

THE  TIMES

LUXX REPORT



TRAVEL 2020

WORK OUT, WIND DOWN

The hippest spa openings, from
the Pyrenees to California

THE NUTRITION RETREAT

Artah, Spain

There are not enough superlatives to describe the health retreat created by Rhian Stephenson, co-founder of the spin-class chain Psyche. Staying in the 12-bedroom Artah, nestled in 100 acres of woodland in the eastern foothills of the Pyrenees, is like holidaying in the well-appointed house of a friend who has both an unflinching eye for detail and comfort and an understanding of how to create mental and physical regimes that will return you home calm and yet fizzing with energy. Don't be misled by the Instagram-perfect swimming pools, the modernist interiors or the picturesque Can Terrades setting. This is a serious health retreat, which offers a comprehensive fitness regime that includes hiking and yoga as well as LED light treatments, Natura Bissé facials, invigorating body massages and reflexology. Gut health is of paramount importance in the three programmes – the Signature Reset, Deep Dive and Recharge. Stephenson is a trained nutritionist and naturopath, hence the quality of Artah's plant-based menus, which she devised with chef Katie O'shea, who has worked at Noma and spent six months foraging nearby to understand better the local produce. In a nutshell, nourishment and nurturing on every level. **Carolyn Asume**

A four-day Recharge programme, including full-board accommodation, supplements, a detox massage, facial, LED facial and use of the sauna and gym, starts from £1,860 (artah.co)

THE MOUNTAIN SPA

Adler Lodge Ritten, Italy

This new spa retreat from the family-owned Adler hotel group is more than 1,800m above sea level, where the clouds are suspended at eye level. Its 20 wooden chalets and spectacular 20-suite main building draw heavily on the tranquillity of its pristine natural environment and surrounding dense larch forest. Within the light-filled spa, lined with glass walls through which you can look out onto the immense Schlern mountain, is an array of treats, from



Clockwise from left:
Artah, Adler Lodge
Ritten, The Ranch 4.0



a steam bath of rejuvenating herbal oils to an indoor-outdoor salt-water infinity pool over which the scent of the chalets' log fires wafts. Outside, there's an organic hay bio-sauna and an elevated Finnish sauna among the trees. The spa menu is wide-ranging and includes treatments from the fundamental to the ritualistic, many using local herbs. The food, served under the stars beneath a glass ceiling, combines regional and Mediterranean influences. Dishes might include organic goat's cheese with South Tyrolean apple or goulash of local veal, served with a wide variety of mainly local wines. Guests are encouraged to take the latter back to their sumptuous rooms and cool them, as we did, by packing them in the snow beside the front door. **Amy Hanna**
Three days from £730 per person, full board, with guided ski tours and hikes, meditation, yoga and a forest sauna (adler-resorts.com; suedtirol.info)



THE FITNESS BOOTCAMP

The Ranch 4.0, USA

Called the Jumpstart programme for a reason, this four-day version of the legendary 10.0 regime was developed for those who can't commit to the full ten-day bootcamp. Its principles haven't changed since Alex and Sue Glasscock set it up on their 200-acre ranch in the picturesque Conejo Valley in California in 2010. The shorter 4.0 camp takes place at the Four Seasons Hotel Westlake Village in north Los Angeles, with no more than 18 guests. Delicious meals, made from local ingredients and served in a greenhouse, are all plant-based and calorie controlled (1,400 per day). Exercise is low-impact and cleverly synchronised, from a 5.30am wake-up call for the four-hour group hike to two afternoon fitness classes (yoga and cardio with weights). Each guest also has a body composition assessment and a VO2 metabolic test in the in-house California Health & Longevity Institute to ascertain body-fat ratio and lung capacity, so a schedule can be created for you to continue at home. The overall effect is so all-American that you can't help but feel warm and fuzzy inside as your body changes shape. Being outside in nature, with limited wifi, loads of uninterrupted sleep (in bed by 8pm) and no artificial stimulants is pretty good for the soul too. **Sophie Goodwin**
From \$4,200 (£3,220) per person, which includes four days' accommodation, meals and fitness training (theranchmalibu.com) ■