

Reflect, Re-Energize, Rejuvenate: Europe's Best Detox Resorts For Your Post-Lockdown Summer Glow



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With a sense of the beginnings of a post-pandemic renewal, it at last becomes possible to look ahead and to make plans for long-awaited travel. It is perhaps also a moment to ask what we can do to boost our own health, well-being and general vitality.

For so many, lockdown has involved a decline in exercise and changes to food and alcohol consumption which can combine to weaken our immunity, damage our mood and add weight to our bodies.

With all the worries around Covid-19, it seems that for many people existence has, for a long time, been all about “getting through” with life, work and relationships. It is not just the physical face coverings and the social distancing - it’s also been a time for many that had to slip on the mask of happiness and positivity to show that they were „coping“ despite all the challenges.

It is now, however, possible to take a positive step towards enhanced health and happiness by arranging to stay at one of Europe’s leading Detox Resorts. Whether for a short or a longer program, the benefits are

clear in terms of rejuvenation, meaningful escape and a focus on making enduring health choices for a better quality of life.

All of these health and spa facilities have a history and heritage of caring for those who need individual attention with programs and treatments shaped towards giving them both an inner and an outer glow. These resorts offer a true immersive experience – one where the feeling on checking out shows in the quiet smile of contentment and the confident expectation of a healthier and fitter lifestyle ahead. Here are the top detox resorts you should not miss, when looking for rejuvenation of body mind and soul:

Chenot Palace in Weggis, Switzerland

The Chenot Palace at Weggis sits on the shores of Lake Lucerne and captures the essence of a Swiss lakes and mountains experience. Having visited before, I know what a special place it is with the cleanest of air and views to delight whatever the time of day. The resort promotes the legacy of Henri Chenot who was an exponent of preventative healthcare rather than reactive medicine. He forged the concept of Biontology which seeks to balance the body's physiology through the most modern specialist diagnoses, and state of the art treatments, a positive view on life and (vegan and delicious) diet plans. It's all about our energy and keeping the energy of our body, of our mind, of our soul as good and balanced as possible throughout our lives.





Chenot Palace Weggis, Switzerland ALEX TEUSCHER PHOTOGRAPHY

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Chenot understood the body’s natural ability to heal itself and could see the advantages in drawing on traditional as well as advanced contemporary medicine based on over 50 years of research. Individual needs are the key focus at the Chenot Palace with 3 programs available to aid both body and mind with the objective of restoring balance to busy lives: 1. Advanced Detox, to unleash the self-healing power of your body, 2. Recover & Energise, to relax your brain & revitalise your body and 3. Prevention & Ageing Well, to self-optimize, prevent and be well for as long as possible.

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Chenot Palace in Weggis, Switzerland CHENOT PALACE

Euphoria Retreat, Peloponnese, Greece

At the Euphoria Retreat in the Greek Peloponnese, creator Marina Efraimoglou had a clear objective right from the start. She wanted to create a feeling of being as far-removed from contemporary pressure as possible. She sparkles with passion about her project and the mission of making our lives better is tangible for her. Entering Euphoria can prompt us to evaluate our priorities once more and live our lives perhaps in new and more balanced ways.





Euphoria Retreat EUPHORIA RETREAT

The underlying philosophy of the “Euphoria Methodos” is to draw on ancient Greek and Chinese techniques to bring about healthier bodies and more contented minds. The key program of “Feel Alive Again” while shaped for Covid recovery speaks of what a spell here can do. Surrounded by greenery, a sense of calm can aid recovery and lead to a gentle uncoiling of life’s springs.



Euphoria Retreat, Greece EUOPHORIA RETREAT

Lanserhof Tegernsee, Germany and Lanserhof Lanz, Austria

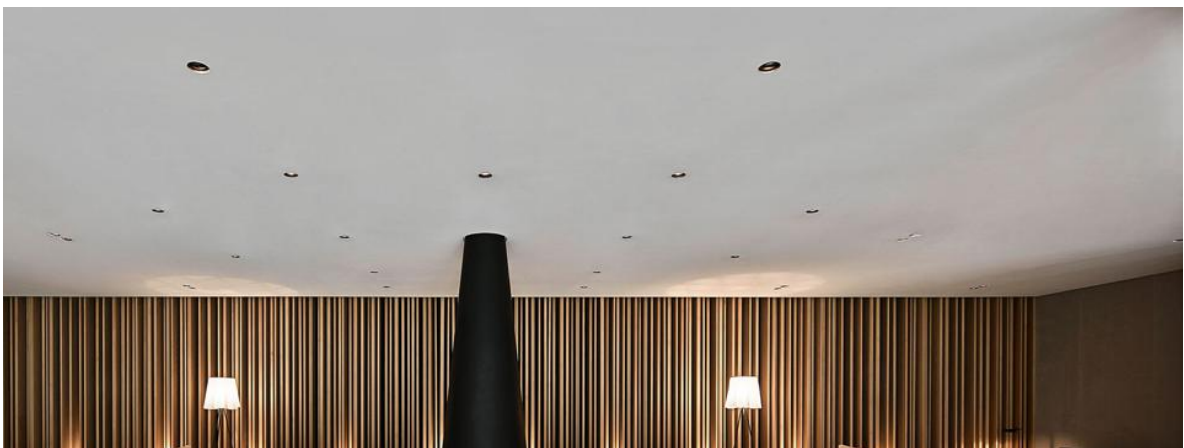
has built its reputation as a leading health resort over more than 30 years. From the successful model established at Lans near Innsbruck in Austria, the group has now expanded to include facilities at Tegernsee in Germany and the forthcoming development at Sylt on the Wadden Sea. At the heart of operations is the LANS Medical Concept which blends traditional naturopathy with the latest medical advances and diagnostic techniques.



Lanserhof in Lans, Austria LANSERHOF

Experienced practitioners at Lanserhof are skilled in recognizing the changes in human physiology associated with lifestyles which have become more sedentary for many people. It is never too late to change, however, and it is always possible to alter the ways in which we live, work and relax. From sleep therapy to pain relief and summer re-energize programs, the team at Lanserhof is able to help with immediate health concerns while developing personalized programs for better health. Lanserhof Tegernsee's Medical Director Dr. med. Elke Benedetto-Reisch's concept is all about learning about yourself, knowing yourself, knowing your body, your habits, your patterns - and according to these learning how to stay well.

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Lanserhof Tegernsee LANSERHOF

The settings for this sort of support matter so it is an extra benefit to feel so absorbed in these unique, contemporary and luxurious locations chosen, both surrounded by idyllic nature.

Sha Wellness in Alicante, Spain

Sha Wellness in Spain makes the most of its exceptional Mediterranean location between the Bay of Altea and the Sierra Helada Park. With its elevated views of the sea, extensive green spaces and abundance of light, it feels calming and therapeutic right from the point of arrival. Physical and mental well-being are pivotal here and there is real motivation to discover more about what drives our mood and our physiology.



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Sha Wellness Clinic, Spain SHA WELLNESS CLINIC

The aim at Sha Wellness is to map out a path to wellness and rejuvenation with clear direction on lifestyle and nutrition. Much of this is about eating the right food at the right time but also exploring some of the emotional factors which prompt us to eat too much and unhealthily. As part of a comprehensive suite of individual programs, the resort also helps with post-Covid treatments.

Viva Mayr Altausee and Viva Mayr Maria Wörth, Austria

At its Austrian resorts, Viva Mayr is a leading exponent of the balanced approach to a healthier and more contented way of living. There is a stress too on longer-term changes in the approach of individuals towards their own health so that time spent at Viva Mayr yields real and lasting benefits. Based on the traditional FX Mayr diet, Viva Mayr has modernized the philosophy to a next level by valuing the use of traditional diagnostics but also saw how these could fit with modern complementary medicine. Viva Mayr is not just a detox resort, it's a lifestyle. You learn so many things about healthy eating, digestion and balance - which you will include you into your lifestyle forever.





Viva Mayr Maria Wörth, Austria VIVA MAYR

From the initial “fact find” with each patient, the aim is to provide a program to balance, cleanse, boost immunity and regulate any bodily deficiencies. There is even a special post-Covid program whose focus is on easing the effects of “Long Covid” so that patients can recover their strength and restore their immune system. To help reinforce the benefits of a stay at Viva Mayr, it is easy to stay in touch with the best practice learned through the innovative online telemedicine service.



Viva Mayr Altausee, Austria VIVA MAYR

Villa Stephanie in Baden-Baden, Germany

You will find Villa Stéphanie at the Brenners Park-Hotel in Baden-Baden – a place whose name speaks of spas and their history of healing. The resort’s extensive parkland setting and close proximity to art, music and cultural activity make for a truly balanced break far away from outside pressures. With treatment rooms looking out on the gardens, there is a calming ambiance and a feeling of being in the right space and place to

feel better. Treatment programs such as the world-famous (loved by numerous celebrities) Kings-Way method, invented by Villa Stephanie's Medical Director Dr. Harry König who has a holistic approach to medicine, life and energy, act to aid recovery and boost immunity for improved long-term health and fitness. The resort has a record of success with detox and weight loss advice based on the idea that healthier food should be something to look forward to and not to recoil from. In addition, there are Aesthetic Medical and Dental treatments available.



Villa Stephanie in Baden-Baden, Germany OETKER COLLECTION

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I view luxury lifestyle from a conscious perspective and am most passionate about wellbeing, art and travel. I am the founder of the lifestyle blog [her-etiquette.com](#)...

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