

TATLER[®]



In association with
Cleveland Collection

Spa Guide 2011

The 101
best detoxes,
clinics, camps,
yoga retreats
and spas in
the world

RESCUE REMEDIES

Get the heal-good factor

CASTEL MONASTERO Tuscany, Italy

The idea of Tuscany going hand-in-hand with doctors and detoxing is almost unbearable. But what a splendid place to kickstart a new you. Is this the most glamorous monastery in the world? Rooms are glossy, immaculate cocoons and, gosh, what a spa – set in streamlined gardens with three outdoor pools and a spick-and-span, efficient mood. There are dermatologist Dr Murad's treatments (enzyme peels, vitamin C masks) and perks from Natura Bissé (great for mature skins), but the real news is the first hotel-based detox run by Dr Ali (fans include the Prince of Wales and Claudia Schiffer), combining ayurvedic principles with modern science. During the three- or seven-day programme, you will be weighed and prodded, undergo ruthless massages, drink litres of bitter detoxing tea, enjoy a pure, low-fat – make that no-fat – diet (created with Gordon Ramsay) and emerge pumped full of energy and in the pink. Charming waiters will try to corrupt you – 'Just one little scoop of pistachio ice-cream?', 'Some red wine?' Stay strong. No pain, no gain is the order of the day. **Website** castelmonastero.com

Book it Citalia (tel: 0871 664 0253) offers seven nights from £1,185, including flights and breakfast.

THE HILL THAT BREATHES

Le Marche, Italy

A secret of the smart, mindful, party-hard-then-go-yogic set. This hushed retreat (and in case you hadn't noticed, retreats have moved on from the brown-sandal and chanting brigade), in a gorgeously renovated farmhouse, offers a mix of programmes (yoga, life-coaching, etc), but the stand-out attraction is Stephen Russell, a modern-age wizard known by his followers as the Barefoot Doctor. Fabulously charismatic, this self-styled lifestyle guru teaches meditation, relaxation and a range of mind-body techniques based on the principles of Taoism and t'ai chi. Where he excels is in managing to communicate his ideas with a down-to-earth wit that isn't the least bit preachy or boring or cabbage soupy, inspiring in fans a whole new positive outlook. Even without him, the centre is magnificent, and the parent/children yoga weeks are equally captivating. **Website** thehillthatbreathes.com **Tel** 00 39 722 347 895 **Book it** Double, from £695 for seven nights, full board, including all classes. ▷