

Condé Nast Traveller

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Healing  Holidays

THE WORLD MADE LOCAL

Wellness
& Spa Guide
2025



THE WORLD'S BEST SPAS • FIGHT STRESS LIKE A PRO • THE LONGEVITY HACKS OF 2025
TAMING OCD • A ZEN TEMPLE BREAK • LIFE IN A CAVE • ROMAN BATHING IS BACK



LAKE GARDA, ITALY

Lefay Resort & Spa Lago di Garda

THE PROFOUND APPLICATION OF TCM TO STRESS

It's highly unusual to visit a world-renowned spa where the key takeaway pushed by a crack team of doctors and medical experts is that you are as capable of achieving the same psychological results by yourself as they can there. That's the beauty of Lefay: the primary aim here is to empower, educate and enable. I arrive in Lake Garda a sniffling mess. After an intense few weeks of moving house, several personal dramas and a poorly dog rendering me housebound, both my immune system and my ability to handle minor inconveniences have packed in. I am booked into the anti-stress programme, a five-day plan that applies Chinese wellness practices to remedy and soothe stressed minds and bodies. I meet Dr Stefania Doria, a psychiatrist and acupuncturist, who embodies Lefay's person-first approach. The medical consultation confirms the obvious – overtired, overwhelmed, overworked – but also highlights energy blockages that need addressing. The autonomic nervous system tests are fascinating, proving the power of pranayamic breathing – my sympathetic nervous system shows similar results after just 10 minutes of guided meditation on my first day as it did by the fifth day of the programme. The message is clear: learning how to effectively listen, monitor and control your body's response to external stimuli can intrinsically improve your ability to handle stress. The rest of the programme involves other enlightening ways to connect mind, body and energy. Acupuncture and moxibustion (heat therapy of energy points) are designed around each guest's medical requirements, alongside cryotherapy, reflexology, massages and classes for stretching, breathing, qi gong, gong baths, guided walks and more. I leave armed with tools and devices to be self-sufficient, a more profound respect for Traditional Chinese Medicine, and a deeper understanding of myself. OLIVIA MORELLI

Healing Holidays (healingholidays.com/condenast) can arrange a three-night Spa Discovery programme from £1,499 per person, sharing including transfers, full board and treatments

