MY NAME IS DAVID
AND I'M A SPA ADDICT
David Aaronovitch comes clean

SUICIDE, INFIDELITY AND REGRETS
The private side of Melvyn Bragg
By Andrew Billen

WHAT'S A FAX MACHINE?
A millennial goes back to the Eighties
BOLLYROBICS TO BALTIC DIPS

10 BEST SPAS FOR MEN

By Caroline Sylger Jones

Best for runners

Rancho La Puerta, Mexico

Men I have loved love this fabulous 4,600-acre health retreat in Baja California because it has more than 60km of biking and running trails, a 3-mile obstacle course, fitness classes and a decent range of male-focused spa treatments. The most popular include a runner’s reflexology treatment for tired feet and a deep-tissue sports recovery massage.

From £1,950pp for 7 nights including accommodation, meals, scheduled transfers (Saturdays only) and a full programme of group activities (rancholapuerta.com)

Best for thrills and glamour

Capella Lodge, Lord Howe Island, Australia

We honeymooned at this stylish all-suite hotel on a tiny island in the Pacific Ocean, and it gets my husband’s vote for its simple and brilliantly carried-out treatments, plus proximity to fantastic hikes, kayaking, surfing and coral reefs for snorkelling or diving. Book a new ‘mountain man’ for a scrub, massage and facial; the Gower’s foot therapy for knackered legs after a climb; or a traditional Australian kodo massage for deep pressure.

From £850pp per night for half-board, drinks and canapés, an open bar and airport transfers (farfromhome.com)

Best for fitness freaks

KurHotels Skodsborg, Denmark

Hardly types I know have willingly embraced the non-only-water CrossFit programmes led by former Michelle-starred chef turned lifestyle mentor Thomas Rode at this spa hotel, when squats, press-ups and laps in the frequently rough and freezing Baltic Sea are complemented by the Paleo diet.

From £1,990pp for three nights’ half-board inclusive of flights, transfers, a massage and cookery class (020 7893 2436; healingholidays.co.uk)

Best for bikers at home

YouPro, England

Getting into yoga is believed to help men keep fit and injury-free a lot longer than almost anything else, and this contemporary health and fitness programme and yoga can also enjoy astonishingly good vegetarian food, strong massage, hikes, surfing and coasteering.

From £1,000pp for five days including accommodation, meals and the full programme (0845 3460303; yogatours.com)

Best for wannabe ‘srammen’

Amantran Wellness Resort, India

The owner of this stylish new health resort is an Ironman triathlete and the fitness facilities are suitably fabulous – there’s an enormous gym, spin and TRX studio, plus at least eight group fitness classes daily. Opened last year in the Sahrastan mountains above Shalimar Lake, it has a fitness challenge programme popular with men that includes body analysis, Bollyrobes, cleansing detox kriyas and treks in the hills, as well as intensive workouts.

From £2,000pp sharing for seven nights including flights, transfers, a full board and a full wellness programme (060 325 2555; wellbeingescapes.com)

Best for surfers

Paradise Point, Morocco

Family men find this spa hotel on a sandy beach facing the Atlantic Ocean a refreshing place to bring their tribes. There’s a funky Rip Curl surf school, with a fire pit and outdoor cinema where you can have group and private sessions with Turck Wohl, a former national surfing competitor, plus three group yoga classes – Hatha, Vinyasa and Yin – that are suitable for all levels.

From £1,670pp sharing including flights, transfers, bill and a full wellness programme (062 2275 5555; wellbeingescapes.com)

Great for a rest – and wine

Villa La Coste, France

For those who like their wine and art as well as their wellbeing, this superlative spa hotel is set inside a Provencal vineyard strewed with installations by artists such as Tracey Emin, James Turrell and Andy Goldsworthy. The week-long rest and redwine retreats, with Comelius O’Sullivannly and Rodinhaus, are pointedly life-changing.

From £1,071 per room per night (villascoste.com)

If your digestion is dodgy...

Park Hotel Igls, Austria

If you’ve a health complaint, this car-free retreat in the Tyrolean Alps offers a variety of programmes that pivot on preventive Modern Medicine and the belief that good health depends on good digestion. Try the men’s medical check, which recognises that male bodies react differently to drugs and treatments and to the ageing process.

From £1,940pp for seven nights’ accommodation, plus £1,700pp for a one-week men’s medical check, plus £1,800pp for a May-basis programme (park-igls.at)

Good for mindful guys

Amanzoe, Vietnam

This refined resort overlooking Vihn Bay Fly in Ninh Chia National Park offers 3-10 day wellness immersions that are hard to beat for total rejuvenation. Go for the new eastern approach to weight management if you’re a little bored of the usual approaches, while the stressed-out should opt for movement, mindfulness and stress control.

From £1,570pp for a bespoke five-night immersion including full board, flights, transfers and full programme (050 7189 2489; healingholidays.co.uk)

Best for stressed-out golfers

Marbella Club, Spain

This hotel, set in subtropical gardens just outside Marbella, has just launched a gentleman’s collection of spa treatments to deal with tightness, anxiety and stress, including a sleep-inducing massage for those with a hectic lifestyle, intensive sports massage, personalised face, neck and scalp massage and a special ‘golfers’ tonic’ said to improve muscle fatigue and ease tiredness.

From £1,445pp for seven nights in a shared room, including flights and transfers (020 8968 0502; thehealthyhotelcompany.co.uk)

Caroline Sylger Jones runs travel website questsforretreats.com