

BOLLYROBICS TO BALTIC DIPS 10 BEST SPAS FOR MEN

By Caroline Sylger Jones

Best for runners

Rancho La Puerta, Mexico

Men I have loved love this fabulous 4,000-acre health retreat in Baja California because it has more than 60km of hiking and running trails, a new 3-mile obstacle course, fitness classes and a decent range of male-focused spa treatments. The most popular include a runner's reflexology treatment for tired feet and a deep-tissue sports recovery massage.

From £2,955pp for 7 nights including accommodation, meals, scheduled transfers (Saturdays only) and a full programme of group activities (rancholapuerta.com)

Best for thrills and glamour

Capella Lodge,

Lord Howe Island, Australia

We honeymooned at this stylish all-suite hotel on a tiny island in the Pacific Ocean, and it gets my husband's vote for its simple and brilliantly carried-out treatments, plus proximity to fantastic hikes, kayaking, surfing and coral reefs for snorkelling or diving. Book a "mountain man" for a scrub, massage and facial; the Gower's foot therapy for knackered legs after a climb; or a traditional Australian kodo massage for deep pressure.

From £420pp per night for half-board, drinks and canapés, an open bar and airport transfers (lordhowe.com)

Best for fitness freaks

KurHotel Skodsborg, Denmark

Hardy types I know have willingly embraced the men-only water CrossFit programmes led by former Michelin-starred chef turned lifestyle mentor Thomas Rode at this spa hotel, when squats, press-ups and laps in the frequently rough and freezing Baltic Sea are complemented by the Paleo diet.

From £999pp for three nights' half-board including flights, transfers, a massage and cookery class (020 7135 2436; healingholidays.co.uk)



Best for blokes at home

Yeotown, England

Getting into yoga is believed to help men keep fit and injury-free a lot longer than almost anything else, and this contemporary hideaway in lush north Devon countryside is a great place to do it. Book onto the weekly, four-night Yeotox health and fitness programme and you can also enjoy astonishingly good vegetarian food, strong massage, hikes, surfing and coastering. From £1,870pp for five days including accommodation, meals and the full programme (01271 343803; yeotown.com)

Best for wannabe 'ironmen'

Atmantan Wellness Resort, India

The owner of this stylish new health retreat is an Ironman triathlete and the fitness facilities are suitably fabulous – there's an enormous gym, spin and TRX studios, plus at least eight group fitness classes daily. Opened last year in the Sahyadri mountain range above Mulshi Lake, it has a fitness challenge programme popular with men that includes body analysis, Bollyrobics, cleansing yogic kriyas and treks in the hills, as well as intensive workouts.

From £2,900pp sharing for seven nights including flights, transfers,

full board and a full wellness programme (020 3735 7555; wellbeingescapes.com)

Best for surfers

Paradis Plage, Morocco

Family men find this spa hotel on a sandy beach facing the Atlantic Ocean a refreshing place to bring their tribes. There's a funky RipCurl surf school, with a fire pit and outdoor cinema where you can have group and private sessions with Tarik Wahbi, a former national surfing competitor, plus three group yoga classes – hatha, vinyasa and yin – that are suitable for all levels. From £815pp sharing including flights, transfers, B&B and a full wellness programme (020 3735 7555; wellbeingescapes.com)

Great for a rest – and wine

Villa La Coste, France

For those who like their wine and art as well as their wellbeing, this superlative spa hotel is set inside a Provençal vineyard strewn with installations by artists such as Tracey Emin, James Turrell and Andy Goldsworthy. The week-long rest and restore retreats, with Cornelius O'Shaughnessy of Bodhimaya, are potentially life-changing. From £571 per room per night (villalacoste.com)

If your digestion is dodgy...

Park Hotel Igls, Austria

If you've a health complaint, this no-fuss retreat in the Tyrolean Alps offers a variety of programmes that pivot on preventive Modern Mayr Medicine and the belief that good health depends on good digestion. Try the men's medical check, which recognises that male bodies react differently to drugs and treatments and to the ageing process. From £941pp for seven nights' accommodation, plus £2,163pp for a one-week men's medical check, plus £858pp for a Mayr basic programme (park-igls.at)

Good for mindful guys

Amanoi, Vietnam

This refined resort overlooking Vinh Hy Bay in Núi Chúa National Park offers 3-10 day wellness immersions that are hard to beat for total rejuvenation. Go for the new eastern approach to weight management if you're a little bored of the usual approaches, while the stressed-out should opt for movement, mindfulness and stress control. From £4,950pp for a bespoke five-night immersion including full board, flights, transfers and full programme (020 7135 2436; healingholidays.co.uk)

Best for stressed-out golfers

Marbella Club, Spain

This hotel, set in subtropical gardens just outside Marbella, has just launched a gentlemen's collection of spa treatments to deal with tightness, anxiety and stress, including a sleep-inducing massage for those with a hectic lifestyle, intensive sports massage, personalised face, neck and scalp massage and a special "golfers tonic" said to improve muscle fatigue and ease tiredness. From £1,445pp for seven nights in a shared room, including B&B, flights and transfers (020 8968 0501; thehealthyholidaycompany.co.uk) ■

Caroline Sylger Jones runs travel website queenofretreats.com