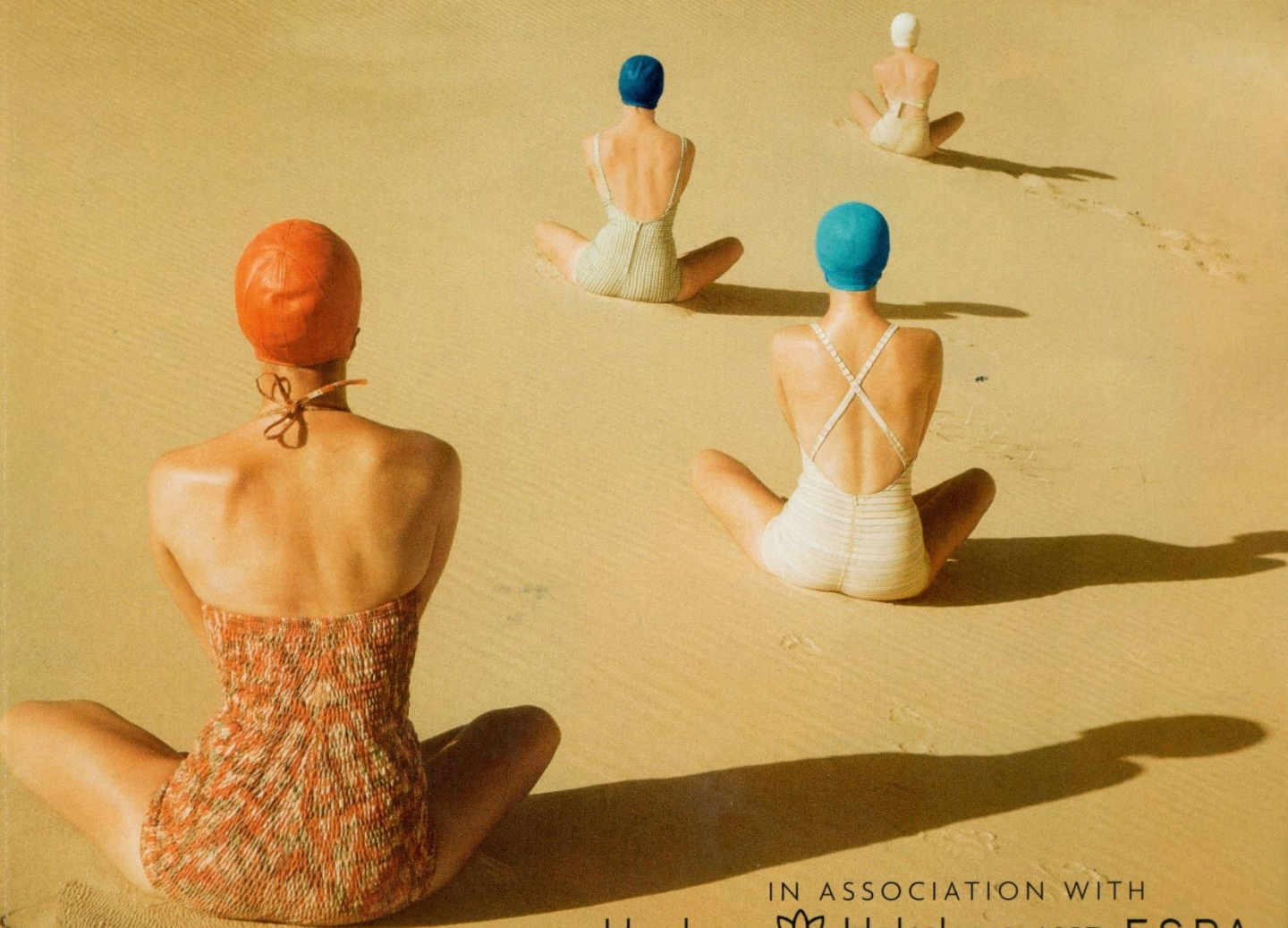


TATLER[®]

SPA GUIDE 2017



IN ASSOCIATION WITH
Healing  Holidays AND ESPA

Yeotown Devon, England

We'll warn you now. You are highly unlikely to walk (or sit down) without discomfort on your journey home from this fabulous fitness/yoga retreat. But that's the point. This is the ultimate life/leg-sorter. Each Wednesday, fitness enthusiast Simon Sieff and his lovely, long-limbed wife Mercedes Ngoh Sieff, a well-known vinyasa-flow teacher, welcome an intimate gathering of 14 people of varying fitness levels to their eco-chic farmhouse in the wilds of North Devon. They then subject them to five days of crack-of-dawn yoga, punishing core workouts and 25-mile cycle expeditions, led by superfit retired military men who don't take no for an answer. It's far too posh and civilised to be called a bootcamp, but you get the idea. There's no formal schedule – instead, there are calm announcements: 'In 45 minutes you'll be heading to the coast, so do remember your water and blister plasters.' Cue a seven-mile coastal hike. And then there are treats back at the ranch: enormous baths, herbal tea beside roaring fires and delicious communal meals (largely vegan with occasional seafoody treats). The 'relaxation' sessions can be curious, but give them a try: meditation one evening; group singing lessons the next. By day five, nothing seems more natural than falling asleep en masse under blankets, to the otherworldly 'ommmm' of huge Tibetan bowls. **BOOK IT** Four-night programme, from £1,870, full board, including all activities and transfers (yeotown.com; 01271 343803).



HEADS UP

For packing, think function over style – it's ultra-casual. Hiking gear, worn-in walking boots, yoga apparel, slippers (the house is a shoe-free zone) and blister plasters.



HEADS UP

The sea is rocky and wavy – more for a dip than a swim. But steer a paddleboard along the little canal to the lagoon round the back to find calm waters (and get a good core-and-arms workout).

GoldenEye Jamaica, Caribbean

If you're a fan of both pilates and reggae, you're probably quite a chilled person. You like to stretch, to strengthen (calmly), to breathe and to listen to some soul-soaring, mind-loosening beats. Which is why you'll probably think Reggaealates – which combines these two supremely chilled-out things – is right for you. And it may well be, but you need to know it's not chilled. At all. Yes, you're in the glorious surroundings of GoldenEye, Jamaica's most beautiful beach resort and erstwhile home of Ian Fleming. You're in a pavilion overlooking the ocean, and there's a cool breeze blowing. So far, so mellow. But you're with Sienna, a pilates/yoga supremo built like a Nineties supermodel and fizzing with energy. The music starts – oh, hang on, not Bob Marley? – and it's LOUD and FAST. And you're off, on an hour-long session of quick, complicated mat moves that leave your legs like jelly. She shouts and laughs; you sweat and swear. It's tough. But then it's over, and you stagger shakily along the beach to the calm FieldSpa for a ginger and pimiento massage that rolls the tension right out of you. You'll emerge mellow as anything. Chilled. **BOOK IT** Original Travel (originaltravel.co.uk, 020 7978 7333) offers seven nights from £2,665, including breakfast, flights and transfers.

Mandarin Oriental, Bodrum Bodrum, Turkey

The Bodrum peninsula is the St Tropez of Turkey, with Istanbul's fun-loving elite in Dior bikinis lolling on yacht decks. But you're not here for that. You're here for year-round sun, mesmeric sea views and the near-perfect mix of pampering and non-punishing health kicks. Prising yourself from your vast bed, start the day with hatha yoga alongside Turkish heiresses in the giant Technogym. Or get out in the sun: jog the scenic trail onsite (venture further afield for chunkier picturesque walking trails), go biking with pro cyclists or fishing from a yacht (consume your catch later). Then it's off to the spa with its VIP penthouse suite and rose-perfumed hammam, for an Oriental Essence massage using frankincense, mandarin and ginger oils. Dinner is an alfresco, fairy-lights affair: eat grilled fish with local lemons and shards of sea salt at Bodrum Balikcisi, or carb up with a woodfired pizza at over-water Italian Assaggio. No rules here. **BOOK IT** The Healthy Holiday Company (thehealthyholidaycompany.co.uk; 0208 968 0501) offers seven nights from £1,995, including breakfast, flights and transfers.

HEADS UP

Order sous-vide spicy pineapple and basil salad from room service. It's delicious.

