainer at the Lime Wood hotel will have you up with the lark doing Pilates or yoga stretches on the top of the Herb House Roof Garden at the start of its three-day Forest Fit Boot Camp. Then he has you pounding the trails of the New Forest, leaping over open-moorland streams, surviving obstacle courses on sand-dunes and performing press-ups on a municipal bench. Later, you can ride, cycle, crawl up and down the ozone lap pool or soak aching muscles in the Mud House and steam room or in the huge sauna. You eat well but healthily in the spa's Raw & Cured bar (haddock and salmon prepared in the hotel's smokehouse) and collapse at the end of the day with room service in front of a roaring fire in your suite.

*Forest Fit Boot Camp at Lime Wood (02380 286999; [www.limewood.co.uk](http://www.limewood.co.uk)); three nights, from £1,750 a person full board, including fitness training, bespoke treatments and use of the spa.*



## 7 LONGEVITY *Portugal*

There is a new crop of destination spas that renders those pampering resorts of old as stuck in the dark ages. Combining science and soul, Longevity is one such new-generation wellness retreat. Situated in the mountains of the Algarve, a half-hour drive from wild and beautiful Atlantic beaches, it offers a fresh take on the concept of rejuvenation. The focus is on biophysical and cellular health: exercise specialists create bespoke diets on the basis of body and health evaluations using machines tested by Nasa that measure muscle, fat and water content and give metabolic readings. Clients return for the weight-loss and anti-ageing programmes, cosmetic treatments and the incredible food. *Longevity Wellness Resort (+351 282 240 110; [www.longevitywellnessresort.com](http://www.longevitywellnessresort.com)), from about £200 a suite a night, including breakfast, lunch and a daily voucher towards spa treatments.*