

COUNTRY & TOWN HOT SE

THE BEST OF BOTH WORLDS

AUGUST 2015 £3.6

FIERCE FASHION

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MARY BERRY

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queen on war-time
recipes

SPA TREK

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THE ODD ONE OUT

*Properties that
break the rule*

PLUS

YOUR GUIDE
TO A FIT AND
HEALTHY
SUMMER



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2 BUCHINGER WILHELMI MARBELLA

This charming detox spa is the antithesis of a clinical medi-spa. Tucked in the hills above Marbella, it combines German efficiency with Eastern spirituality. There is every conceivable medical testing but what makes it exceptional is that all the therapists are bang-on intuitive, so you can experience the ten-day 'cure' – based on German doctor Otto Buchinger's therapeutic fasting – and heal emotional demons at the same time. If fasting, you'll survive on 250 calories of liquid for six days and drink their signature apple skin tea until you dissolve. Stick with it as the results are outstanding; you'll jettison kilos, reboot your immune system and discover stratospheric levels of energy. If you can't face fasting, this is the best-kept secret in Europe to come to for nurturing. They will devise a couture, low calorie diet – scrumptious. You can relax deeply as the special energy here is both uplifting and soul-soothing.

BOOK IT A ten-day basic fasting cure costs from £2,500. buchinger-wilhelmi.com

3 LANSE RHOF TEGERNSEE MARIENSTEIN, GERMANY

Oligarch territory, this superluxe new medi-spa represents the famous old Mayr method finally moving massively upmarket. Architecturally stunning – glass, wood and slate, with a white-on-white spa flooded with natural light – it's isolated (bodyguards like that), surrounded by a golf course, countryside and forest. Inside, it's a hymn to tranquillity, with soaring empty spaces and large, glass-walled rooms where you can lie in bed in the early morning, watching mist rise off the trees. You don't have to be stonkingly rich to come here, but it helps. Doctors can provide every diagnostic medical test going, so it's easy to rack up a mega-bill even before you start on fluffier treatments. But even the basic 'Modern Mayr' detox – spelt rolls, clear broth, poached fish and vegetables, daily Epsom salts, all to regulate your all-important gut bacteria – will leave you thinner and fitter. And fatter of contacts list. The networking really is thrilling.

BOOK IT Doubles for seven nights (minimum stay) from £2,824. lanserhof.com



SPA JUNKIE

Donna Air

STYLIST AND PRESENTER



You'll find me every year... Somewhere different. I went to Viva Mayr last year in Austria. I have yet to try Chiva Som and Golden Door.

I go for... Weather, good treatments, comfort and, always, food!

From being a regular spa junkie, I have learnt... What to and what not to spend money on.

My normal life pick me up is... An Epsom salt bath, an early night and a magnesium drink.

If I have to snack, I reach for... Toasted rye bread, peanut butter with banana on top.

You'll find me on the beach in... A Heidi Klein bikini, Melissa Odabash swimsuit, Markus Lupfer sunglasses and Lancaster sunscreen.

My magic potion which I wouldn't trade for the world is... Aurelia Skincare's neroli and lavender night oil and Ila body oil.

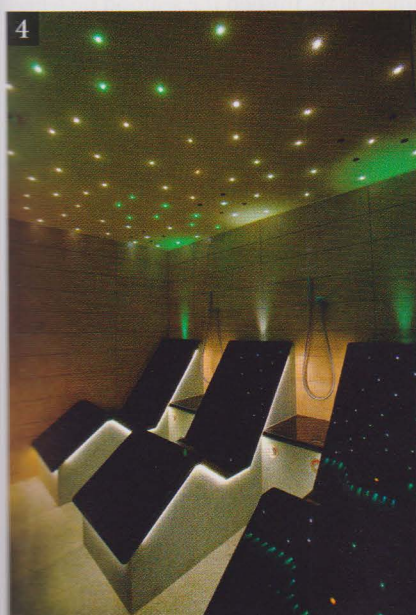
My guilty secret is... A glass of Cervaro and a bowl of spaghetti.

My secret to health and happiness is... Take care of yourself and those around you.

5 VILLA STEPHANIE BRENNER'S PARK, BADEN-BADEN, GERMANY

Newly unveiled, this is the spa villa attached – by a long corridor – to the grand Brenner's Park. Guests can stay in their robes all day, flitting between massage beds, the hammam, spa salon – which turns out breakfast and light snacks – and the adjoining medical centre, before dressing to walk over to the hotel for dinner. Heaven for a quick weekend. Salvation, though, potentially, for anyone with medical issues, especially those inadequately addressed at home. The excellence of the doctors – and dentists – in the medical centre is what has shot Villa Stephanie instantly into the echelons of the world's top spas.

BOOK IT Doubles from £400. villastephanie.com



4 GRAND RESORT BAD RAGAZ BAD RAGAZ, SWITZERLAND

Bad Ragaz is a mountain wonderland, hosting everyone who's anyone – Roger Federer always tones up here before the Grand Slam season. It offers seven indoor and outdoor pools, a wellness centre, massages including Gold Temptation, which involves guests being coated in gold leaf like a modern-day Tutankhamun, yoga, gym, golf and eight restaurants serving delicious calorie-controlled dishes. Old-style glamour pervades the resort's stately reception rooms, which often feel more like a clinic as guests in white towelling robes stroll to their next treatment. Indeed, for those who feel they might need a new look, there are 70 doctors on hand, including cosmetic surgeons.

BOOK IT Healing Holidays offers six nights from £5,420 pp full board, with flights, full-board, consultations and more. healingholidays.co.uk