

## FOUR SEASONS LANDAA GIRAAVARU

BAA ATOLL, MALDIVES


You might think a week on a paradise island, in a beachfront villa surrounded by swaying palms and consommé-warm waters, is all that's needed to chill out and perk up. Four Seasons Landaa Giraavaru would agree – but they take things a few steps further. The ayurvedic spa has a huge range of treatments and can tailor-make you a meal plan of vegetarian and fishy delights (tempered carrot and coconut, say, followed by grilled reef fish with garlic and spinach). Whether you're opting for a herby Elakizhi massage in a glass-bottomed overwater villa, or signing up for the 21-day ayurvedic programme, the experience will be as sensuous as it is therapeutic. A highlight is the Om Supti Night Ritual in a candlelit clearing among the banyan trees, with two blissful hours of chakra-balancing massage, after which you are left alone, soaking in frangipani and hibiscus flowers, to the smells and sounds of the night. *Inspiring Travel Company* ([inspiringtravelcompany.co.uk](http://inspiringtravelcompany.co.uk); 01244 355527) offers seven nights from £4,135, including breakfast, flights and transfers.

NEWS Original FX Mayr has launched an online shop – click for its alkali powder and cult cleansers ([original-mayr.com](http://original-mayr.com)).

## VIVAMAYR ALTAUSSEE

ALTAUSSEE, AUSTRIA

At VivaMayr, the aim is to get your gut working like clockwork. Central to Modern Mayr philosophy is the belief that not only being overweight ('cosy', as Dr Sepp Fergerl puts it, kindly) but all chronic ailments stem from a dysfunctioning intestine. The holy grail, he says, is an alkaline body chemistry, as that helps us control free radicals, produce more antioxidants and eliminate toxins through proper digestion. Got high cholesterol? It's your liver that isn't doing its job properly because your gut isn't correctly breaking down the food you're eating. Stress-eating? Feed yourself the right foods and you'll be better able to cope with stress in the first place. During a four-day stay at this spa on beautiful Lake Altaussee, magnesium citrate will become your gut's little helper. You become so fixated with healing your insides that you forget how little you're eating. There are other diversions: vitamin infusions, lake hikes, wraps, massages and aerial yoga. They say: 'Weight loss isn't our aim, it just happens.' We say: true.

 *Healing Holidays* ([healingholidays.co.uk/tatlerspaguide](http://healingholidays.co.uk/tatlerspaguide); 020 7529 8551) offers seven nights from £2,150, full board, including flights, transfers and all treatments and activities on the Basic Medical programme. *Healing Holidays* is the only UK tour operator that works with VivaMayr Altaussee.





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# How refreshing!

*Expert cleansing with breathtaking views*




## BOLLANTS SPA IM PARK

BAD SOBERNHEIM, GERMANY



For a 110-year-old, family-run German detox hotspot, this is one sexy mother of a spa. Nothing austere or clinical here. It's a chalet-style hideaway surrounded by pines, with vintage-chic decor, roaring fires, squishy sofas and vast fluffy blankets. Oh, and naked people everywhere. Often slathered in mud. Or doing *sitzreibebad* (ice-cold-water therapy) and aquagym classes in the altogether. The sauna area is firmly textile-free, so expect to be asked to strip if you flout the rules – cue secret frisson of horror/delight. Detoxers flock here for Felke Med therapy, a combination of fasting and daily mud baths/wraps (the local clay is rich in minerals said to boost immunity and circulation and help with rheumatic and inflammatory disorders.) The regime is tough but effective – vegetable soups and juices for five days under the expert supervision of Dr Axel Bolland (whose kindly bedside manner belies his fierce reputation as a national authority on food sensitivities). There's also meditation, yoga, forest power walks, talking therapies, acupuncture and a menu of sublime massages. Do not leave without experiencing the Nian massage – a hybrid blend of techniques and one of the finest, deepest, most knot-ironing jobs we've ever encountered: it feels like someone's unzipped you and released your lithe inner sylph. In the summer, people sit gloriously butt-naked in warm baths of mud in the gardens. After five days, we bet you'll be happy to join them.

 *Healing Holidays* ([healingholidays.co.uk/tatlerspaguide](http://healingholidays.co.uk/tatlerspaguide); 020 7529 8551) offers five nights from £1,285, full board, including flights, transfers and all treatments and activities on the Felke Med Basic and Intensive programme. *Healing Holidays* is the only UK tour operator that works with BollAnts Spa im Park.



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