

YOUR
CUT-OUT-
AND-KEEP
GUIDE

100 Best spas

We've steamed, stretched and soothed our way across the globe to pick our favourite restorative retreats to suit your every need – and budget

BEST VALUE

1 Azul Fit, Canary Islands
Loved for Expert Pilates and yoga instruction, minutes from the beach.
Book it From £490pp for seven nights (azulfit.com).

2 Middle Piccadilly, Dorset
Loved for Holistic retreats. There are vegetarian, detox or raw-food options!
Book it From £75pppn for a detox retreat (middlepiccadilly.com).

3 Sianji Gardens of Babylon, Turkey
Loved for Luxe array of spa treatments.
Book it From £82pppn sharing (gardenbabylon.com).

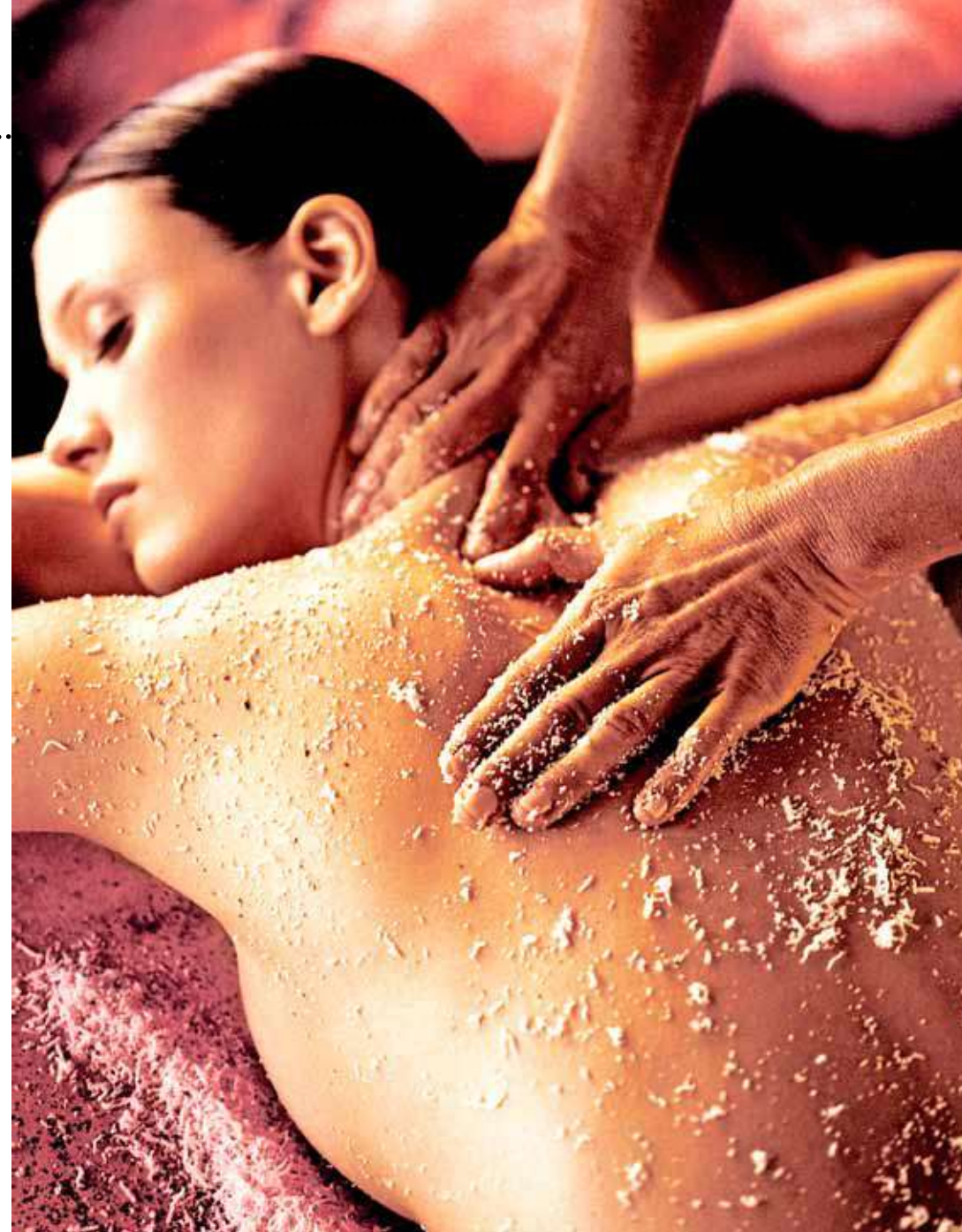
4 Vitalisé, Portugal
Loved for Diet programmes, including alkaline food or juice fasts.
Book it From £780pp for eight days (lotusjourneys.com).

5 Homefield Grange Retreat, Northampton
Loved for Naturopathic detox with juice fasts, colonics and massage.
Book it From £469pp inclusive for three-day Weekend Taster Detox (homefieldgrangeretreat.co.uk).

6 The Sanctuary, Thailand
Loved for Back-to-basics yoga, therapies and near-deserted beaches.
Book it From £4.63pppn for dormitory bed (thesanctuarythailand.com).

7 Freely Given Retreats, Devon
Loved for Silent meditation for total relaxation and calm.
Book it Charity-run, pay what you can – suggested donation £150pp per week (freelygivenretreats.org).

8 Ayurveda Pavilions, Sri Lanka
Loved for Ayurvedic treatments in air-conditioned villas with private gardens.
Book it From £114 pppn sharing (jetwinghotels.com).



YOGA

9 Soul & Surf, Kerala, India
Loved for Surf safaris and rooftop sunset vinyasas at this clifftop hotel.
Book it From £189pp per week B&B; £130pp per week for surf and yoga (soulandsurf.com).

10 Zening, Cyprus
Loved for Yoga, meditation, biking and hiking at a veggie resort.
Book it From £695pp sharing for seven nights, including flights (thehealthyholidaycompany.co.uk).

11 Satvada Retreats, Marrakech, Morocco
Loved for Yoga, walking and mindfulness meditation in beautifully designed riads in the shadow of the snow-capped Atlas mountains.
Book it From £545pp sharing for five nights (satvada-retreats.co.uk).

12 Shreyas, Karnataka, India
Loved for One-to-one yoga sessions, ayurvedic treatments and morning meditation practice.
Book it From £1,750pp sharing for seven nights, including classes (thehealthyholidaycompany.co.uk).

13 Santa Maria Del Sole, Puglia, Italy
Loved for Family-run, all-ability yoga retreat in a 16th-century farmhouse.
Book it From £895pp sharing for seven nights (destinationyoga.co.uk).

14 Ecce Navigo Tailored Retreats, Turkey
Loved for A seriously glamorous yoga retreat on a 111ft luxury yacht cruising the Turkish coast.
Book it From £1,500pp sharing for five days (eccenavigo.com).

15 Kaliyoga, Spain, Italy or France
Loved for Dynamic open-air yoga and meditation at a boho-chic farmhouse.
Book it From £845pp sharing for six nights (kaliyoga.com).

16 Heather Elton Yoga, Goa, India
Loved for Ashtanga and vinyasa flow yoga that goes beyond the physical.
Book it From £216pp for seven nights sharing (eltonyoga.com).

WEIGHT LOSS & FITNESS

17 Fitscape, Andalusia, Spain
Loved for A full-body kick-start with hiking and mountain biking.
Book it From £1,495pp for seven nights (fitscape.co.uk).

18 Camp Biche, Lauzerte, France
Loved for No-nonsense boot camp to help you lose fat and shake stress.
Book it From £2,250pp sharing for six days (campbiche.com).

19 The Real Bootcamp, Costa Blanca, Spain
Loved for Total body MOT for fitness seekers looking to drop a dress size.

20



The Body Retreat, Dorset, Somerset and Andalusia
 By Sharon Walker

When I first arrived at the Body Retreat in Somerset two years ago, I was not a happy bunny. I'd lost my house, my husband and my business, and a six-month comfort-eating binge had taken its toll. I'd heard this women-only weight-loss camp performed miracles in record time. I saw proof when a friend trying to fit into her wedding dress shrunk before my eyes.

So it was that I found myself with a pair of callipers clamped to my midriff as Julie Breal, the Body Retreat's co-founder, assessed the damage. I was the heaviest I'd ever been. Seeing my face, Julie said, 'You'll never be this weight again,' – just like that, no fuss or drama.

The Body Retreat is not the place to go if you want to lie around being pampered (although you do get nice massages). The aim is to turn things around quickly. The activity level is fairly constant, with long hikes, body ball workouts, boxing and kettle bells. But the atmosphere is supportive and unthreatening, and you never go hungry – in fact, the food is heavenly. It's cooked by chef,

hypnotherapist and mindfulness specialist, Juls Abernethy.

Day three was tough – I was walking like a sumo wrestler and could feel every muscle in my body. But by day five, I was elated and energised – even more so after the weigh-in, when I learned I'd lost 7lb and 4% body fat. But my miracle achievement isn't unusual – Body Retreat attendees average 9lb weight loss a week and, unlike many faddy weight-loss gimmicks, the results are lasting. One member in our group had first come two years before, barely able to fit into an airplane seat. Now she was a size 12 and running 10km races!

For many, like me, these retreats are life changing. I've been back three times and each time, I leave feeling energised and svelte. I'm now a toned size 12, and have just signed up for a 10-mile run. And when things go off track (as they did at Christmas), I nip back to the Body Retreat for a weekend reboot, knowing I'll leave feeling positive and motivated again.

• From £1,050pp sharing for seven nights (thebodyretreat.co.uk).

Book it From £998pp per week (lotusjourneys.com).

21 Bikini Bootcamp, Tulum, Mexico
Loved for Mind-body programme to get you bikini-ready in record time.
Book it From £1,181pp sharing for six nights (bikinibootcamp.com).

22 Wild Fitness, Andalusia, Spain
Loved for A jam-packed outdoor adventure week to boost body confidence and shed pounds.
Book it From £2,677 for seven nights, including flights (essentialescapes.com).

23 38° North at The Scarlet, Cornwall
Loved for Personalised fitness courses with gold medallist trainers – great for beach circuits, yoga and surf lessons.
Book it From £1,259pp for three nights (thirtyeightdegreesnorth.com).

24 Canyon Ranch, Arizona, US
Loved for Bespoke programmes, from weight loss to sleep enhancement, in state-of-the-art facilities.
Book it From £3,745pp sharing for the four-night New Approach To Weight Management, including flights and some spa treatments (healingholidays.co.uk). ➔

25 Kamalaya Wellness Sanctuary & Holistic Spa, Koh Samui, Thailand

Loved for Holistic rejuvenation with a focus on naturopathy and yoga – and serious weight loss.
Book it From £1,999pp for seven nights, including flights (essentialscapescapes.com).

26 The BodyHoliday, St Lucia

Loved for Extensive facilities, including fitness classes from Body Combat to Body Spin, plus yoga, scuba diving, waterskiing, tennis and golf.
Book it From £1,835pp sharing for seven nights (healingholidays.co.uk).

27 Flipper Camp at the Anassa, Cyprus

Loved for Water-based fitness holiday with a huge range of activities, from wakeboarding to hydrogym and thalassotherapy.
Book it From £153pn for a double room. Flipper Camp costs from £682pp sharing for five days (anassa.com.cy).

DETOX

28 Absolute Sanctuary, Koh Samui, Thailand

Loved for Deep internal cleansing, juice fasting and vegetarian food, plus a huge yoga centre and spa.
Book it £1,275 for the seven-day Signature Package, including some classes and treatments (lotusjourneys.com).

29 Ti Sana Detox Retreat, Italy

Loved for The full works – think juice fasting, colonics and infrared toxin-zapping saunas.
Book it From £1,549pp for a seven-night detox programme, including flights (wellbeingescapes.co.uk).

30 The Raw Retreat, Cornwall

Loved for A personalised programme

of one-to-one yoga, raw-food fasting and therapeutic massage. Weight-loss retreats lead to an average of 7lb loss per week.

Book it From £1,175pp for seven nights (therawretreat.co.uk).

31 Shanti Som, Marbella, Spain

Loved for Quick-fix detox using juice fasts, broth and supplements.

Book it From £470pp sharing for the three-night Turbo Detox, including cleansing juices and broths and one 30-minute massage (thehealthyholidaycompany.co.uk).

32 Somatheeram, Kerala, India

Loved for Rejuvenation, purification and stress management at this award-winning ayurvedic spa set right on the beach.

Book it 14-night Body Purification from £104pppn sharing, including treatments (somatheeram.org/en).

33 Jiva Healing, Goa and various venues across Europe

Loved for One-to-one nutritional consultations, lessons in food combining, meditation and Iyengar yoga sessions, run by a young, enthusiastic team of therapists.

Book it From £325pp per week (jivahealing.com).

BLOW THE BUDGET

34 Como Shambhala, Ubud, Bali

Loved for Unwinding in style with stress management coaching from a resident psychologist, and beauty treatments in the holistic spa.

Popular with celebs – Daniel Craig is rumoured to have come here to get his abs in shape for *Casino Royale*.
Book it From £582.82pn per room (mrandmrsmith.com).

35 The Ashram, California, US

Loved for Quick weight loss. Dubbed the ‘toughest little spa on the planet’, it’s a serious boot camp where the day begins at 5.30am. Gwyneth, Oprah and Cindy Crawford swear by it.

Book it From £3,000pp per week (theashram.com).

36 The Setai, South Beach, Florida, US

Loved for Super-glam Asian-inspired de-stressing. There are three pools of varying temperatures, including a lap pool with an underwater sound system. Don’t come here to lose weight, though – the food is world class.

Book it From £355pn room only (thesetaihotel.com).

ECO

37 Rogner Bad Blumau, Styria, Austria

Loved for Milk, honey and saffron treatments, bubbling outdoor pools and curative spring water treatments. This quirky, green-energy hotel with its Gaudi-style rooftop spires is built around a circular central spa.

Book it From £70 per night for a double room, half board (blumau.com).

38 Tabacón Grand Spa Thermal Resort, Costa Rica

Loved for Natural thermal springs, mud treatments and mineral-rich waterfalls and pools. This hydro-powered rainforest spa stands in the shadow of a volcano.

Book it From £154pn per double room (tabacon.com).

39 SPAnorama at the Forsthofalm, Leogang, Austria

Loved for Restful slumber. The wooden rooms in this all-timber resort are proven to lower heart rate, reduce stress and induce sleep. The hotel’s



spa wizard, Claudia Widauer, gathers herbs from the hotel garden and surrounding meadows to create holistic treatments in the rooftop spa.
Book it From £83.50pppn sharing for a three-night break (forsthofalm.com).

40 Areias do Seixo, Portugal

Loved for Romantic beach hotel with bags of style, a strong environmental ethos and a lovingly tended organic vegetable garden.

Book it From £556 per room for the Package My Love break, including Alma Floral massage for two in the spa (areiasdoseixo.com).

CHANGE YOUR LIFE

41 Esalen, Big Sur, California, US

Loved for Jumping in at the deep end. Submerge yourself in this mind-body programme, from meditation and spirituality to massage and yoga. This pioneering self-development centre, set in 120 acres of fertile ocean-front land, has a strong community ethos.

Book it From £333pp in a bunk room for a weekend workshop (esalen.org).

42 Stress Re-Set at The Body Retreat, Somerset, Dorset, Andalusia

Loved for Anyone needing to offload stress. This burnout retreat focuses on mindfulness, self-hypnosis and detox.

Book it From £1,350pp for five days (thebodyretreat.co.uk).

43 Yeotown, Devon

Loved for Rugged coastal hikes, yoga and meditation. Cultivate mindfulness and optimum health at this gorgeously chic, rustic retreat near the ocean.

Book it From £1,780pp for five days (yeotown.com).

44 Fiona Arrigo retreats, Somerset

Loved for One-to-one nurturing, with biodynamic therapy, massage, yoga, meditation and soul-searching sessions led by Fiona Arrigo – a life coach, biodynamic therapist and esoteric psychologist.

Book it From £450pppn (thearrigoprogramme.com).

45 London Buddhist Centre Introductory Weekend Retreat, Suffolk

Loved for Learning mindfulness of breathing and the metta bhavana (‘cultivation of loving kindness’). This introductory meditation retreat takes place in a commune-like environment.

Book it From £150pp for a weekend (lbc.org.uk/retreat.asp).

46 in:spa, various locations

Loved for A life-changing fitness and detox retreat with an expert team who balance fun and fitness.

Book it From £1,495pp per week (inspa-retreats.com).

47 The Big Stretch, UK, Spain or New Zealand

Loved for Taking a step back to reassess your life. A week of life coaching and creative problem solving, inspired by nature.

Book it From £2,250pp per week in Spain (thebigstretch.com). ➔

48 Skyros, various locations

Loved for Learning to live in the moment. Mind-expanding courses, such as 'Choose Life at any Risk', are aimed at people stuck in a rut. **Book it** From £645pp sharing for a seven-night Mindful Living week (skyros.com).

49 Ibiza Retreats, Ibiza

Loved for Bringing you back from the edge of burnout. Provides personalised yoga and detox with a holistic life coach and yoga teacher in magical surroundings. **Book it** From £795pp for a five-day detox retreat (ibizaretreats.com).

50 Witherdens Hall, Kent

Loved for Mindfulness and coaching, plus holistic treatments. Tranquil retreats run by mindfulness practitioner Louise Cox Chester. **Book it** From £35pppn sharing, B&B (witherdenshall.co.uk).

51 Ananda, Himalayas, India

Loved for Ayurvedic treatments and learning to live more closely with nature. Includes yoga, meditation and a trek to a mountain-top temple. **Book it** From £330pppn for a three-night inclusive Himalayan Bliss programme (anandaspa.com).

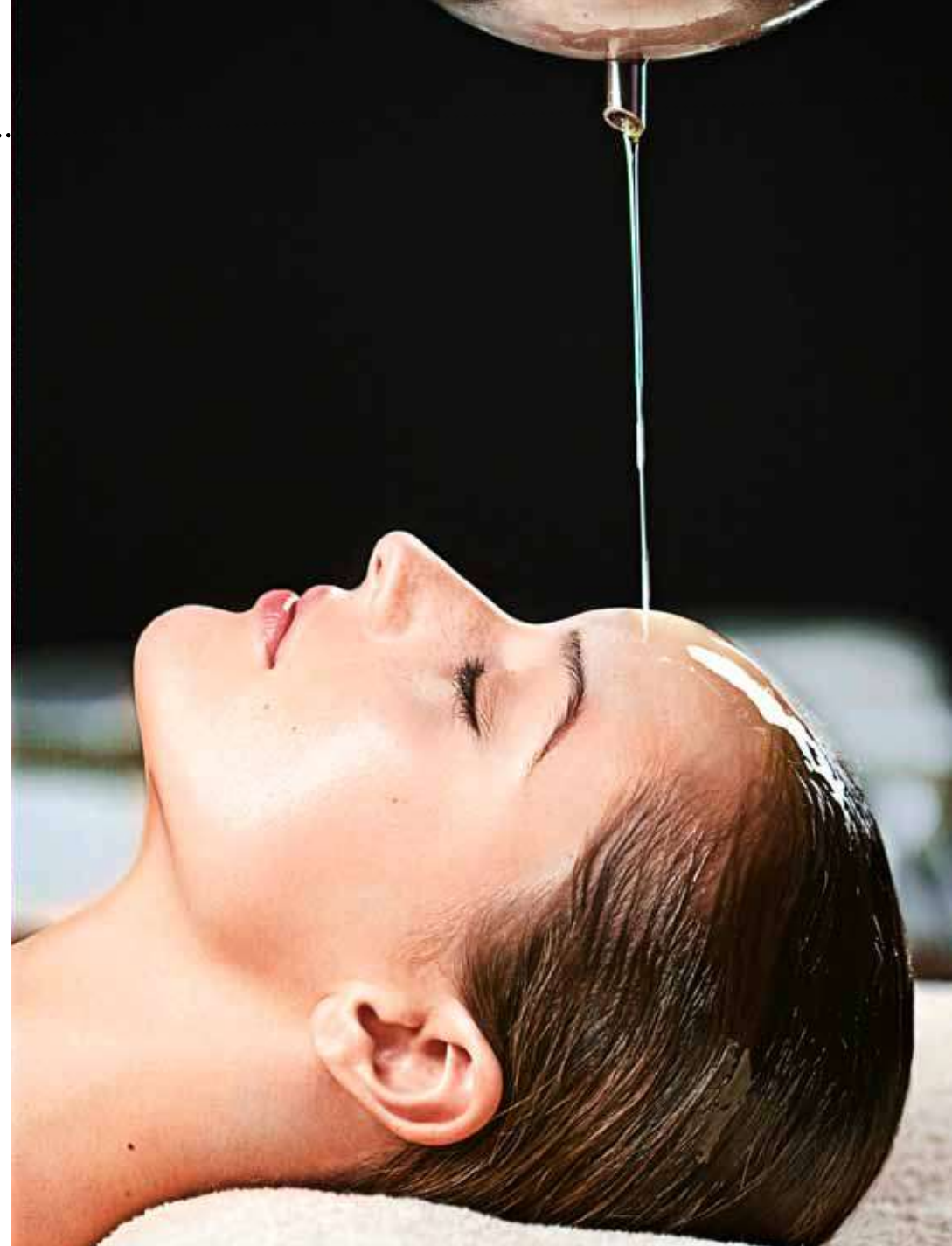
CITY

52 Spa London, Bethnal Green, London

Loved for The Turkish hammam and plunge pools – serious indulgence without breaking the bank. **Book it** £36 for 25-minute back massage; £38 for 25-minute facial (spa-london.org).

53 One Aldwych, Covent Garden, London

Loved for Red-carpet treatments, such as the Oxygen Facial for jetlagged, tired or dehydrated skin. This boutique



hotel has a tiny but well-equipped health club in the basement, with lap pool, gym, sauna and steam room. It's usually blissfully uncrowded.

Book it £110 for Oxygen Facial; from £342pn per room (onealdwych.com).

54 The Magdalen Chapter, Exeter

Loved for A contemporary hotel set in a striking old hospital, surrounded by historic gardens. Enjoy the inside-out pool with wood-burning fire and REN Spa. **Book it** One Night Spring Break from £160, including B&B and afternoon tea (themagdalenchapter.com).

55 Chuan, West End, London

Loved for Soothing the soul and restoring vitality at London's first luxury Chinese medicine centre. Located at the glamorous Langham hotel in London's West End.

Book it £160 for a Signature Body Elements balancing treatment with massage and facial (chuanspa.com).

56 The Haymarket Hotel, London

Loved for Escaping the hustle and bustle of central London. We love the dramatically-lit pool in this gem

of a basement spa in a boutique hotel near Piccadilly Circus. It also offers holistic treatments, such as acupuncture and sports massage.

Book it £65 for the Power Breakfast facial (firmdalehotels.com/london/haymarket-hotel).

57 The Scotsman, Edinburgh

Loved for An über-cool stainless-steel swimming pool in a luxury hotel housed in an old newspaper building. Treatments include salt scrub, Indian head massage and hydrating facial.

Book it From £540 for a two-night spa package for two, including B&B, dinner and three spa treatments (thescotsmanhotel.co.uk).

58 The Lowry, Manchester

Loved for A quick pampering reboot at a bright and airy urban spa in the heart of the city.

Book it £120 for an Express Body Beautiful Spa Day, including massage, facial, mani-pedi, lunch and use of gym and sauna (roccofortehotels.com).

59 Thermae Bath Spa, Bath

Loved for Its stunning open-air rooftop pool, saunas and steam rooms, with bird's eye views over the historic city. Try a hot stone massage, or the intriguing kraxen stove – a traditional Alpine hay chamber, which releases herbal aromas and heat to warm the back and shoulders.

Book it Entrance £27 for two hours. Recover Facial £42 for 30 minutes (thermaebathspa.com).

60 The Spa in Dolphin Square, Pimlico, London

Loved for The hammam (£39) and rhassoul (£45) clay rituals to draw out toxins. Other Moroccan-inspired treatments include the divine Rose Indulgence (£129), which combines a rose-scented body wrap with a rejuvenating facial.

Book it From £136pppn sharing a serviced apartment, B&B. Includes

use of salt steam room, Hammam Ritual and 25-minute massage or facial (dolphinsquare.co.uk).

62 St David's Hotel & Spa, Cardiff

Loved for A wide range of pampering treatments at a five-star hotel with a world-class marine spa. **Book it** From £87.20pn per room for two nights (thestdavidshotel.com).

63 Four Seasons, London

Loved for Cosy relaxation pods and magnificent views across London. The

61



Espa at Corinthia Hotel, Whitehall, London

By Jackie Clune

I've only ever been to a spa once before. As a busy working mum-of-four, my idea of deep relaxation is simply *not* having someone yelling: 'Muuuum!! Where's my breakfast/tie/head?!' over and over again. The idea of a day blobbing about in a bathrobe had never really appealed – if you get a free pass for the day, why not spend it shopping and/or drinking wine with friends?

So it was with some reservations that I dragged my friends, Trisha and Caroline, to the sumptuous Espa at Corinthia Hotel, London. The school run had been especially stressful that day, so as I lay in the darkened marble treatment room on towels and heated blankets, it took me a while to submit to the blissful Espa facial. I'd parked Trisha and Caroline in the thermal area, where they'd flopped down on heated stone beds, hypnotically close to a state-of-the-art flame-effect fire feature.

A skin analysis revealed I needed to exfoliate and moisturise more. No kidding! My skincare routine consists of a No7 face wipe, if I'm not too tired, and the last time I exfoliated was with an apricot

scrub that came free with *Jackie* magazine. Espa products are all natural. I was asked to choose my oils by sniffing them – whichever smelled stronger to me was my body's natural selection process. It turned out my body needed 'regenerating'. No kidding again. Heavenly scents of frankincense drifted around me as I dozed and shed layer after layer of dead skin. After an hour, I swear I looked 10 years younger!

We spent the rest of the day dipping in and out the dark, glistening pool, the glass-walled 'amphitheatre' sauna, shoving ice down each other's swimsuits and curling up in the sleep pods – where, after 20 minutes of giggling like schoolgirls and scoffing complimentary fruits and nuts, we fell asleep. We woke an hour later dribbling onto the plush furniture, shocked we'd been able to relax enough to achieve the Holy Grail for all mums: the Afternoon Nap.

We emerged relaxed, gleaming and ready to face another day of Weetabix and homework.

● *A three-hour Spa Day Experience Pass to use the spa facilities costs £95; £115 for an Espa Personalised Facial (corinthia.com/hotels/london).*

glass-walled spa occupies the whole top floor, overlooking Hyde Park.

Book it £99 for a 60-minute massage or facial; from £320pn for a superior room (fourseasons.com/london).

64 Soho House, Berlin, Germany

Loved for Fabulously cool, good-value hotel in a restored Bauhaus building, with a fantastic Cowshed spa and open-air rooftop pool. There are also plush unisex steam rooms. **Book it** From £108pn per room, B&B; from £66 for a one-hour massage (sohohouseberlin.com). ➔

COUNTRY ESCAPE

65 Grayshott Spa, Surrey
Loved for Girly getaways in fluffy robes and slippers at the original country house health farm.
Book it Six spa breaks on offer, including the two-night De-Stress from £455pppn (grayshotspa.com).

66 Barnsley House, Cotswolds
Loved for Outdoor hydro-pool, herb-infused sauna and youth-enhancing treatments from Medicetics doctors. Don't miss the Rosemary Verey gardens.
Book it From £290pn for a double room, B&B, including use of spa (barnsleyhouse.com).

67 Lime Wood, New Forest
Loved for Outdoor hydrotherapy pools and sauna with woodland views, at this rock royalty favourite.
Book it From £315pn per room, including use of spa (limewoodhotel.co.uk).

68 The Grove, Hertfordshire
Loved for The Sequoia Spa with its sexy, black mosaic swimming pool and walled garden, plus urban beach and 300 acres of country estate.
Book it From £235pn for a superior double room, B&B (thegrove.co.uk).

69 Chewton Glen, Hampshire
Loved for One of Europe's largest hydrotherapy pools and award-winning spa, plus country pursuits such as clay pigeon shooting, archery and sailing.
Book it From £280pn for a double room (chewtonglen.com).

70 Ayush Wellness Spa at Hotel de France, St Helier, Jersey
Loved for Ayurvedic spa treatments at a four-star hotel set in landscaped gardens. Don't miss the Abhyanga



Peterstone Court Country House & Spa, Wales

By Jessica Powell

It's safe to say that Mum and I are not spa veterans. Mum had never set foot in one. I've been to three and find myself asking wildly: 'Do I leave my bikini top on? The bottoms? Should I get under the towel or lie on top? Is the mint tea free?!' But when we arrived at Peterstone Court in Brecon, south Wales, we were greeted by swathes of smiling daffodils, fuzzy lambs gambling over to say 'hello', and the awesome Brecon Beacons – the backdrop to the country house. The natural world worked its magic to make us forget any rookie nerves.

Spa manager Amy could not have been friendlier. And we were swiftly taken to a shared treatment room for our facials, where the brilliant therapists explained exactly what clothes to strip off (mind readers!). They catered our facials to our skin types and we drifted into silence, taking in the heavenly scents of rose and ylang ylang. Afterwards, Mum summed it up perfectly: 'Well, I can see why people would get into that!'

Peterstone Court is run by restaurateurs rather than hoteliers, and it shows. Lunch was huge spinach

pancakes with mushrooms, walnuts and Gorgonzola (many ingredients are gathered from the grounds). We sat looking out across the outdoor pool to the mountains and dreamed, for a moment, that this was our grand house hidden in the countryside (although it's only a few minutes' drive into Brecon, and 20 minutes to Abergavenny where there's a train station, so it's not inconveniently remote).

Afterwards, we drifted in and out of the relaxation room and Jacuzzi (only making one faux pas when a therapist saw us sitting in it with no bubbles – we'd no idea how to turn it on. Awkward!) and had our nails done.

While the spa is small and lacks the glossy finish of plusher places, for us its laid-back air, beautiful setting and first-rate food was more important – not to mention that the prices are a steal. And as we drove off with Mum's glossy nails glinting on the steering wheel, we really felt like we'd transformed into ladies what spa.

• From £67 for the Leap Into Summer package, including lunch, coffee and tea, two 30-minute treatments and use of facilities (peterstone-court.com).

Massage (two-therapist massage).
Book it Double rooms from £80pn, B&B. Spa packages from £134 (ayushwellnessspa.com).

72 The Pig, Hampshire
Loved for A lovely kitchen garden, wild food foraging tours and the small but charming Potting Shed Spa.
Book it £75 for a de-stress massage; from £189pn for a Comfy Luxe room (thepighotel.com).

73 Seaham Hall, Durham
Loved for The 44,000sq ft Eastern-style Serenity spa with crystal

sauna, therapy pools and garden-view therapy rooms at this recently revamped seaside bolthole. Enjoy beach bike rides on free-hire mountain bikes.
Book it From £199pn per room, B&B. Treatments from £45 for Elemis Lime & Ginger Salt Glow (seaham-hall.co.uk).

74 Lucknam Park, Wiltshire
Loved for Spa with an equestrian twist, at this five-star country house hotel set in 500 acres of parkland.
Book it Spa day from £150, including lunch, use of all facilities and a facial

or back massage. Saddle, Spa & Stay from £445pppn, including meals and riding lessons (lucknampark.co.uk).

75 Congham Hall, Norfolk
Loved for A Secret Garden Spa set in the herb garden of an elegant Georgian manor.
Book it From £125pn per room; £45 for the Zest Express hand and foot ritual (conghamhallhotel.co.uk).

76 Cotswold House, Gloucestershire
Loved for A steaming Hot Tub Suite

in a converted coach house, with rain showers and nail bar.
Book it From £365pn per room for a Romantic Retreat, including dinner and champagne on arrival (bespokehotels.com).

77 Monart, County Wexford, Ireland
Loved for Bespoke programmes for detox, weight loss and anti-ageing in this purpose-built eco-spa.
Book it From £260pp for a three-night break, including classes and a 30-minute treatment; from £908 for a five-day Monart Detox (monart.ie).



MEDICAL

78 Parkhotel, Innsbruck, Austria
Loved for Tackling heart health, back pain, metabolism and burnout. A leading naturopathic retreat, it follows Mayr principles of wellbeing.
Book it From £1,625pp for a seven-night Basic Programme, including flights (healingholidays.co.uk).

79 Iberostar Anthelia, Tenerife
Loved for The Mayr Kur Space, a preventive body detox and cleansing therapy under the guidance of Mayr specialist, Dr Gustavo Pezzini.
Book it From £703 for a seven-day Mayr Kur Space Therapie. The hotel costs from £190pn per room, B&B (mayrkurspace.com).

80 SHA Wellness Clinic, Costa Blanca, Spain
Loved for Its brilliant seven-night programmes for insomnia, weight loss and giving up smoking. Medicine meets mindfulness in this gleaming white macrobiotic retreat.
Book it From £1,005pp for a two-night SHA Feeling programme, including flights (healingholidays.co.uk).

81 The Reserve, Lake Geneva, Switzerland
Loved for The team of nutritional, complementary and medical specialists at this luxurious colonial-style resort on Lake Geneva.
Book it From £3,345pp for the four-night Better Ageing retreat, including treatments (healingholidays.co.uk).

82 The Farm at San Benito, Philippines
Loved for The 21-night Life Changing Holiday, which is guaranteed to bust any bad habit. There are also medical programmes for people with cancer, obesity and diabetes.
Book it Seven-night packages cost from £2,390pp, including full board and flights (thefarmatsanbenito.com). ➔

FAMILY

83 Hillside Beach Club, Fethiye, Turkey

Loved for Activities for kids of all ages, plus two fantastic spas for the grown-ups – one Balinese-inspired, the other traditional Turkish, complete with hammam. This five-star resort is also set in a privately-owned secluded bay. **Book it** From £839pp for seven nights' full board, including flights (hillsidebeachclub.com).

84 Cowley Manor, Gloucestershire

Loved for Being friendly and informal – kids love this place as much as parents. It has large indoor and outdoor pools and 55 acres of woods, parkland and meadows that seem to roll on forever. Expect great food, kids playing board games on the carpet and seriously relaxed grown-ups. **Book it** From £295 for a double room, £395 for a family suite, plus a £40 supplement per child (cowleymanor.com).

85 Karma Kandara, Bali, Indonesia

Loved for Gasp-worthy views from the clifftop spa of this family-friendly resort. Balinese therapists treat from the heart, plus there's a supervised kids' club. **Book it** From £5,135 for a family of four for seven nights in a Luxury Pool Villa, including flights (destinology.co.uk).

86 Paradis Plage, Agadir, Morocco

Loved for Combining surfing and yoga with a spa holiday at this relaxed resort. **Book it** From £599pp for a five-night family surfing holiday, including flights (thehealthyholidaycompany.co.uk).

87 Verdura Golf & Spa Resort, Sicily

Loved for Thalassotherapy pools, personalised wellbeing programmes and an excellent tennis academy. **Book it** From £765pp sharing for four nights in a deluxe room, including flights (thehealthyholidaycompany.co.uk).



88 Mummy & Little Me at Champneys, Leicestershire

Loved for A midwife-led pregnancy break for pampering and reassuring expectant mums. Couples welcome. **Book it** From £399pppn, inclusive; partners £99; extra nights £105 (mummyandlittleme.co.uk).

89 Aqua Sana, Center Parcs, various locations

Loved for Unwinding in outdoor and hydro pools, while the kids amuse themselves quad biking. Affordable spa

treatments for stressed-out parents. **Book it** From £139pppn, B&B; from £45 for a facial (aquasana.co.uk).

90 Abama Golf & Spa, Tenerife

Loved for Year-round sunshine at a luxurious five-star resort on an unspoilt region of the west coast. Offers a vast array of fitness activities and sports, from qigong to guided hikes, and spinning to salsa. **Book it** From £945pp sharing for seven nights' B&B, including flights (thehealthyholidaycompany.co.uk).

91 Almyra, Paphos, Cyprus

Loved for Stunning sea views – and this family-friendly, Zen-minimalist hotel offers plenty of activities. The couples' treatment area of the spa also looks out over the Med. **Book it** From £87pn for a double room (almyra.com).

92 Bedruthan Hotel & Spa, Cornwall

Loved for Wild food foraging walks, adult-only thermal pool and children's clubs. An award-winning family hotel on north Cornwall's dramatic coast. **Book it** From £105pppn sharing, B&B and dinner (bedruthan.com).

93 Babington House, Somerset

Loved for Its glamorous Cowshed spa with indoor/outdoor pool, cinema and Little House crèche for kids. **Book it** From £240pn per room (mrandmrsmith.com).

94 The Residence, Tunis

Loved for The Thalassa Spa – a 3,500sq m spa with 30 treatment rooms. There's also entertainment for the whole family, including horse riding, sailing and quad-biking. **Book it** From £925pp for seven nights, including flights (baileyrobinson.com).

95 Forte Village, Cagliari, Sardinia

Loved for Thalassotherapy seawater therapies and the Turkish baths. This resort has a huge choice of kids' activities, including bowling, go-karting and football, plus babysitting for little ones. **Book it** From £1,995pp sharing for seven nights, half board, including flights (thehealthyholidaycompany.co.uk).

96 D-Hotel Maris, Marmaris, Turkey

Loved for Kayaking, beach volleyball, catamaran sailing, scuba diving and water skiing surrounded by sparkling azure bays and pine forests – or just relax in the spa. **Book it** From £750pp for seven nights (thehealthyholidaycompany.co.uk).

97



AlpenClub, Bavaria, Germany

By Sharon Walker

One thing they don't tell you about having kids is that holidays are never the same again. From now on, your downtime will be spent in a state of hyper-alert, in case they totter into a pool or dive off a cliff. If you're not sunbathing with one eye open, you're making sandcastles.

As a spa addict, it was a hard pill to swallow. Even with my 11-year-old son, Xavi, long out of nappies, marrying our conflicting holiday desires doesn't get easier. I long to lie around being slathered with heavenly smelling oils, while Xavi wants to *do things*.

The answer came in the form of a little Alpine hotel in Bavaria. I'd never thought of Germany as a holiday destination, but Bavaria is gloriously pretty with its chocolate box villages and snow-capped mountains. It's also easy to get to – an hour after touching down in Munich, we were deep in the Alps, with practically every sporting activity known to man (certainly everything an 11-year-old boy could want) on the doorstep, from mountain biking and nature trails to boating and pedaloes.

We arrived in mid-December, when the star activity was skiing (although summer is Bavaria's

peak season). After three hours of ski school, Xavi was so exhausted he happily agreed to go back to the hotel, where I could escape to the spa while he made friends in the games room and retro bowling alley (smaller children can go to a free supervised kids' club).

All AlpenClub spa treatments use organic, mineral-rich products designed to rejuvenate your skin. The 45-minute detoxifying Soul Therapy reflexology was worth every penny at £49. They also have treatments using local medicinal herbs (to learn more, you can join a herb walk). The 150-minute Himalayan Crystal Healing Journey was epic: an organic Himalayan crystal body scrub is followed by an aromatherapy massage focusing on tension hot spots and, finally, a radiance-inducing facial that left my skin plumped up and glowing. I felt years younger and was so relaxed I could barely speak.

'Do you want to go ice skating? Or for a bike ride?' I asked Xavi, my fingers crossed behind my back.

'Nah, too tired,' he replied. 'I know, let's try the Jacuzzi!' Who says kids and spa holidays don't mix?

• From £70pppn sharing, B&B (alpenclub.de).

98 Jumeirah Port Soller Hotel & Spa, Majorca

Loved for Pirate-themed kids' club, mountain biking, hiking, golf and state-of-the-art gym and spa at a sleek hotel off the beaten track. **Book it** From £875pp sharing for seven nights, including flights (thehealthyholidaycompany.co.uk).

99 Columbia Beach, Pissouri Bay, Cyprus

Loved for Lagoon-style pools, floodlit tennis courts, water

sports and an action-packed kids' club. **Book it** From £973pp for seven nights, including flights (scottdunn.com).

100 Karma Jimbaran, Bali

Loved for Holistic therapies, an infrared sauna, and a white stone treatment space that's perfect for reiki. This luxury boutique resort with 40 pool villas also has a fully-equipped gym. **Book it** From £160pppn sharing for a villa with a pool (karmajimbaran.com). ♦



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