

# TATLER®

A woman with dark skin is the central figure, wearing a vibrant green turban and large, red, beaded hoop earrings. She is posed in a relaxed, artistic manner, with her head tilted and her hand resting near her chin. She wears a blue and green patterned strapless top. The background is a lush, tropical setting with green foliage and a body of water reflecting light. The overall aesthetic is one of elegance and natural beauty.

## *Spa Guide 2022*

IN ASSOCIATION WITH  
Healing  Holidays



## EUPHORIA RETREAT *Sparta, Greece*

From the moment you step through its gates, you sense quasi-magical, restorative forces at work: the powerful scent of herbs, those sweeping views over the mountainside... And then there's the menu of spa treatments. Cupping, acupuncture, watsu, infrared sauna, chakra realignment, five-elements-balancing and energy therapies: pretty much everything you never knew you needed. Get ready for the healthiest glow of your life. At the heart of Euphoria's philosophy is a focus on rebuilding strength and immunity, so that you can leave the resort better able to face life's challenges, mentally and physically. This sets the tone for everything from the food to the bespoke programmes and group classes. (Don't miss yoga with Liz, or hikes with Elias through the picturesque surroundings.) Euphoria is a reminder to take a kinder, more holistic approach to your body: and though the in-house nutritionists insist you replenish yourself with antioxidants, rather than starve to lose weight, the pounds seem to fall off nonetheless. If you're feeling rundown, overwhelmed and exhausted, a few days here will breathe life and joy right back into you. *Healing Holidays* ([healingholidays.com](http://healingholidays.com)) offers a three-night *Discovery* programme from £1,239, full board, including transfers.



*Euphoria by name, euphoria by nature for guests leaving after a restorative break*

*Preventative and regenerative treatments are the focus at Chenot Palace Weggis*



## CHENOT PALACE WEGGIS

*Lake Lucerne, Switzerland*

Feel your energy levels shoot through the roof as your immune system benefits from the classic Chenot treatment (800 calories a day of plant-based fare), combined with an array of holistic practices alongside potent medical treatments. Founded in 2020 on the calm shores of Lake Lucerne, where vintage paddlesteamers slice through the glassy waters like a balm to anxiety-ridden minds, Chenot Palace is a glamorous wedding-cake of a hotel with an adjoining sleek medical spa wing. Robed-up high rollers shuffle between appointments (your schedule is arranged by an app, tuned to 'maximum healing mode') – some hydrotherapy perhaps, mud wraps and an amazing electronic acupuncture combined with breathing guidance. Ultimately, the core Chenot philosophy – based on the concept of digestive wellbeing, treating food like medicine to boost health – is transformative, leaving you feeling lighter, brighter and ready to take on the world. *Healing Holidays* ([healingholidays.com](http://healingholidays.com)) offers a seven-night *Advanced Detox* programme from £6,759, full board, including transfers. ▷