



FOUR SEASONS LANDAA GIRAAVARU

BAA ATOLL, MALDIVES

You might think a week on a paradise island, in a beachfront villa surrounded by swaying palms and consommé-warm waters, is all that's needed to chill out and perk up. Four Seasons Landaa Giraavaru would agree – but they take things a few steps further. The ayurvedic spa has a huge range of treatments and can tailor-make you a meal plan of vegetarian and fishy delights (tempered carrot and coconut, say, followed by grilled reef fish with garlic and spinach). Whether you're opting for a herby Elakizhi massage in a glass-bottomed overwater villa, or signing up for the 21-day ayurvedic programme, the experience will be as sensuous as it is therapeutic. A highlight is the Om Supti Night Ritual in a candlelit clearing among the banyan trees, with two blissful hours of chakra-balancing massage, after which you are left alone, soaking in frangipani and hibiscus flowers, to the smells and sounds of the night.

*Inspiring Travel Company (inspiringtravelcompany.co.uk; 01244 355527) offers seven nights from £4,135, including breakfast, flights and transfers.*

NEWS *Original FX Mayr has launched an online shop – click for its alkali powder and cult cleansers (original-mayr.com).*

VIVAMAYR ALTAUSSEE

ALTAUSSEE, AUSTRIA

At VivaMayr, the aim is to get your gut working like clockwork. Central to Modern Mayr philosophy is the belief that not only being overweight ('cosy', as Dr Sepp Fergerl puts it, kindly) but all chronic ailments stem from a dysfunctioning intestine. The holy grail, he says, is an alkaline body chemistry, as that helps us control free radicals, produce more antioxidants and eliminate toxins through proper digestion. Got high cholesterol? It's your liver that isn't doing its job properly because your gut isn't correctly breaking down the food you're eating. Stress-eating? Feed yourself the right foods and you'll be better able to cope with stress in the first place. During a four-day stay at this spa on beautiful Lake Altaussee, magnesium citrate will become your gut's little helper. You become so fixated with healing your insides that you forget how little you're eating. There are other diversions: vitamin infusions, lake hikes, wraps, massages and aerial yoga. They say: 'Weight loss isn't our aim, it just happens.' We say: true.

*Healing Holidays (healingholidays.co.uk/ tatlertspaguide; 020 7529 8551) offers seven nights from £2,150, full board, including flights, transfers and all treatments and activities on the Basic Medical programme. Healing Holidays is the only UK tour operator that works with VivaMayr Altaussee.*

