

TATLER

SPA GUIDE 2014



Are you a
PURIST?

IN ASSOCIATION WITH
Healing  Holidays

GRAND RESORT BAD RAGAZ

BAD RAGAZ, SWITZERLAND

We trust the Swiss, we just do. The split-second timepieces, the numbered bank accounts, the Toblerone, the divine mountain health hotels. And the best, the absolute best (as well as the biggest – not one, but two meticulous hotels) and most spectacular of thermal spas is Bad Ragaz. It's swaddled by a fecund valley an hour south-east of Zurich and its acclaimed medical and dental centre will send you packing with everything from a new set of gnashers to a gynaecological screening with hormone and fertility checks. They won't recognise you when you get home, really they won't, because you can have a nip and a tuck here too. Even insomniacs are catered for (in a bid to improve your kip, experts will rig you up to sensors and film you sleeping). Plus there's a relationship-restoring stop-snoring package. If that doesn't float his boat, how about the four-hour male-grooming package – manicure, pedicure, Niance Power facial and, if he's very good, a complimentary joyride on a Harley Davidson to rebalance his hormones. **WEBSITE** resortragaz.ch **BOOK IT** Healing Holidays (healingholidays.co.uk/tatlerspa; 020 7529 8551) offers two nights from £2,569, including British Airways flights, transfers, breakfast and treatments.

OFFER COMPLIMENTARY ROOM UPGRADE AND LATE CHECK OUT. FOR DETAILS AND TO BOOK, VISIT TATLER.COM/SPAOFFERS OR RING 020 7529 8551 AND QUOTE TATLER SPA GUIDE.

SPA TAKEAWAYS

Withings Pulse (below), £89.95 (withings.com)
The smallest activity tracker in the world. Sync to this little wonder and it will track your every move – including monitoring your sleep.

Quantum Scale (bottom), £25 (quantumscale.com)
This is brilliant – scales that NEVER tell you your weight, just how many ounces you've lost (or, erm, gained).



LONGEVITY WELLNESS RESORT

ALGARVE, PORTUGAL

Even if the architecture isn't your thing (bit boring, bit boxy), this mountaintop resort spa and discreet little clinic tucked away from the hullabaloo might be. If the very thought of dropping your daily stool sample at the medical department causes consternation, myriad less-probing marvels will soon calm you down: candlelit treatment rooms, steam rooms and saunas, and a yoga terrace built into the hillside. Top-to-toe body checks are startlingly revealing (right leg 1.2 per cent fatter than the left?) and treatments are hardcore. Take the intravenous ozone therapy, for example, which promises to reduce inflammation and boost immunity – and book yourself in for some quality time with Ricardo Rosa, an osteopath at the top of his game. A 'wellness butler' brings oven-roasted sea bream and grated beetroot to your cool-as-a-cucumber suite, set in the green Monchique hills – hills that offer steep walks, firmer glutes and deep sleep. When you leave comes the biggest revelation of all, calculated from all those tests: your metabolic age. Trust them, they're doctors.

WEBSITE longevitywellnessresort.com **BOOK IT** The Healthy Holiday Company (thehealthyholidaycompany.com; 0845 458 0723) offers seven nights from £895, including flights, transfers and breakfast.

