


## PARK IGLS

INNSBRUCK, AUSTRIA

Chewing is a serious business at Park Igls – it's not so much what you eat, but how. Following the ethos of Austrian physician Franz Mayr, this medi-spa offers a mighty MOT. There are psychologists and coaches to deal with your mindset – often the most important cog in the wheel of any midlife health and fitness crisis. But the gut is king, so steel yourself for a pre-breakfast glass of ghastly *bitterwasser* and be prepared for eruptions reminiscent of your Indian backpacking days. When you've had enough of lying coddled in towels in the white-marble spa, there's an impressive fitness programme to keep you busy – try balance-boosting kyBoot training or an invigorating Nordic jaunt in the pine forests. If you'd rather admire the Alpine scenery from the comfort of your room, book a corner suite with wraparound views and your own infrared sauna cabin. The facilities are impeccable and the staff the kindest on the planet. Just remember that silence is golden in the dining room – you can't chew and talk. If that sounds antisocial, head honcho Dr Gartner has this advice: 'Finish your mouthful first and, if you can still remember what you wanted to say, perhaps it's worth saying.'

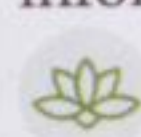
 *Healing Holidays* ([healingholidays.co.uk/tatlerspaguide](http://healingholidays.co.uk/tatlerspaguide); 020 7529 8551) offers seven nights from £1,965, full board, including flights, transfers and all treatments and activities on the Basic Detox Cure programme.



## VILLA STEPHANIE

BADEN-BADEN, GERMANY

Villa Stéphanie may be a relative newbie (opened in 2015) but in the medical-spa arena she's way ahead. Built as a royal residence, and named in honour of Napoleon's adopted daughter, no less, this discreet Belle Epoque beauty – neighbour of her graceful grande dame sister, Brenner's Park-Hotel – is spread over 6,500 square feet and five floors. There's a beautiful Roman-style pool, a sauna area, gym, hamman and ladies' thermal suite, and an entire wing devoted to medical and holistic check-ups. The rooms, most overlooking an elegant park and the burbling River Oos, are noteworthy not only for their art-deco style but for their walls. No, we're not talking wallpaper – they're equipped with a shielding metal mesh that blocks high-frequency signals, and guests can disable the wi-fi with the flick of a switch. Digital detox is a serious business here, but then so is everything on offer. The diagnostics department, headed by the dashing Dr Harry König, integrates traditional medicine with naturopathy and tackles all areas, from gynaecology to emotional balance. You get a full-body going-over with a team of specialists to identify any potential weaknesses, which are then addressed with a mix of natural therapies and lifestyle changes. This is fast-tracked wellness, in the most glorious of settings. After even the shortest visit you'll leave refreshed and reinvigorated – and with a roster of useful information to carry into everyday life.

 *Healing Holidays* ([healingholidays.co.uk/tatlerspaguide](http://healingholidays.co.uk/tatlerspaguide); 020 7529 8551) offers a seven-night detox programme from £4,399, full board, including flights, transfers and all treatments and activities.

