MANGO PR

Tatler Spa Guide 2011
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RELAIS SAN MAURIZIO

Langhe, Italy

A 17th-century monastery turned boutique hotel in a prime setting atop a hill overlooking ancient villages. This is your ultimate Italian getaway: wonderful food and wines (and ice-cream so light and ambrosial you can't believe it's not good for you); elegant bedrooms filled with fine linens; and, in the old cellars, a spa with a major in the therapeutic benefits of salt. You'll find powerful purifying pools (with mineral levels in excess of those in the Dead Sea), which regenerate skin and muscles, along with a Turkish steamroom, mega gym and circulation-boosting hydro pools. There are three- to five-night programmes, or you can choose from wraps, scrubs, power peels, vitamin-C facials and therapeutic massages. While the atmosphere is quite serious and medicinal, there's nothing to stop you feasting on the area's abundant truffles. A thumping good energy booster. **Website** relaissanmaurizio.it **Book it** Bailey Robinson (tel: 01488 689777) offers seven nights from £1,225, including flights, transfers and breakfast.

VICTORIA-JUNGFRAU

Interlaken, Switzerland LOSE WEIGHT!

A stately, old-world hotel – all chandeliers, thick carpets and cured ham – saved from stuffiness by its friendly atmosphere and up-to-speed two-pronged spa. The new Sensai Select wing, which complements the pre-existing ESPA area, is a surprising thing in Switzerland: a spa inspired by Japan. Tokyo-based Gwenael Nicolas is responsible for the design and was inspired by the beauty of Koishimaru silk, an ingredient used in seven of the facials and massages on offer. Even the walls are adorned with the stuff. Signature treatments begin with a ritual Japanese cleansing bath, and take in both western and eastern techniques. The award-winning ESPA next door is bigger and sturdier, with a range of massages, therapies with hot lava stones, squeaky-clean facials and hydrotherapy. There are also the hefty marble saunas and steams, and a gym with regular classes to make your heart pump. The t'ai chi instructor is worth the visit alone, but if you prefer to be outdoors you can also waterski, paraglide, paddle in the crystal-clear lake and go for walks to restaurants where waiters will tuck you up in blankets and feed you steaming hot chocolate. **Website** victoria-jungfrau.ch **Tel** 00 41 33 828 26 10 **Book it** SWISS (tel: 0845 601 0956) flies from London City to Zurich seven times daily, from £75.

