



HEADS UP

Ask for steely Russian masseuse Irina for the Alpine Rose massage, which uses mountain flowers and herbs. No knot is left unpummelled.

Sometimes I just want to be on my own...



The Marbella Club Hotel

Marbella, Spain

We love this grand old dame, a bastion of old-school seaside chic. The staff bustle about in white dinner jackets, all of them magically knowing your name, but the wellness programmes – particularly those about eating healthily – are thoroughly 21st century. For example, a menu devised by nutritionist Amanda Hamilton includes a matcha, avocado, ginger and coconut smoothie – an unlikely but delicious combination. Meanwhile, the Mediterranean Lifestyle plan capitalises on the healthiest diet in the world: lots of fresh fish, vegetables galore and, oh hello, the option of a ‘daily intake of 125ml of organic wine and moderate caffeine’. Over at the medical centre, things get technical with a consultation and full-body MOT undertaken by the charming Dr José Luis Guijarro. A personalised diet is prescribed before you’re sent to the thalasso spa, with its awesome sea views and splashy seawater treatments. The Vichy exfoliation is performed in what looks – and feels – like an operating theatre (all white, spick and span), where you’re scrubbed with sea salt and oil then rinsed under a seawater shower. Then there are endless massages, wraps and facials, and sun-washed walks along the promenade to Puerto Banus or Marbella Old Town. You slim down almost by accident, and leave with a sun-kissed wag to your tail.



BOOK IT Healing Holidays (healingholidays.co.uk/tatlerspaguide; 020 7529 8551) offers the five-night

Mediterranean Lifestyle programme from £2,725, full board, including flights, transfers, one complimentary medical consultation, one nutritionist consultation, a complimentary upgrade and early check-in and late check-out subject to availability.



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A little effort on your part is required – fit in BarreShape and aquagym classes while you’re there.

La Réserve Geneva

Geneva, Switzerland

This Swiss stalwart, where Rapunzel-haired French girls and their hot tennis-player boyfriends come to polish their pins and tone up their behinds, is equal parts science and pampering. Bespoke programmes involve a roll call of cryo-wraps (to kickstart circulation), balneotherapy (to boost metabolism) and cellulite-blasting lipomassage. Difficult-to-shift lumps and bumps benefit from the signature La Réserve 3-in-1 treatment, which involves manual- and mechanical-massage techniques to eliminate toxins, while sessions with osteopaths, nutritionists and personal trainers are also part of the Nescens programme, because there are no shortcuts when it comes to its approach to better ageing. But enjoyment is also part of the package. Café Lauren, a light-filled sanctuary of cream leather, velvet cushions and flattering lighting, is the pumping heart of the spa. Refined sugar is banned, obvs, but there’s dense chestnut bread, paper-thin pumpkin ravioli and the best spice-rubbed tuna you’ll ever taste. And when the sun goes down, ditch the towelling robe and dive into the chi-chi environs of the rest of the hotel, where the soundtrack takes you back to Hôtel Costes c. 1990. *Magnifique.* **BOOK IT** Four-night Nescens Better-Ageing programme, from £3,880, full board, including activities and treatments (lareserve.ch; 00 41 22 959 59 99).