

TATLER®

Spa Guide 2020

IN ASSOCIATION WITH
Healing  Holidays AND ESPA



One&Only
Reethi Raw

ONE&ONLY REETHI RAH

North Malé Atoll, Maldives

At this Maldivian island (the Beckhams' hideaway of choice), the water shimmers, the sand is silken and the sunsets streak the sky with gold – but the Nirvana-like refuge is also a place for sculpting one's behind while bronzing. The Reethi Raw workout is as intense as it sounds: hammers lie waiting on the beach, ready to be beaten against nearby tyres (the perfect bikini booster, it chisels waistlines and turns triceps to steel); before sessions of squats, and swinging from palm trees by TRX cables. And when fatigue sets in, the twinkling Indian Ocean awaits (along with a cold superfood juice, courtesy of the impossibly charming staff). Over in the glorious ESPA spa, the new Sleep and Wellness Journey brings broken bodies back to life, with a reviving Bastien Gonzalez foot massage (the world-famous pedicurist occasionally swings by) and a slumber-inducing ritual that lightens heavy limbs through Shiatsu-like stretches, breathwork and meditation. Head to bed immediately. Guests report sleeping here like never before, the only sound the rhythmic lapping of the waves. *Abercrombie & Kent* (abercrombiekent.co.uk) offers a four-night Sleep Collection package from £6,945, including spa treatments, mindfulness diving or snorkelling, breakfast, flights and transfers.

LANSERHOF AT THE ARTS CLUB

London, UK

Lanserhof is synonymous with uber-slick service; modern monastic design and proven Mayr medicine programmes. And their latest London outpost (in partnership with The Arts Club on Dover Street) follows suit. But this is no ordinary day-spa: this is a high-tech temple to wellness spanning six, light-filled floors; with the single goal of rendering clients (and their bodies) bulletproof. Its focus is still on prevention (cue, MRI scanners, a futuristic 'Movement Lab' and dedicated 'Spine Lab' in a diagnostic, Bond villain-like lair in the basement). But it's also big



A hiking trail at
The Ranch Malibu

THE RANCH MALIBU

California, USA

on rehabilitation: which means a state-of-the-art gym where Technogym machines adjust to individuals' programmes with the swipe of a wristband; and the Icarus – a virtual-reality 'flight' simulator – which tests core strength like never before. Recover in the dual-chamber cryotherapy pod, with a vitamin infusion, or in the hands of their expert team of osteopaths, acupuncturists and masseuses. Otherwise, book into the treatment rooms for an Augustinus Bader facial (the stem cell scientist's famed creams leave skin feeling as supercharged as bodies). *Annual membership starts from £4,000, plus joining fee* (lanserhof.com/en/london/membership).

Visitors to The Ranch feel they can walk forever, no matter how long the trail (and meagre the sustenance – a few almonds and a pinch of salt), thanks to the joy of passing great mountains and dense forests of bush, and brushing against fragrant herbs (flannel-soft sage, sweet lemon verbenas). It's just one of the reasons why those in the know return year after year. Their best-loved 4.0 retreat bottles the power of the great outdoors with daily, up-to-25km hikes, which not only blast hundreds of calories and blow away the cobwebs, but provide that elusive thing: time – and space – to think. Back at the Four Seasons Westlake Village (base for the four-day programme), feet are restored with talc and bandages; muscles softened with powerful, in-room massages and bodies stretched with daily classes (yoga, spinning, HIIT). Mealtimes are an unexpected joy, with hearty vegan fare (like the Ranch's famous granola, and exceptional cauliflower crust pizza), all eaten in the airy, garden-view glasshouse. Losing five pounds in one stay is not out of the ordinary – unlike the sense of calm and renewed focus that guests return home with. *Four nights, from £3,250* (theranchmalibu.com). □



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