

TATLER



SPA GUIDE 2019



IN ASSOCIATION WITH Healing  Holidays AND ESPA

Royal Champagne
Hotel & Spa, France



INFINITY & BEYOND

Preidlhof, Italy (p.29)

Wholesome outdoor pursuits are a given at this family-run Alpine institution. But it's the ever-innovative, high-tech medical expertise that really recharges the batteries.

STAR GAZING

Four Seasons George V, France (p.34)

Grand, glamorous and undeniably Parisian. Make like royalty in this gilded ornament of a hotel, where a spacious subterranean spa is the crowning jewel.

FIT FOR ANYTHING

Marbella Club, Spain (p.40)

You'll find Marbella beach-club glitz in abundance, but alongside the Chanel totes there's a serious fitness focus: hiking, biking, cardio and TRX in the fully equipped 24-hour gym.

TASTEMAKER

Royal Champagne Hotel & Spa, France (p.46)

An architectural beauty amid the fruit-laden vines – come for the bucolic surrounds, treatments that get results and Michelin-starred food.

OFF-GRID

COMO Shambhala Estate, Indonesia (p.50)

Deep in the jungle, COMO's Bali sanctuary is an oasis of deep, calm pools, tumbling waterfalls and ultimate peace. This is the place for solitude and a superbly soothing bespoke retreat.

DEEP CLEAN

Chenot Palace, Azerbaijan (p.56)

A doctor-led detox in a sleek lakeside setting. Submit yourself to the supremely effective Chenot Method, take charge of your diet and emerge clean and lean.

INTO THE WILD

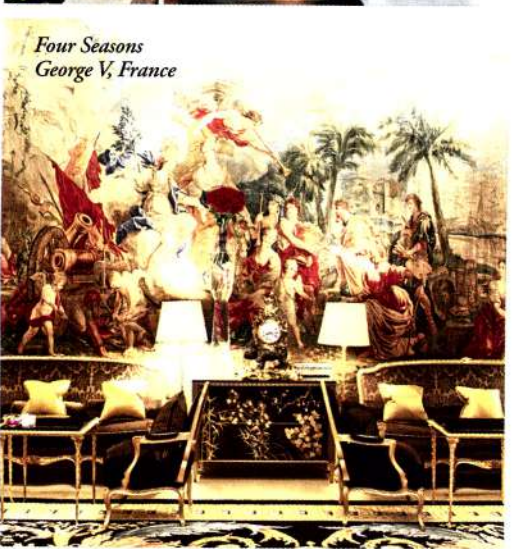
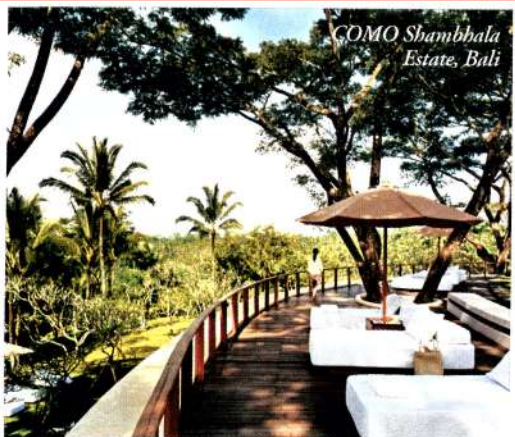
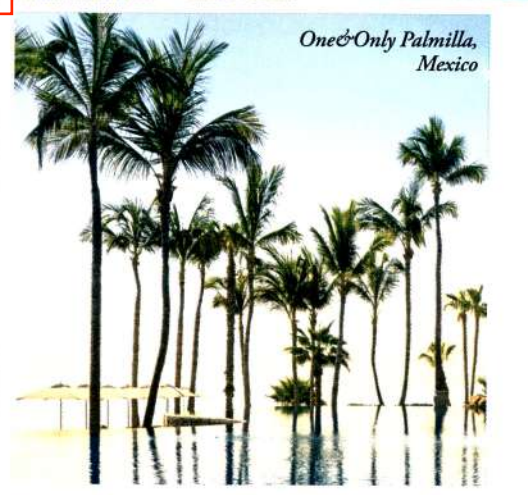
Joali, Maldives (p.60)

Get back to nature on this tiny but mighty Maldivian island. Indulge yourself at the marvelous ESPA spa, or simply dig your toes in the sand and gaze out to sea as dolphins swim by.

SOUL SOOTHER

One&Only Palmilla, Mexico (p.66)

When your spirit needs recharging and your chakras are all out of whack, head to the rugged Mexican coast for shamanic healing, mindfulness and emotional harmony.



TATLER
AWARD-WINNER
Tastemaker



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Gastro-spas that know how to sing for their supper



**ROYAL CHAMPAGNE
HOTEL & SPA**
Champagne, France

Where better to find a spa from which you leave feeling elegantly effervescent than one set among vineyards with names such as Taittinger and Moët et Chandon? Originally a coaching inn, now refashioned for the 21st century by architect Giovanni Pace, the sparkling new Royal Champagne is a veritable beauty: a blend of glass, local quartz and pristine vineyard views. It's a heady combination, and so are the rooms – 49 in total, lined in natural oak with limestone bathrooms and Hermès soap by the basins. The gleaming pool is a cool escape; the food is exquisite (Le Royal, the Michelin-starred restaurant where crab with caviar and a kiss of citrus is served beneath a gold-leafed ceiling, is a destination in itself). But it is the spa that is the show-stealer. Here, inside glinting, golden-mosaic treatment rooms, results-driven Biologique Recherche rituals are performed with gusto. Lymph-draining massage lightens heavy legs after an afternoon roaming the nearby cellars;

facials combine galvanic current and quenching hyaluronic-acid masks, leaving complexions plump and rosy; and all come with a tiny jar of cream tailored to your skin for you to take home. But this is not your only parting gift: as Madame de Pompadour said about champagne, it is 'the only wine that leaves a woman beautiful after drinking it'. So make sure, while you're there, that you do. *Double, from £445, (royalchampagne.com; +33 326 528 711).*

