

TATLER[®]

Spa
Guide
2018



IN ASSOCIATION WITH HealingHolidays AND ESPA

BEST FOR FITNESS

Well fit

*Spas with a spring
in their step*

AMAN LE MELEZIN

COURCHEVEL, FRANCE

Three things are of equal importance when booking a skiing holiday: a seamless ski-in, ski-out experience; a sensual, spoiling spa; and handsome boot butlers who will loosen your bindings for you (OK, not essential, but jolly nice). Aman Le Mélezin ticks all the boxes and just celebrated its 25th birthday with a refurb, including a whopping spa extension and a new Japanese restaurant, Nama. This is cosy Alpine, Asian-style, with lots of Japanese cedarwood, blown glass, parquet floors and even a 100-year-old bonsai tree, imported from Japan. Fitness here works around skiing, with daily 30-minute pre-ski yoga classes in the new, airy studio, or in the small but beautifully equipped gym with focused leg-stretching machines and state-of-the-art TRX equipment. Treatment-wise, the full-body Thai yoga massage unfurls you from top to toe. Just the thing after a day on the slopes. *Oxford Ski* (oxfordski.com; 01993 899420) offers seven nights from £3,995, half board, including flights and transfers.



PEAK HEALTH RETREAT AT THE CAPRA

SAAS-FEE, SWITZERLAND

If you're going away for a week to improve your fitness, there's no point putting yourself through hardship in a grotty gym. You need the sort of view that inspired the Romantic poets. And that's what you get in the pretty Swiss village of Saas-Fee at the Capra, which has joined with fitness company Peak Health (run by Barrecore founder Andrea DeBellis) to offer you a hi-tech, total-body MOT. Retreats combine hormone and metabolic profiling with hardcore fitness (hiking, climbing, skiing, snow-shoeing – plus HIIT sessions and yoga classes). The hotel's new spa is jaw-dropping – check out the 'salt cave' sauna – and the food magnificent. But the best bit? You'll leave feeling like an Olympian because you've been training at altitude. So even if you struggled on the summits, back home you'll feel, well, a bit high. *Seven-night Transformation Week package, from £5,805, all inclusive* (peakhealthretreat.com; 020 3286 3987).

YEOTOWN

DEVON, ENGLAND

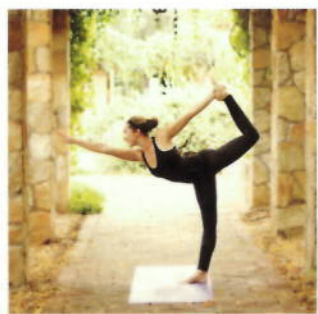
If you love a country ramble, you'll go wild for the five-day Yeotox at Yeotown bootcamp in Devon. You'll be hiking around rugged coastline and untamed moors most mornings, spurred on by ex-military types who don't take no for an answer. The rest of the day is just as active – vinyasa flow first thing is led by super-yogi Mercedes Sieff, who founded Yeotown with her husband, Simon. Then there are circuits on the outdoor gym, archery, sea kayaking, wild swimming and surfing. It's not all high burn, though. Calm yourself with yoga nidra and daily meditation, and de-knot your hard-working muscles with a nightly massage, followed by a sauna and an Epsom salts bath. Meals are taken with the other guests in the farmhouse kitchen – the plant-based food is so good that you won't miss dairy, meat, sugar, gluten, alcohol or caffeine. Rooms start at cosy country bedroom and range up to a vast wood-lined eco-cottage with a huge central wood stove. *Five-day programme, from £1,870 full board, including transfers and all activities (yeotown.com; 01271 343803).*



FORTE VILLAGE

SARDINIA, ITALY

They keep you busy at Acquaforte Spa, set in Forte Village's 120 acres of pine and date trees, a strip of white sand between you and the clear blue sea. There are nutritional assessments, deep-tissue massages and the centrepiece – six thalassotherapy saltwater pools to wallow in after a pleasantly tiring day. The tiring-out happens in the Performance Center, which is not just for serious athletes (although Giampiero Ventrone, who runs it, was the fitness coach for Juventus), but also for those who spend too much time hunched in front of a computer and want to straighten out and shape up. Health and fitness checks lead to a personalised training programme, which is as much about flexibility and posture as sweat and tears, and there's pioneering laser therapy to help bad backs. Best bit: the naturopathic eating plan encourages a glass of chilled white wine with your seared tuna come evening – a restful plateau after each sun-drenched day. *Classic Collection (classic-collection.co.uk; 0800 047 1064) offers seven nights from £4,170, half board, including flights and transfers.*



RANCHO LA PUERTA

BAJA CALIFORNIA, MEXICO

Rancho La Puerta is the real deal: over 4,000 acres of sun-scorched wilderness, a schedule bursting with activities (salsa, pilates, pickleball) and perky staff introducing you to the 'ranch way of life'. It's an infectious combination, and it works (founder Deborah Szekely set up the ranch 77 years ago, so she knows). Her loyal clientele are game as you like and raring to get cracking on a three-, five- or even seven-mile hike – on mountain paths or in the flatlands at the base of Mount Kuchumaa. New are the guided runs through foothills teeming with sage (book in for the Runner's Reflexology afterwards), and you'd be mad to miss the hike to the Tres Estrellas cookery school, where huevos rancheros await. Nights are spent under the stars on your casita terrace, listening to the meditative sound of cicadas. Or soaking in your plunge pool if you stay in one of the three new larger villas, which also come with a gym, in-room spa treatments and visits from your own personal fitness concierge. *Seven nights, from £2,785, full board, including activities and transfers (rancholapuerta.com; 00 52 858 764 5500).*