

Client: Borgo Egnazia
Source: Good Things
Date: February 2017

Winner World's Best Food & Tourism Magazine

Good Things

FEB/MARCH 2017 £3.99

Gourmet food & luxury travel

Guest chef **Richard Corrigan**

The colourful Irishman chats ingredients and tricky customers

Raymond Blanc's
LEGENDARY KITCHEN GARDEN

Body art

Chefs and why they love tattoos

PLUS

TIM HAYWARD TALKS KNIVES
CHILLIN' AT THE ICE HOTEL
JAMAICA'S FOOD HOTSPOTS
FAVOURITE SPA RESORTS

Tom Kerridge
'THE FOOD THAT CHANGED MY LIFE'

DINING REDEFINED
Top drawer eating out in a whole new light

Eat, dine & recline

Restaurants with rooms for the ultimate gourmet weekend away



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TRAVEL & CULTURE

SO SPA, so good

The *Good Things* team checks into some of the world's most fabulous spa hotels, where serenity meets luxury and design.

EDITOR'S CHOICE

BORGO EGNAZIA *Italy*

This heavenly, luxurious beachside retreat in Puglia is home to the revolutionary 2000-square metre Vair Spa, where the emphasis is on inner beauty through wellbeing and engaging all five senses as part of 'life changing' experiences. Spend the day immersed in a sensory adventure involving everything from naturopathy, aromatherapy, hydrotherapy and meditation, to discovering true escapism in a saltwater floatation tank. Massage and beauty rooms offer more traditional spa treats, plus there's a hair and make-up area and a yoga studio. Six restaurants and weekly cookery lessons make up the gastronomic offering, their menus linked by Apulian heritage. >>

MAKE IT REAL From €220 per night (B&B), based on two sharing a Corte Bella Room. Visit borgoegnazia.com. Or enjoy a 20% early booking reduction with Carrier. From £1070pp* (B&B), based on two sharing, with return flights from Gatwick and private transfers. Visit carrier.co.uk

The emphasis is on inner beauty through wellbeing and engaging all five senses

*Valid September 27 Jan '15 - April 30 June 2017
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TRAVEL & CULTURE

SPA STAYCATIONS

Beauty Editor Vic Black chooses three of her favourite UK destinations



BORINGDON HALL *Plymouth*

This beautiful stately home is high on a hill, just a short taxi ride from Plymouth train station. Latticed windows, elaborately decorated soaring ceilings, and worn flagstone floors are made cosy by giant stone fireplaces and truly lovely staff. The Gallery Restaurant overlooks the rather grand main hall, and I'm given a detailed description of every dish on the menu – and its provenance. Recommendations are right on the money, and the food is delicious. My only regret is coming to this romantic retreat solo.

The brand-new Gaia Spa is gorgeously designed; with white, open spaces, lots of glass, and just the right amount of wood creating a warm, inviting environment. I start my spa experience with a dip in a pool that's long enough to make me feel like I've

really had some exercise. I then feel I've earned the right to languish in the 80°C Finnish sauna, supposedly improving my blood circulation and immune system.

There's also an aromatherapy steam room, a laconium, and a herbal sauna, so leave plenty of time to hop between all four. If you're still in need of relaxation, book a Poultice Massage (£120 for 60 minutes) which uses heated muslin compresses filled with fresh herbs – both supremely relaxing and deeply exfoliating, leaving my skin as smooth as glass. All in all, the Gaia Spa experience is up there with some of the best I've had.

Open spaces and lots of glass creates a warm, inviting experience



MAKE IT REAL One night's B&B from £141. Sublime Sunday Spa Break, including B&B, dinner for two, a spa treatment and full use of the spa, from £269. boringdonhall.co.uk



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THE ROYAL CRESCENT HOTEL & SPA *Bath*

There's something very satisfying about actually being able to walk into one of the beautiful Grade 1-listed Georgian buildings that tourists so admire on Bath's Royal Crescent - especially when you know you're staying the night.

Following a recent refurbishment, the already-elegant Royal Crescent Hotel is now even more decadent; every room decorated with striped or checked pale pastel fabrics along with the odd flora. It's all very English, and it's terribly tasteful.

When you're hungry, take a short stroll through the pretty walled gardens at the hotel rear and dine at the Dower House Restaurant, where I'm served the most delicious piece of bream I've ever eaten.

Also across the walled garden is The Bath House Spa - a lovely, stone-clad building housing a 12-metre heated relaxation pool, a vitality pool whose jets give you a good pummeling, a Himalayan salt-infused sauna, and a fantastic steam inhalation room where I do a few relaxing stretches, and emerge totally rejuvenated.

There's a great selection of ESPA treatments and, although I adore a facial or



a massage, on this occasion I throw caution to the wind and go for reflexology (from £75 for 60 minutes). The therapists are experts, deftly locating various pressure points on my feet. Gentle pressure results in a feeling of release and relaxation that other treatments don't necessarily impart - great for addressing that little niggle in your lower back or a bit of bad digestion.

MAKE IT REAL One night's B&B from £295. Two-night Spa Retreat including B&B for two with one treatment per person, afternoon tea and use of the spa, from £680. royalcrescent.co.uk

Gentle reflexology results in a feeling of release that other treatments don't impart



THE SPREAD EAGLE HOTEL & SPA *Midhurst*

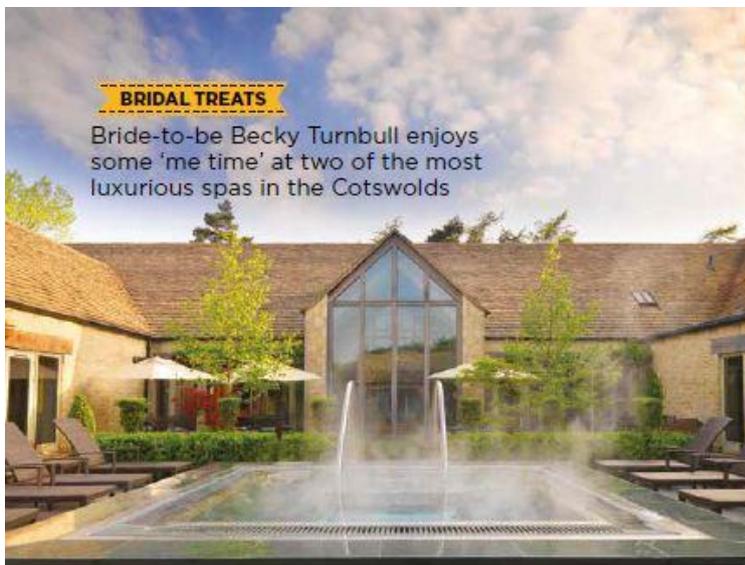
Built in 1430 and one of England's oldest coaching inns, The Spread Eagle in West Sussex is jam packed with authentic, old-world charm. Floors slant, low-beamed ceilings hover just overhead, and narrow, panelled corridors wind in every direction - leading you to one of the hotel's 39 quaint bedrooms or, perhaps, its well-stocked Gin Bar. If it's here you end up, settle yourself in to one of several leather wing-backed chairs for a tippie or two, after which you'll probably not notice the wonky floors.

But it's not all tapestries and coats of arms here. There's also a bright conservatory where you can stop and have a coffee, and a beautiful garden where you can get a breath of that wonderfully fresh Sussex air.

You wouldn't think that a modern spa with a Scandi-style panelled, spotlit ceiling and a cascade spa pool could join this ancient building, but the sensitively-designed additions look right. There's a large pool, Turkish steam room, Scandinavian sauna, and a fitness room. An extensive range of treatments use Temple Spa products - I finally settle on the I'll Be Back (£59 for 45 minutes). After a deep cleanse and skin exfoliation, warm mud is slathered over my skin, later removed with lovely hot mitts that leave my skin feeling squeaky-clean before a massage so relaxing, it has me nodding off blissfully.>>

MAKE IT REAL One night's B&B from £119. The Indulgent Spa Break including B&B, dinner for two, massage, and use of the spa, from £154.50. hshotels.co.uk

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BRIDAL TREATS

Bride-to-be Becky Turnbull enjoys some 'me time' at two of the most luxurious spas in the Cotswolds

CALCOT MANOR *Jelbury*

Find everything you need for a lazy weekend of relaxation here – from squishy sofas and roaring fires to an easy-going spa. The delightful setting and friendly staff ensure you feel both at home and wonderfully pampered. Stay in one of the cosy, stone-clad cottages in the midst of the idyllic grounds, with a background of birdsong and kids playing. This hotel is family friendly, but there's plenty to occupy little people, so they don't spoil your downtime.

Things for your tick list? A morning walk across the 220 acres of fields, smuggling up by the fire with a wonderful cheeseboard from on-site pub, The Gumstool Inn, and sipping Champagne in the hot tub with the fire crackling close by.

With its heated outdoor hot tub and indoor and outdoor pools, the spacious spa complements this country house retreat brilliantly. Treatments include massages and facials, with products from Elemis and Aromatherapy Associates. My favourite? The Deeper Than Deep Hot Stones (£80 for 55 minutes), which worked wonders on my tense Bridezilla neck and shoulders.

The hotel's bright, airy Conservatory restaurant has wonderful views right out across the grounds, and serves a menu centred on fresh, local produce. There are plenty of healthy options if you're determined to stay on track, but I'd recommend indulging in the luscious Calcot organic beef and oyster pie with cabbage and mash.

Family-friendly but with plenty to occupy little people, so they don't spoil your downtime

MAKE IT REAL Rooms from £199 based on two sharing. The Mid-week Spa Break, including bed and breakfast, full use of the spa, and £45pp to spend on treatments, from £304. calcot.co



BARNESLEY HOUSE

Cirencester

The breathtaking arrival indicates that this is everything you want from a country house hotel, revealing a 17th-century, golden stone Manor House set within famous gardens.

The experience starts as soon as I'm shown to my beautiful top-floor room. It overlooks the garden, and the bathroom alone makes me want to extend my stay. With ultra-chic decor and friendly staff who know exactly when to appear and disappear, this relaxed, sophisticated retreat is one for the grown-ups.

The stylish spa is hidden in a garden dell, and the team have added imaginative touches like drying herbs outside the sauna so their scents pervade the air. The outdoor thermal pool overlooks fields, has an outdoor fire, and is heated to a perfect 36°C. For the stressed bride, I recommend the Elemis Biotech Radiance Renew (£80 for 55 minutes) – it's the best facial I've ever had.

Stunning gardens supply the award-winning Potager restaurant, where the seasonal produce, meats and cheeses are all sourced locally. Dishes have that clever, unfussy appeal that you know is anything but simple to execute, and your meal can be served wherever takes your fancy, so you don't even have to leave that comfy sofa.

Beyond the grounds, dine at the delightful Village Pub down the road, also owned by the hotel. Don't worry about stumbling back in the dark – they thoughtfully supply flashlights.

MAKE IT REAL Rooms from £200 based on two sharing. The Winter Spa break from £309, including £90 allowance per room towards treatments, and £40pp for dinner. barnsleyhouse.com



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TRAVEL & CULTURE

EAST MEETS WEST

Fashion Editor Charlotte Ellis hops across to Alicante to sample one of the world's great spas



SHA WELLNESS CLINIC *Spain*

Opened eight years ago, and voted Condé Nast Johansens Best Destination Spa in the World 2017, the SHA Wellness Clinic's walls are lined with awards. The spa's friendly, informed medical approach combines ancient Eastern traditions with the best in Western technology and practices, teaching the macrobiotic diet and way of life to help you 'live longer and better'.

Nestled in the hills overlooking the ocean, the ultra-modern building is festooned with plants. Interiors are chic, with luxurious bedroom suites, faultless hospitality, and a super sleek, space-age wellness centre. Then there's the Shamadi restaurant, where all the macrobiotic meals from breakfast to dinner are delicious, inventive and Michelin-worthy. Most of the ingredients are grown in the SHA's own garden, planted by organic and lunar planting expert Mariano Bueno.

For the full benefit, SHA recommends you stay for at least a week but, for a taster, there's a four-day discovery package. When it's up, it's

unlikely you'll want to leave, just like the 40 percent of returning guests.

On arrival, you're handed an 'agenda' outlining times for meals, treatments and classes, along with an optional daily schedule of activities like Nordic walking, yoga, cardio workouts, and two-hour group cooking sessions where you'll learn up to five delicious recipes like Japanese shiitake detox broth.

The treatment list is extensive and impressive. State-of-the-art machinery offers treatments like Indiba (breaking down fat and eliminating toxins via a warming massage administered by both a therapist and a machine), to more holistic treatments like reiki, reflexology, acupuncture, lymphatic drainage, and hydrotherapy.

With an oxygen and tea lounge administering pure oxygen, an organic hair salon, a gym, hydrotherapy circuits, steam rooms and aqua beds, a rooftop infinity pool, tennis courts, a library, and a cinema, this really is a spa like no other.



MAKE IT REAL The four-day Discovery programme from €1,100pp, including all meals, consultations and treatments. Mountain View Deluxe Suites from €460 per night based on two sharing. Monarch Airlines operates year-round flights to Alicante from all major UK airports, from £75 return. shawellnessclinic.com. monarch.co.uk

