

**Client:** Borgo Egnazia  
**Source:** ES Magazine  
**Date:** 26 October 2018



**ES**  
*Magazine*

**KATE MOSS  
and CARA  
DELEVINGNE**  
*reveal their  
beauty secrets*

*Plus:*  
HEALING  
HOLIDAYS  
VITAMIN  
MANIA  
STRIKES  
& *London  
in lipstick*

**26.10.18**  
BEAUTY  
EDITION

**HOW GOOP  
ARE YOU?**  
*Take the test*

**V IS FOR...**  
*The RISE of  
INTIMATE  
grooming*

**POWER UP**  
ALL EYES ON AUTUMN'S BOLD NEW MOOD  
*Starring Ellen Rosa by Tom Craig*

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ESCAPE  
 EDITED BY DIPAL ACHARYA

Baltic tranquillity:  
 Kurhotel Skodsborg

### *Kurhotel Skodsborg,* DENMARK

Twenty minutes north of Copenhagen, Kurhotel Skodsborg is a former sanatorium founded by Dr Carl Ottosen, an early pioneer of preventative healthcare whose philosophies of light, air, water and excellent nutrition remain relevant today. This unorthodox approach to wellness is a real wake-up call.

The architecturally designed spa is grounded in expertise rather than luxury, and houses physiotherapists, psychiatrists, reflexologists and even a dentist. Nordic-style fitness is a focus. Try the kooky workout, Water Crossfit, a class that involves squatting in the sea while Baltic waves crash over your head. Alternatively, cycle through the Dyrehaven heritage site to the local castle. Try, too, the Nordic SaunaGus experience. Guests sit in a sauna as a Mist Master whips aromatherapy-infused steam through the air with scalding towels, while also leading you in mindful breathing. Then you sprint to the hotel jetty and plunge into the icy Øresund (the stretch of water separating Denmark from Sweden). Pure elation! Glowing skin and soaring energy levels guaranteed.

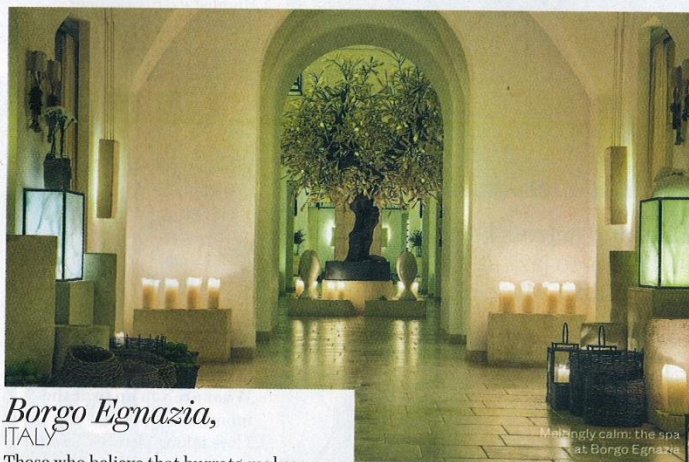
Try the cookery class with Thomas Rode, who has eschewed Michelin-starred menus for a caveman approach to cooking. He looks three decades younger than his 50 years, so clearly something is working.

**Niamh O'Keeffe**

*Niamh was a guest of Kurhotel Skodsborg. Double rooms from £167 including spa access (skodsborg.dk)*

## HOLIDAYS *that heal*

Reboot your mind, body and soul with a trip to a soothing wellness spa



### *Borgo Egnazia,* ITALY

Those who believe that burrata makes everything better should visit Borgo Egnazia on Italy's heel, where the stuff is available for breakfast, lunch and supper.

This Puglian paradise also boasts all that is required for a restorative break; astonishing vistas, sensational sunsets, a chic beach club, icy-blue pools and perfect pizzas. In the candlelight of the vast, award-winning spa, the staff work hard to ensure your path to wellbeing slots seamlessly into your stay.

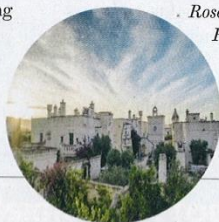
I tried Füre, a wholesome sports and spa programme designed to help frazzled punters be more in the moment. This included

cycling through ancient olive groves, sprinting along cliff-tops, listening to local music (Margarita in hand) and indulging in a Roman bathing ritual.

The hotel's executive chef, meanwhile, curates a menu incorporating the principles of a traditional Mediterranean diet, so you can be as hearty and happy as the Italians are. **Rose Beer**

*Rose was a guest of Borgo Egnazia.*

*Four nights on a B&B basis including the Füre programme, return flights and private transfers from £1,585 (travelhealthandfitnesstravel.com)*



### *No time to fly?*

A more accessible — and much less expensive — spin-off from the West Country's award-winning Arrigo programme lands in Holland Park this week. Aptly named A Place to Heal, its wide array of lectures, workshops, and life-shifting consultations means that the 'Arrigo effect' is now readily available in bite-size chunks in Zone 2. Lectures from £20; workshops from £150; consultations from £175 (aplacetoheal.co.uk)