



TATLER
AWARD WINNER
STATE-OF-THE-ART
OVERHAUL

BEST FOR SERIOUS DETOXING AMID MOUNTAINS AND MINIMALISM

LANSERHOF TEGERNSEE

MARIENSTEIN, GERMANY

We love a bit of abstinence, especially the chew-every-morsel-40-times/Epsom salts/hay-pack-on-your-liver kind of detox pioneered by our old friend FX Mayr (see opposite). Lanserhof Tegernsee, a £55m medical wonder, is the newest star in the Mayr galaxy: it's monastery meets drop-dead designer decadence – swathes of pale larch wood, B&B Italia furniture, miles of sparkling white corridors softened with nuzzleable suede and velvet. Bedrooms are fully remote-controlled (take your gently crackling fire to full roar in a millisecond) and pedals on the Steinway are bespoke black (the standard gold finish jarred with the décor). Glorious attention to detail aside, the real reason you come here (apart from the *Sound of Music* views of Mount Wallberg and Lake Tegern) is the LANS Med Concept – your own tailor-made programme of detoxification, de-acidification (you heard it here first) and state-of-the-art medicine and holistic treatments. After an initial assessment of probing and poking, blood tests and other diagnostics, Dr Elke Benedetto-Reisch, the tiny, blonde, rather stern medical director, delivers her verdict. Toxic gut is a given – this is Mayr territory – but Dr Elke is a gifted diagnostician and she may uncover other more sinister symptoms because here, they're ahead of the game. There's even a pill-cam that does the job of a colonoscopy. As per all Mayr regimes, the first few days can be truly miserable, unless wanting to chew your arm off and always having the loo in sight is your idea of fun. But a treatment menu of biblical proportions takes your mind off your movements: the Caviar Deluxe facial is a fine reward; the detox drainage mixes cupping, reflexology and acupuncture; and the Slim & Lift body repair, well, the name says it all. Once you've come through the fug of withdrawal, there are walks in the forest, qigong, zumba, yoga and the list goes on. There are even bread-making classes. Wheat- and gluten-free, of course.

BOOK IT Healing Holidays (healingholidays.co.uk/tatlerspa; 020 7529 8551) offers seven nights, full board, from £2,695, including LANS Med Basic programme, flights and transfers.

Heads up Don't bother packing books or bringing along a Kindle... the library is heaving with more than 2,000 titles in four languages. Just be spontaneous