

Client: Borgo Egnazia
Source: Tatler Spa Guide
Date: 2017



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BEST FOR
FRONT BOTTOMS

PRIVATE LIFE

Help with handling unruly lady parts



HEADS UP

Get scanned with the state-of-the-art body-densitometry scanner. It checks both bone density and body fat to see how well you're ageing.

Palace Merano

Merano, Italy

To halt the dial on ageing – particularly menopausal mood swings and mind fog – you can't beat a week on the Regenerating Anti-Age programme at 'the Palace'. You'll start off in your robe, in the minimal, white medical and bioenergetics departments, where they'll test the fatty-acid profile of your blood and run a full analysis of your hormones. As your diagnosis gets fleshed out, so does your personal plan (osteopathy, colonics, ozone therapy and so on). Detoxification is the focus here: dainty but delicious vegetarian food in the columns-and-chandeliers dining room, a one-day fast with nothing but clear broth, and therapies combining conventional and traditional Chinese medicines to drain clogged-up organs. Your day is filled with hydro baths, mud wraps, massages and exercise classes. Managing the menopause is not rocket science (increase physical activity, reduce meat and alcohol intake, get more fresh air and hang out with friends who lift your spirits) but it can feel like it. Clarity and camaraderie are key. You feel professionally and lovingly cared for here, emerging gleaming – and less ragey. **BOOK IT** Red Savannah (redsavannah.com; 01242 787800) offers a seven-night programme from £5,250, full board, including flights and car hire.

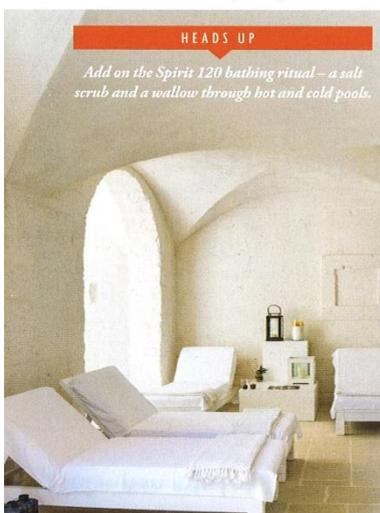
Palacio Estoril

Estoril, Portugal

If you're heading towards 'the change', then head to the Palacio Estoril Wellness Centre. But you'll need to plan ahead, because you want the expert services of visiting doctor Dr Manuel Pinto Coelho – professor, specialist in all things hormonal and private physician to the Portuguese prime minister. His personalised programme deals with symptoms using bioidentical hormones. Your blood will be analysed and you'll see Dr Coelho to receive a tailored regime, which may include nutrition, exercise and supplements, offering a full-body reboot. You'll get your own menu plan too, and a range of treatments including the Banyan Tree signature – 150 minutes of ayurvedic massage and shirodhara. Joining exercise classes and vigorous morning walks by the sea is encouraged, as physical activity increases the production of telomerase, our inbuilt anti-ageing elixir. They've thought of everything. **BOOK IT** Three-night Lighter & Brighter detox programme, from £810, full board, including treatments and a consultation with Dr Coelho (palacioestorilhotel.com; 00 351 21 464 8000).

HEADS UP

Once you're home, Dr Coelho does excellent follow-ups by Skype, email or phone.



HEADS UP

Add on the Spirit 120 bathing ritual – a salt scrub and a willow through hot and cold pools.

Borgo Egnazia

Puglia, Italy

Borgo Egnazia's Vair spa calls itself 'spiritual alchemic', and no, its retreats are not for the sceptical. But don't be put off. The key to your stay at this Puglian-style village among lemon groves, with its candlelit spa beneath, is to escape your brain and get reacquainted with matters of the heart. If said heart is aching, or your sex drive has waned, the three-day women-only (and frankly out-there) Tarant programme is for you. Sessions involving dance, tambourine banging and even a simulated sword fight promise to start the mending process. No inhibitions allowed. Run with it, because you'll find that your feelings of embarrassment, frustration, sadness and anger will be released – or even transformed into euphoria. Then there's the headline act, resident shaman Stefano, whose gentle and intuitive massage releases hurt and heartache. Finish your day with a fortifying glass of red and the extraordinary local buffalo mozzarella before floating back to your room for deep, dreamy sleep. This cocoon of a place operates on a different level, and you'll leave a much happier and calmer person than the one who arrived.



BOOK IT Healing Holidays (healingholidays.co.uk/tatlerspaguide; 020 7529 8551) offers the four-night Tarant programme from £1,675, including breakfast, flights, transfers and treatments.