



AWARD-WINNER MEDICAL MASTER

Grand Resort Bad Ragaz

BAD RAGAZ, SWITZERLAND

With its snowcapped mountains, outstanding healthcare system, purer-than-pure air and mineral-crammed thermal waters, Switzerland is about as 'spa' as a country can get. And the (very nutritious) cherry on top? Grand Resort Bad Ragaz, the ultimate five-star hotel-hospital hybrid. The world's rich – and their buff bodyguards who loiter by the lifts – fly in for the best procedures money can buy: everything from hip ops, cancer screening and urology, to dentistry and ophthalmology. Murano glass, Swarovski bling and marble floors mask the recuperation wing's very serious intent: no-lock doors, proper hospital beds and emergency call buttons. The Ladies' Check Up in the Medical Health Centre is THE programme to book. Easygoing but razor-sharp Dr Christian Schlegel and his top team will set about your blood, checking for liver, kidney and thyroid efficiency along with bone and heart function. You'll even have a mammogram with the most nurturing of nurses (never again will your boobs be so gently sandwiched). Do bolt on a day or two and make the most of the Tamina Therme, a 78,000 sq ft cathedral of thermal pools, steam rooms and hot tubs. The medical side will be done and dusted by then, so you're left free to wallow in the warm waters, chuck in a treatment or two, and leave with a wag to your tail. **HEADS UP** Book a Spa Suite for the sensational views and your own sauna. **BOOK IT** Healing Holidays (healingholidays.co.uk/tatlerspa; 020 7529 8551) offers a four-night Ladies Check Up programme from £3,540, including flights and transfers. **TATLER EXCLUSIVE** For the most up-to-date offers at Grand Resort Bad Ragaz, visit tatler.com/spaoffers.

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