



## L'ALBERETA

WEIGHT  
LOSS

LAKE ISEO, ITALY

### DREAMY DETOX WITH A HI-TECH EDGE

You've got to hand it to meridian magician Henri Chenot. Each year, he pushes the anti-ageing bar skywards with irresistible new packages incorporating health-boosting, gravity-defying, fat-busting treatments. Chic Italian cognoscenti flock to L'Albereta, the pretty villa high in the woods of Lombardy, for hush-hush deluxe detoxing and zeitgeisty beauty treatments. At the heart of every programme is Chenot's biontology, a form of nutrigenetic testing and digestion analysis. You'll have electric currents pulsed through you, jets of water fired at you, toxins cupped from you and mud slathered over you, as your body is prodded, probed and semi-starved into peak performance. Pack Prada joggers and a sense of humour – you'll hallucinate with hunger after a 24-hour broth fast, then beg for more dolls-house-sized portions of exquisite alkaline grains and salads. You'll be given laxatives from silver trays, drink vats of cider-vinegar water until you feel sea sick from all the fluid sloshing around in your tummy, and embark on a battery of blood tests. Take heart; you will definitely have a moment. But the bliss of L'Albereta is that the medical team rock. They are gifted, cohesive, holistic and, most important of all, they get it. They know you want to look slim and feel full of energy. And fast. The new Advanced Beauty week offers pore-tightening electroporation and zinging hydrafacials that leave you with an alabaster-clear complexion. Then, with cryolipolysis, the controlled freezing of adipose tissue which eliminates fat cells, stubborn pockets of excess weight are blasted away. The average reduction is a cracking 25 per cent each session. Dietician Valeria Brembilla has an almost psychic understanding of metabolism. She soothes body neurosis and offers invaluable insight. Manuel Viprati, an outstanding osteopath and kinesiologist, manipulates you into embarrassing pretzel-like contortions as he shifts the bio-energetics of your system. You float out of his sessions feeling weightless. There are no labyrinthine corridors of the grand medi-spas here. Every room looks out onto the ancient oaks and towering pines, so you don't feel banished. A word of warning; the main deck has a fabulous bistro and Michelin-starred restaurant. Avoid at all costs if on any regime. The slickest detox escape in Europe? It's definitely the most glorious. A place where sybarites can be kept happy while they starve.

**INSIDER TIP** Book the excellent mani-pedi on your last day. Not before, as the mud wraps discolour Shellac.

**BOOK IT** Healing Holidays (+44 20 7843 3592; [healingholidays.co.uk/condenast](http://healingholidays.co.uk/condenast)) offers a seven-night Fundamental Detox Henri Chenot programme from £4,199 per person, full board, including flights and transfers.

