

TATTLER®

Spa
Guide
2018



IN ASSOCIATION WITH HealingHolidays AND ESPA



**27 MAY-2 JUNE, PORTUGAL
VALE DE MOSES**

If the mountain air doesn't make you conk out, the yoga-infused Sleep Better: Slumber and Energise retreat will. Set in a peaceful farmhouse, it's run by sleep counsellor and stress-management expert Dr Nerina Ramlakhan, who'll help you explore the relationship between sleep, technology and nature, and give you take-home tools for better rest. *From £710 for six nights, full board (valedemoses.com).*

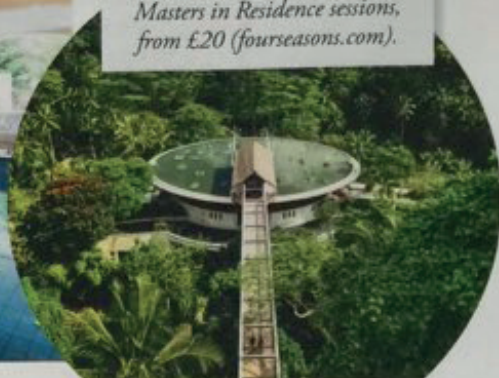
**19 AUG-29 SEPT, ITALY
ROSA ALPINA**

The award-winning Californian fitness programme by the Ranch Malibu is heading to the Dolomites this summer. A series of six intensive weekly programmes will combine a healthy plant-based diet with hiking in the mountains and meadows, strength training, yoga, meditation and daily massage. Bodies will be stretched, metabolisms boosted and delicious locally grown food eaten – all to improve endurance, trim some inches and encourage clearer thinking. *From £6,110 a week, full board (rosalpina.it).*



**SEPT, OCT & NOV, BALI
FOUR SEASONS
BALI AT SAYAN**

Yoga nuts take note: global yoga superstars will be throwing shapes in tropical Ubud during the Four Seasons' annual Masters in Residence programme this autumn. There'll be vinyasa with Lara Zilibowitz and Matt Julian and vinyasa flow with former dancer Jolie Manza. *Double, from £390; Masters in Residence sessions, from £20 (fourseasons.com).*



By SUZANNE DUCKETT

D A T E S F O R Y O U R D I A R Y



**SEPT & OCT, SPAIN
BINIGAUS NOU**

Wildfitness, known for its get-you-outside retreats in Crete, Costa Rica and Zanzibar, has added Menorca for this autumn. You'll stay in Binigaus Nou, a restored 18th-century villa with private pool, and get your blood pumping amid wild orchids and fig and citrus trees in the estate's 300 acres. *From £1,230 a week, full board (wildfitness.com).*

**1-8 NOV, INDIA
ANANDA**

Fancy a dose of zen with your fitness drive? Head to Ananda for its Matt Roberts retreat, where full-on fitness sessions with Roberts will be combined with dreamy ayurveda, all on a maharaja's 100-acre private estate in the Himalayan foothills. There's yoga, meditation, Vedanta Hindu philosophy, spa treatments and organic food, all customised to your doshas. *From £4,670 for seven days, full board (anandaspa.com).*



**OCT & NOV, ITALY
BORGO EGNAZIA**

Reveal your inner wild child at Borgo Egnazia's Vair Spa. The Füre programme includes everything from local dancing to climbing olive trees and even juggling (laugh all you like, but it's fabulous for bingo wings). You'll also get a personalised diet devised by a nutritionist and the hotel's executive chef. *From £1,475 for four nights, full board (vairspa.it).*

**FROM JULY, GREECE
EUPHORIA
RETREAT**

This new architectural delight offers tailored wellbeing, fitness and therapy programmes lasting from two to 14 days. Doctors, healing experts and philosophers combine Ancient Greek and Taoist philosophies and Hippocratic and Chinese medicines. *Double, from £385, full board; retreat, from £2,410 for seven days (euphoriaretreat.com).*

