



## VILLA STEPHANIE

WEIGHT  
LOSS

BADEN-BADEN, GERMANY

TOP-LEVEL CLINICAL CLOUT IN COMPLETELY SPOILING SURROUNDINGS

Dr Harry König, mainstream medic by training, naturopath by instinct – and thus a most informative and trustworthy source of advice, analyses and treatment – is reason alone to check into Villa Stéphanie. If you are determined to lose weight once and for all, or you need to reboot dramatically, his new Kings Way programme, devised after decades of overhauling patients' eating patterns, will help you to achieve just that. It is quite something. Ninety-one treatments over nine days: full medical support, physiotherapy, vitamin infusions, liver cleanses, mud wraps, alkaline baths, lymphatic drainage, cupping, facials, personal training, and a diet of teas, smoothies and soups. If that sounds too hardcore, or you want a second opinion on an on-going health issue, or you despair of ever getting a diagnosis that makes sense to you – in other words, you'll scream if another doctor suggests it's stress, psychosomatic, or only to be expected at your age – Dr König is still your man. The fact that he is blessed with Don Draper good looks, a bear-hug habit and trust-me, white-coat warmth adds to the potent appeal. His Haus Julius clinic also hosts a team of specialists including a dentist, cardiologist and gynaecologist, who provide care and consultations to a well-insured local clientele as well as international visitors. It is attached by a short corridor to the 15-room Villa Stéphanie, a 19th-century confection as light and bright as something devised for Marie Antoinette, with five floors dedicated to all things spa offering 120 different treatments. It would be entirely possible to spend the best part of a week here and barely move, picking on virtuous little meals supplemented by the all-day snacks set out by the fire in the waiting area and never even set

WITH A SPACE-AGEY CLINIC, COSSETING VILLA AND MAJESTIC HOTEL SO CLOSE, YOU CAN LEAD A MOST PLEASING TRIPLE LIFE

foot in the Lichtentaler Allee park, which lies just across the river running through its formal little garden. Nor set foot in the longer corridor linking the jewel box of a villa to its very masculine neighbour, the Brenners Park, Germany's most famous old hotel. This institution remains the kind of panelled-wood-and-chintz enclave where you could imagine Bismarck striding into the great lounge. But the brilliant thing about having these three very different places – space-agey clinic, cossetting villa, majestic

hotel – so close is how they enable you to lead a most pleasing triple life. Spend the morning wrapped in a thick towelling robe having breakfast in your room overlooking the park, before tripping down to the hammam to be

pummelled half to death, but in a nice way, or having a Sisley facial, then head to the clinic in the afternoon, consulting Dr König on this and that, before getting properly dressed again in the evening to slip into one of the dark bars or the starched-cloth restaurant at Brenners. Three courses from its Vital Detox Cuisine menu – scallops, trout and berries, say – amount to just 400 calories. Yes, it's total heaven. At every point just marvellously grand, emanating a sure sense that here is some of the best money can buy. Doctor's advice included.

**INSIDER TIP** If you sleep badly, the rooms here, where you can lie in bed with the windows open and all electronic waves blocked, should provide solace. **BOOK IT** Healing Holidays (+44 20 7843 3592; [healingholidays.co.uk/condenast](http://healingholidays.co.uk/condenast)) offers a seven-night Detox programme from £4,695 per person, full board, including flights and transfers. Healing Holidays is the only UK tour operator that works with Villa Stéphanie.