1. Best for... Sharpening your focus  
SHA Wellness, Alicante, Spain  
Spain’s original med-spa is an annual pilgrimage for the Euro set. Expect a battery of consultations, a slick macrobiotic restaurant and an itinerary packed with pioneering treatments: think Transcranial Current Stimulation, which uses a Harvard-designed headset to treat neurological conditions such as depression, chronic pain and insomnia. shawellnessclinic.com

2. Best for... Hiking  
Rancho La Puerta, Baja California, Mexico  
There are over 4,000 acres of mountain trails and farlands to explore at the Ranch. Which means crack-of-dawn hikes, awesome sunrises and spicy huevos rancheros when you return. If that doesn’t blow away the cobwebs, a full day of fitness classes (salsa, tennis, aqua aerobics) will. As will a bone-crunching massage in the spa. rancholapuerta.com

3. Best for... Calming busy minds  
Como Shambhala Urban Escape, London  
This Asian-inspired refuge is just the ticket when city life becomes overwhelming. The one- or two-night Mind, Body & Soul Experiences are particularly remedial and your itinerary might include private yoga, shiatsu, reflexology or acupuncture. Otherwise, they’ll rope in the specialists: reiki practitioners, energy healers and intuitive counsellors. comohotels.com

4. Best for... Bringing the family  
Stanglwirt, Austria  
This 400-year-old Tyrolean farm is bursting with ways to keep younger guests amused. Cookery classes, wood workshops, petting zoos and even a waterpark are waiting to be discovered — and for worn-out mothers, some wonderfully pampering Dr Barbara Sturm spa treatments. stanglwirt.com
5. Best for... Letting it all out
Kamalaya, Thailand
Built on the site of a former monk’s cave, there’s no better place for an emotional overhaul. Kamalaya’s therapists work with you to address burnout, stress and addiction, while their Embracing Change retreat helps to rebalance guests who are going through a period of upheaval. Kamalaya.com

6. Best for... Winding down
Thyme, Gloucestershire
This former cookery school turned hotel and spa has Cotswolds charm by the barrelful. Food is locally sourced, the views roll for miles and the rooms are tricked out in chintz, with freestanding tubs. Don’t miss a trip to the herb-filled greenhouse spa, offering facials and massages using Aurelia Probiotic Skincare products. Thyme.co.uk

7. Best for... Going rural
Ashford Castle, County Mayo, Ireland
You’ll be kept busy in the grounds of the Guinness family’s former residence. When you’ve had enough of salmon fishing and shooting clays, make tracks to the spa. The Diamond Life Facial — two hours of masks and massage, back therapy and foot soaking — will put the colour back in your cheeks. Ashfordcastle.com

8. Best for... Living your best life
The Ned, City of London
Deep beneath the City, in the vaults of a former bank, lies a dark and sexy spa. Cowshed does a mean medi-facial (the Fire & Ice treatment with IS Clinical products makes skin gleam); the nail bar delivers gloss and glamour, plus there’s a marble pool and a hammam. Finish up at the salon, where they’ll prep your hair, getting you stylishly coiffed for evening drinks at the rooftop bar. Theneed.com

9. Best for... Working up a sweat
La Réserve Ramatuelle, France
St Tropez’s most stylish sanctuary draws a chic crowd (it’s a stone’s throw from Club 55). And if you’re looking to shape up, their Nescens Boot Camp can’t be beaten. An effective mix of Nordic walking, invigorating treatments and Mediterranean cuisine, it leaves sluggish bodies feeling lighter and tighter. Lareserve-ramatuelle.com

10. Best for... Beautifying
Cliveden House, Berkshire
Weekends at this 17th-century manor (the illustrious backdrop to the Profumo affair) are best spent in the elegant spa with its columned pool and quintessentially British treatments. Be sure to book in for a Sarah Chapman facial, which will leave your features looking newly sculpted. And then, dinner. Clivedenhouse.co.uk