

# TATTLER®

Spa  
Guide  
2018



IN ASSOCIATION WITH HealingHolidays AND ESPA





## TERRE BLANCHE

TOURRETTES, FRANCE

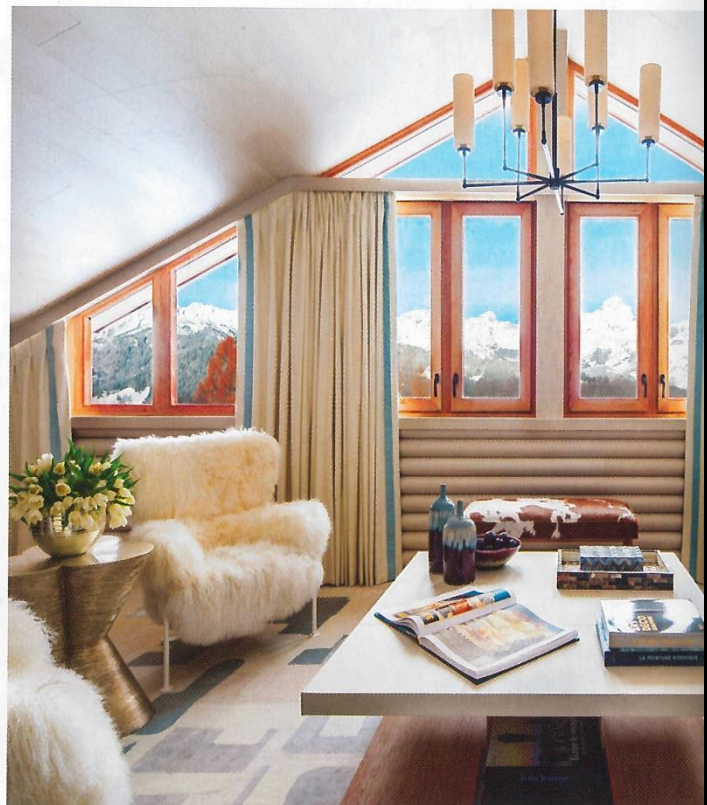
Redolent with the heady scents and colours of cypress and olive trees, rosemary, lavender and myrtle, this hillside bastide on the French Riviera is a favourite with Prince Albert of Monaco and his wife, Princess Charlene, who regularly chopper in. There's plenty to do on the 750-acre site: the huge outdoor pool with bubble beds and invigorating jets has a backdrop of the Luberon countryside, which fades to misty mauve-blue in the evening; if you prefer to splash indoors, try the 65-foot, 28°C pool amid white stone columns. Or saddle up and go riding en famille to the lake for paddle-boating. Golfers can take a swing at the latest gadgetry at the David Leadbetter Golf Academy; wellness is grassroots up here, with water piped from nearby Lake Saint Cassien to keep the courses vibrant, and in the spa there's the signature Albatross massage, in which golf balls are used to knead out tension. Indulge in treatments using Carita, KOS Paris or Valmont, or keep it local with lavender and jasmine oils, salts and mud, glorious mud. *Double, from £355 (en.terre-blanche.com; 00 33 4 94 39 90 00).*



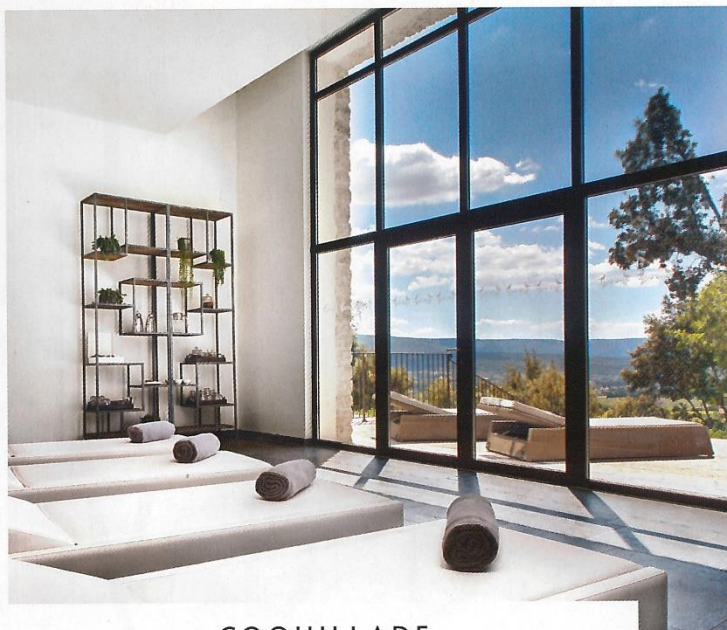
## SAN LUIS

AVELENGO, ITALY

Set in a larch and spruce forest 4,500 feet above sea level in the Italian Alps, San Luis is instantly grounding while still being fiercely stylish (those Italians). The 26 lakeside chalets and treehouses – a child's dream (those bunk beds!) – are built from wood harvested at specific times of the lunar calendar, which is said to transmit wellbeing. Which sounds lovely, but what really feels good is the pristine Alpine light flooding in through huge windows, and the oversized fireplaces rippling with flames. The sauna looks onto the lake and treatments are by Gertraud Gruber, the mother of the German holistic health movement, who is still going strong at 97. Her new body detox includes a salt scrub, lymphatic body brush and a slathering of Alpine herbs, leaving you wrapped in a heated blanket to sweat and snooze. Massage by the physio, Francesco Caputo, is enlightening, as is the anti-ageing facial using another turbo-charged range, Ericson Laboratoire. These mountain people know how to spa. *Double, from £500, half board; minimum three nights (sanluis-hotel.com; 00 39 0473 279570). Visit [suedtirol.info/en](http://suedtirol.info/en) for more information.*







COQUILLADE

GARGAS, FRANCE

Set in a vineyard in the Luberon Regional Nature Park, Coquillade has a spiritual heart beneath its chic exterior of blond-wood walls and slate floors. Its spa is a destination in its own right: a dazzling array of exercise classes, treatments and holistic pursuits. Yoga, t'ai chi chuan and life coaching sit alongside therapies that range from eco-friendly to hi-tech. An indigenous standout is the 120-minute Serenity in the Heart of the Vineyards, a hammam exfoliation and massage using their own products, which feature local ingredients such as fresh lavender, honey and the estate's grapes. Massage is a big deal here. Not only did one of the masseurs, Gilles, win a 'best hands in France' competition last year, you can also travel the world on the treatment table, from European sport and deep tissue to tuina, Thai, ayurvedic and even Korean. Hire bikes for you all to pootle around ancient hilltop villages – teens might even join you for part of the 6,300-foot Mont Ventoux, one of the Tour de France's legendary ascents. You can have all the cheese in France after that. *Double, from £180 (coquillade.fr; 00 33 4 90 74 71 71).*

FOUR SEASONS  
HOTEL MEGEVE

MEGEVE, FRANCE

Moncler-clad mavens rejoiced when the first Alpine Four Seasons opened in Megève last December. Owned by Baron Benjamin de Rothschild and his wife Ariane, it has just 55 rooms and is a glorious, gingham-free zone. The spa – the largest in the Alps – is a stunner, and mostly about post-piste indulgence, with treatments from ESPA, Sodashi and Swiss Perfection. Start with a Skiers' Tonic to untangle tense muscles, followed by a bespoke ESPA facial using their Skin Vision lamp. In-house osteopath Julien Vaccarezza gets aching bodies back on skis tout de suite, private yoga and coaching sessions are available and there's hair therapy from cult brand Leonor Greyl. Being a Four Seasons, it's child-friendly too, with activities including dog-sledding, skidooring and tobogganning. There's even a lolling Bernese Mountain dog called Nemo to cuddle. *Elegant Resorts (elegantresorts.co.uk; 01244 897514) offers seven nights from £2,825, including flights.*



NEWS A new, huge, access-all-ages water wonderland spa in Swiss Heidi-land? Thank you Bad Ragaz (resortragaz.ch).