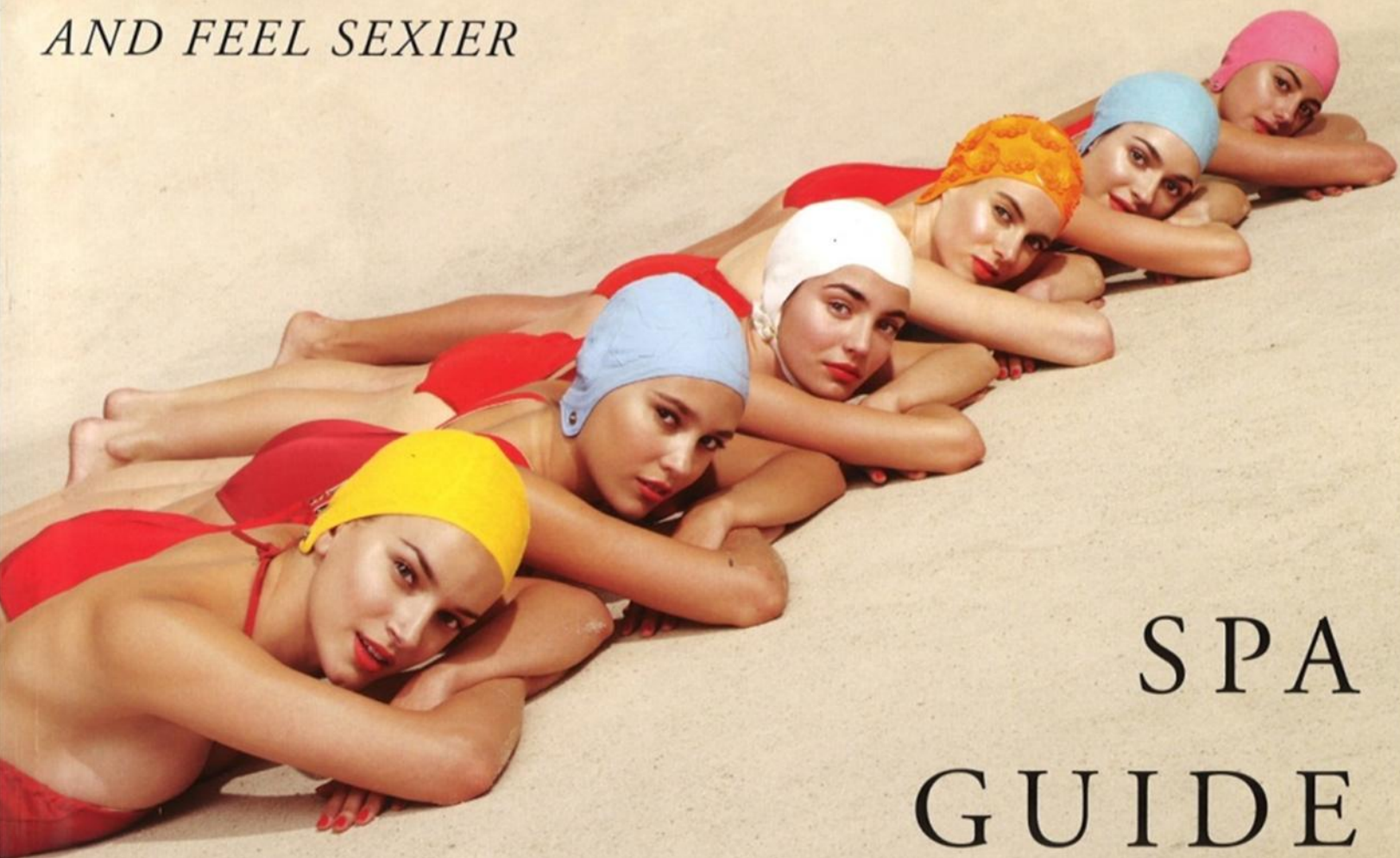


TATLER®

IN ASSOCIATION WITH CLEVELAND COLLECTION

*WHERE TO GO
TO LOSE WEIGHT,
LOOK BETTER
AND FEEL SEXIER*



SPA
GUIDE
2012

(swimming hats not included)



TATLER'S BEST SPAS 2012

This year's most swellegant, elegant...
Ta-dah!

MOST HEAVENLY HIDEAWAY

ANANDA IN THE HIMALAYAS, INDIA

Such an escape. A dreamy bolthole high in the mountains that delivers everything you want in an Indian spa: inspired yoga, virtuous vegetarian food, knockout views, charming staff and monkeys who try to steal your mango juice (see page 7).

YOGIC STAR

DESTINATION YOGA, ITALY

Yoga goes chic, with not a soggy lentil in sight. Expect retreats around the world and teachers who challenge even those who can twist themselves into a pretzel. The most directional and elegant yoga get-up out there (see page 41).

BEST FOR HARD-HITTING RESULTS

GRAND RESORT BAD RAGAZ, SWITZERLAND

For all your loopy neuroses and more – tackle sleep, weight, skin and head issues. Clinical without being scary, mega-effective without being torturous, a life-saver for those on the brink of burnout. And it's close by. And it's man-friendly (see page 35.)

BEST FOR FULL-ON FITNESS

THE RANCH, USA

Ten hours of punishing, heart-thumping exercise a day, fuelled only by itsy-bitsy portions of organic fuel. Sounds like madness, but the setting is gorgeous. Plus, of course, you'll enjoy phenomenal weight loss. You can do it – if you put your back into it – at California's most exciting new outpost (see page 11).

MOST LIFE-CHANGING

VITAL ENERGY RETREAT, SPAIN

A revelation. One of Britain's top nutritionists, Vicki Edgson, flies you out to a gorgeous villa in Ibiza, along with a fabulous chef, and works at retraining your mind so that you'll never need to diet again. We're talking earthy ingredients rather than depressing bowls of brown broth. Because draining detoxes are so yesteryear, think glamorous house party instead (see page 31).



WORK IT, BABY

Let's get physical, physical, let me hear your body talk

THE RANCH

CALIFORNIA, USA LOSE WEIGHT

About three hours into your morning trek, through Jurassic canyons with epic views, you start to realise exactly how hard you're going to be worked at California's newest, and most stylish, full-on fitness retreat. Your lungs scream louder than the coyotes howl through the dark nights as you climb the Santa Monica mountains, that kale shake at dawn a distant memory. Sweat pours off in the rising heat and the walkie-talkie crackles with instructions from the fresh-faced instructors: 'Water, water, water!' They hold your redemption in their hands – a mid-morning snack of precisely six organic almonds (and there's still three hours to go). With 10 hours of exercise a day and an hour off after lunch (you'll just sleep), the massages are a light relief. So too is the masterfully inventive, but saintly, food (pasta made from strips of asparagus) and the gorgeous look of the place itself: Ralph Lauren meets whitewashed monastic chic. The programme is completely shattering, but dramatically transformative – you'll leave pumped up with optimism.

Website theranchmalibu.com **Tel** 001 888 777 2177 **Book it** Seven nights from £3,420, full board, including transfers, all activities and daily massages. ▷

TATLER
AWARD WINNER
FULL-ON
FITNESS