

TATLER[®]



SPA GUIDE 2013

IN ASSOCIATION WITH HEALING HOLIDAYS



TATLER'S BEST SPAS 2013

Kerpow! And the prizes for punchiest places on the planet go to...

ALILA VILLAS SOORI

MOST HEAVENLY HIDEAWAY
Gosh, you won't want to leave. The whole place is remarkably designed, with clean, sharp lines, sleek private pools and polished woods you can't stop touching.

Welcome to the new Bali: glamorous and spiritual, with the most decadent spa therapies out there (see page 29).

BORGIO EGNAZIA

PERFECT FOR PARENTS

An Italian family wonderland. So lovely it almost seems criminal small children are allowed. Please don't let them be sick. Everything is white. And dreamy. And new. And the spa is spectacular. Just walking around it seems like a treatment. That is until you try an actual treatment and realise you've found something otherworldly special (see page 15).

CHIVA-SOM

ENDURING EXCELLENCE

The best just keeps on getting better, and nowhere has more programmes or finer therapists. The Thai massages will leave you taller and the food is a sensation.

Even men love Chiva (and not just because so many women go). It's rather like a tropical boarding school. And you can sneak in some Botox while you're there. Totally worth the flight to Thailand (see page 37).

LES FERMES DE MARIE

BEST BOLTHOLE

A pampering nest on the Alpine slopes of France where you can send your fussiest friends and know they won't come back complaining. Skiing meets skincare and muscle-melting massages. Hotelier Jocelyne Sibuet is an unsung heroine who deserves to be lauded. Everything she touches is perfection (see page 26).

LONGEVITY WELLNESS RESORT

MOST LIFE-CHANGING

Portugal's most exciting, most directional spa outpost. Medically sound without being at all scary; effective without being torturous. Come to cure all those wretched issues – sleep, weight, stress, back-ache. And to soak up the spring sun. You'll

leave feeling better than you have in years. Both nurturing and groundbreaking – a revelation (see page 7).

MONASTERO SANTA ROSA

BEST NEWCOMER

Everything you want in a supreme romantic escape is here: a knockout setting on the Amalfi Coast, a stunning pool, wonderful staff, epic food, plus an utterly spoiling, full-throttle spa that will send you home buzzing. Set to become a heavyweight. Book it now (see page 21).

VIVA MAYR

BEST FOR

HARD-HITTING RESULTS

Ok, so this Austrian bootcamp is tough. You'll want to eat your own lip balm there's so little food, but you'll discover cheekbones you never knew you had and a whole new diet dictum that will change your life. Tackle allergies, migraines and off-the-Richter stress. Motivating, gut-cleansing and supremely healing (see page 41).

TOP-SPEED TURNAROUNDS

Short hops to super-fixes

TATLER
AWARD WINNER
MOST LIFE-
CHANGING

LONGEVITY WELLNESS RESORT

ALGARVE, PORTUGAL LOVE
WELLNESS

Fresh, young, authoritative, innovative, oodles of oomph – this is just what we are all looking for in Europe. A place of medical healing where homeopathic understanding and soulful undertones meet the latest in scientific know-how. And it's just three hours away. And it's sunny. And the staff are adorable. Don't be put off by the uninspiring look of the hotel (bit of a concrete block). Trust us – it's not important. What matters is that you are somewhere quiet, with pure air and natural spring waters, where your gigantic, Scandic-simple apartment room overlooks the sea. Treatments range from intravenous ozone therapy (wards off colds and increases energy – some come once a year just for this) to acupuncture, detoxing and new-you cosmetic procedures. And the food is superlative: the best-ever dorado, poached with lime and wild garlic, served with sweet beetroot and quinoa. Grab time with Ricardo Rosa, a spiritual healer and osteopath whose hands are more powerful than melatonin and who will catapult you to cloud nine. Really somewhere to get excited about. **Website** longevitywellnessresort.com **Book it** Healing Holidays (020 7529 8551) offers seven nights from £2,130, full board, including flights, transfers and treatments. ▷

TATLER

The TATLER Spa Awards 2013
and the launch of the TATLER Spa Guide
in association with Healing Holidays

THE WINNERS

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LES FERMES DE MARIE

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