


TATLER®



Spa Guide 2024

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Healing  Holidays

FOUR SEASONS HOTEL LOS ANGELES AT BEVERLY HILLS

California, USA

Health-seekers, take note: for a stay that's as revitalising as it is restorative, check into one of the California Wellness Suites at this perennially popular hostelry. Inside the suites, calm, white interiors meet hypoallergenic wooden floors and air purification systems. (Shut-eye obsessives will love the special lighting to support the circadian rhythm.) The marble bathrooms are fully stocked with eco-minded Lather products; the showers spout purified water, guaranteeing the glossiest hair; and the suites, catering for both fitness and relaxation, all have Peloton bikes and Deepak Chopra-guided meditation videos a flick of a switch away. Otherwise roll out an Alo yoga mat for an in-room stretch, book into the hotel's private fitness suite (exclusive to one guest at a time) or venture out to the pool for a siesta beneath Tropicana-orange parasols. And look out for Gwyneth, who swings by from time to time. Perhaps she'll be next to try a Wellness Suite? *Doubles from £1,020 (fourseasons.com).*

Keep an eye out for Gwyneth Paltrow under the Tropicana-orange parasols that surround the pool at Four Seasons Hotel Los Angeles

LEFAY LAGO DI GARDA Lake Garda, Italy

For secluded and serene surroundings, look no further than Lefay: perched on a hillside that offers a glorious panorama of the waters below, Italy's hidden gem is loved for its location away from prying eyes – Queen Rania of Jordan paid a discreet visit last year – and the recently refurbished suites, some with a personal sauna and even a balcony hot tub, are generous and well appointed. Employing a fusion of holistic disciplines and classical Chinese medicine, the spa's programmes include weight loss, immunity-boosting and fitness; and to ease you on your

way, there are no less than six different saunas, plus indoor and outdoor pools, a well-equipped gym and a salt lake pool where you can float in contemplative silence. The immunity-boosting regime includes energy-balancing massages – the detox variety with Lefay olive oil treats the whole body and stimulates energy pathways, while the Tuina massage clears blockages or imbalances – and for firm and healing hands that are blissfully soporific, ask for therapist Marilena. As for the food, it's delicious – and, following your initial consultation, personalised.

Think herb-strewn, egg-white breakfast omelettes and delicious soups and salads for lunch. Lefay's whole purpose is to realign mind and body in calming and luxurious surroundings. It certainly delivers. *Healing Holidays (healing-holidays.com) offers a five-night Immune System & Gut Health programme from £3,169, full board, including transfers. ▽*

The architecture of Lefay Lago di Garda was inspired by the original stone and wood pillars of lemon groves