

# COSMOPOLITAN

FEBRUARY 2017

ONLY  
**£1**

## UNDO THE DAMAGE!

The workout  
everyone is  
talking about

MEET THE  
MOST  
FANCIED  
PEOPLE  
ON TINDER\*

## HAVE YOU GOT VEGAN WRINKLES?

What extreme diets are  
doing to our faces

## 'I JUST CAN'T STOP MYSELF'

One magazine editor's  
secret addiction

## HOW TO BECOME A SUPER BRAND

By those  
who've  
done it

EXCLUSIVE

## Emma Willis

TOOK US HOME AND  
GOT US NAKED



\*And find out how you can be one

...ner, and I made friends  
with a bona fide Lady with  
a manor house. You see, hunger  
is a great leveller. Status means  
nothing when you're all starving  
and defecating (Epsom salts *is a thing*  
– a great 'cleansing tool,' if you know  
what I mean).

Of course, there is so much more  
to this place than 'power chewing'.  
There is a whole wing dedicated to  
vitamin injections and nasal  
reflexology and all sorts of weird

...all, VIVAMAYR basically  
changed my shape, my mind and my  
life. I came away lithe, uplifted and  
with a green Tyrolean hat. (Well, I did  
say this place changes you.) Yes, the  
40-bite rule is boring as sin for my  
husband, but it works. Three months  
later, I'm still losing weight, still  
dreaming of Lake Altaussee and  
even occasionally wearing the hat.

➤ **DO IT** Rooms at VIVAMAYR start  
from £192 per night based on single  
occupancy (a minimum stay of seven  
nights is recommended); [vivamayr.com](http://vivamayr.com)

## 3 more medispas



### Longevity Thalassa & Medical Spa, Portugal

Want to detox and  
lose weight? How  
about some laser  
resurfacing and  
intravenous nutrient  
therapy while you're  
at it? Do the lot  
here – you'll come  
back at least 5lb  
lighter and with  
an addiction to  
expensive fluffy  
bathrobes too.

**Seven-night wellness  
break from £2,885  
per person;**  
[Longevityvilalara.com](http://Longevityvilalara.com)



### Lanserhof Tegernsee, Germany

This state-of-the-art spa  
follows the LANS Med  
Concept; Mayr method  
with some extra  
techniques thrown in.  
Whether it's bloating/  
weight gain/bad skin or  
hell, anything else,  
they'll find the problem  
and vow to fix it.  
Roman Abramovich  
is a fan of its sister  
hotel in Austria. If  
it's good enough for  
an oligarch...

**Rooms from £333 per  
night; Lanserhof.com**



### Evian Resort, France

As in the bottled  
water? Damn straight.  
There's a whole  
thermal spa dedicated  
to the stuff, including  
an Evian Source detox  
and re-energise  
programme, plus  
water-based medi  
treatments for muscle  
pain, digestion problems  
and cellulite. And all  
this while overlooking  
stunning Lake Geneva.  
Eau so good.

**Rooms at the Hotel  
Royal from £231 per  
night; Evianresort.com**

## SPA G

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5 days

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