

COUNTRY & TOWN HOUSE

THE BEST OF BOTH WORLDS

MAY/JUNE 2020 £3.90

TOUCH WOOD

*Why we need
to hug a tree*

PLANET ORGANIC

*Carole Bamford
is the queen
of green*

DIG DEEP

*Meet the women
helping to save
our soil*

STELLAR SPAS

*Book now for
later: we'll all
be needing
a reboot*

A MODEL MANIFESTO

Arizona Muse on how to live a better life

Floating away at Lefay
Resort & Spa in the
Dolomites

SPA GUIDE

Edited by Daisy Finer



THE PERFECT PLACES TO HIT RESET

EASY DOES IT

A SHORT FLIGHT AND A LONG FLOP MAKE THESE DREAM DESTINATIONS FOR A QUICK FIX

MONASTERO SANTA ROSA

AMALFI COAST, ITALY

If you're scared of heights, you might be startled by the vertiginous clifftop setting, but the spectacular Amalfi coast and insanely glamorous hotel – romantic, smart and with a spa that oozes soul – will soon quell any anxiety. The 17th-century former convent has just 20 beautiful bedrooms and is surrounded by landscaped terraces leading to a jaw-dropping infinity pool – there are Instagram-worthy views all round. Inside, carefully curated antiques sit alongside contemporary art pieces in a clever blend of old and new. The spa boasts original, vaulted, double-height ceilings and uses products made by monks from the divine Farmacia Santa Maria Novella. The signature massage, with its melted candle wax layered onto your skin, feels almost transcendental. For romance, head to the huge couple's spa suite with its own rasul, steam room, wet and dry treatment couches and terrace. Equally decadent, at the Michelin-starred Ristorante Il Refettorio, chef Christoph Bob prepares superb fare sourced from the surrounding Campania region (don't miss the famous breakfast puff pastries). This is definitely not the place to diet.

BOOK IT: Doubles from around £348 B&B. monasterosantarosa.com



LONGEVITY ALVOR

ALGARVE, PORTUGAL

Set in the hills of the Algarve, with an epic view of the coastline from the rooftop infinity pool, Longevity Alvor is less hotel-with-spa, more tip-top health clinic with beautiful rooms attached. Of course, there's the usual gamut of massages and facials, but we advise signing up to one of the hotel's signature programmes, such as Metabolic Optimisation or Essential Detox. These include full-blown medical consultations with on-site doctors and clinical treatments specifically designed to help counter any health imbalances you may have accrued from life in the real world. Treatments aside,

it would be foolish to miss out on some of the daily group activities that can help reset your mental space (and are fun to boot) – there's everything from chilled-out sunrise yoga and Tibetan singing bowls to bracing hikes to the beach. And rest assured that healthy needn't mean boring when it comes to food – the restaurant serves up some supremely imaginative dishes, all of them deeply delicious and deeply good for you, since they're designed to alkalise your body and help expel toxins. If you can't resist a wee tippie, at least the wine is organic.

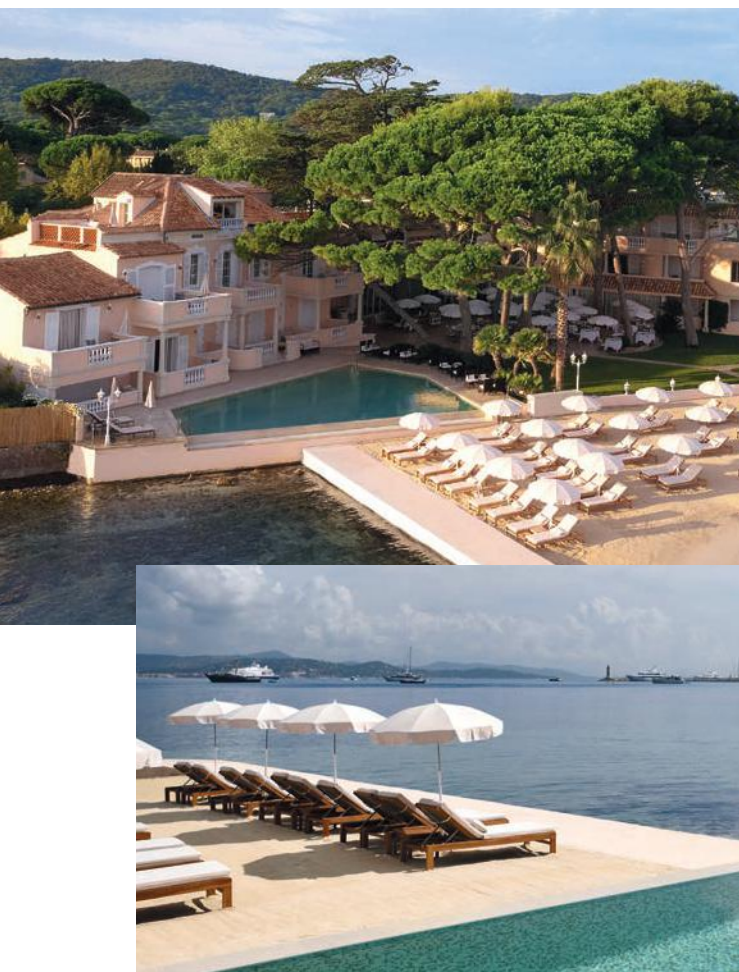
BOOK IT: Five-night Longevity Essential Detox from £1,815pp. Doubles from £170 B&B. longevityalvor.com

ROYAL CHAMPAGNE

CHAMPILLON, FRANCE

Champillon is an area of north-eastern France that's as famous for its champagne houses as for its lack of high-class accommodation – that is, until 2018's reopening of the renovated Royal Champagne Hotel. Trips to and from the Champagne region's most iconic houses are organised with exacting precision by the hotel staff. Refreshingly, the emphasis is on behind-the-scenes harvesting processes as well as tasting sessions of niche and often underrated releases that rarely leave the locale. Most visitors come for these fizz-based pursuits but end up staying (and invariably returning) for the spa, which spans a vast and unparalleled 16,000sq/ft. Partnered with cult French brand Biologique Recherche, the wellness centre has nine treatment rooms, a calming eucalyptus-infused sauna, and – the jewel in the crown – two temperature-controlled, chaise longue-lined pools looking out onto the very vineyards that prompted the hangover from the night before. It's a tale of two villages: a perfect place to enjoy one too many coupes of the finest champagne at dusk, and an idyllic setting in which to sleep it off the morning after.

BOOK IT: Doubles from around £320 B&B.
royalchampagne.com



CHEVAL BLANC

ST TROPEZ, FRANCE

Small, chic and surprisingly cosy, St Tropez's Cheval Blanc is a must-visit haven for those seeking solace from the cosmopolitan town just a short walk away. Once a private holiday home, the newly refurbished bolthole possesses a boutique quality that keeps royals and celebrities coming back year after year. With a small private beach, homey nooks, nautical touches and bespoke scented candles, the 31-room abode has all the charm you'd expect from a location steeped in character and history. The understated glamour extends to the hotel's Guerlain spa. With a heavy focus on the location, each treatment is aimed towards relaxation and aftercare for those long, lazy days in the sun. After choosing your scented oil, lie back and enjoy the summer sounds of Sade and tinkling French jazz as your aches and pains are kneaded and rocked away. While transformation isn't the aim of the game here, it's an indulgence perfectly suited to a Riviera getaway. And if that wasn't enough, you can even have your complimentary Guerlain sun care applied for you by the spa therapists without leaving your sun lounger. Well, it is St Tropez after all!

BOOK IT: Doubles from around £505 B&B.
chevalblanc.com

MUST PACK



DODO BAR OR
Tatiana ruched swimsuit, £230.
matchesfashion.com



REALLY WILD
Boho silk dress, £365.
reallywildclothing.com



ELEMIS
Superfood facial oil, £45.
elemis.com



ROSETTA GETTY
Jacquard shorts, £534.
rosettagetty.com



JOHN LOBB
Stratton sandal, £650.
johnlobb.com