

**Best for adults** The ESPA spa is a beacon of rosy-cheeked wellness – try the new Mindful Massage, which calms the most scrambled of minds.

**Best for children** The Hideaway, a rose-clad cottage filled with games, dressing-up costumes and messy play; there's also an on-site cookery school offering dedicated parent and child classes (the best spaghetti and meatballs you'll ever make), plus ponies to ride.

**When to go** Early summer, when butterfly chasing, kite-flying and cavorting around in golf buggies will keep your offspring occupied. *Double, from £295 (lucknampark.co.uk; 01225 742777).*

## EMIRATES ONE&ONLY WOLGAN VALLEY

*Greater Blue Mountains, Australia*

**The vibe** A vast sprawl of protected land in a national park, this is a high-end take on the Australian bush experience. Suites boast ringside seats for kangaroo and wombat watching, with private decks and indoor-outdoor swimming pools; otherwise, join expert field guides in hands-on conservation tours through the Greater Blue Mountains.

**Best for adults** Just being in this wilderness enhances wellness, but if you want beauty-refining treatments such as the Intraceuticals Facial, the One&Only spa is a sensitively designed sanctuary.

**Best for children** It's a dream for little adventurers and urbanites in need of rewinding: Junior Rangers (under eights) and Senior Rangers (eight plus) are taught bush survival and given the low-down on bugs, birds and beasts galore.

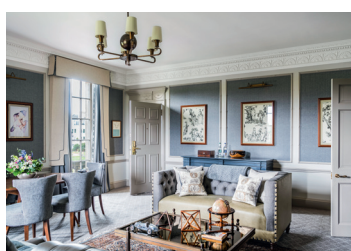
**When to go** Anytime – the hotel adapts as easily to scorching weather as it does to winter (British summer) when temperatures drop. *Carrier (carrier.co.uk; 0161 492 1355) offers three nights, full board, from £755.*

## STANGLWIRT

*Tyrol, Austria*

**The vibe** Run by the Hausers for 10 generations, this five-star, eco-minded spa retreat and organic farm in the Kitzbühel Alps welcomes you and

*Clockwise from right, Lucknam Park; Stanglwirt; Schloss Elmau; Beaverbrook; Gleneagles; Belmond Maroma Resort & Spa; Emirates One&Only Wolgan Valley*

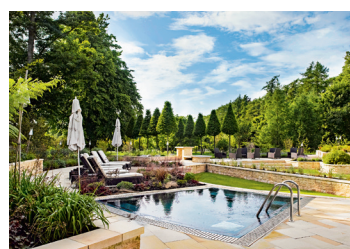


your progeny as part of the extended family. Built in 1722, the rustic inn is chocolate-box perfection.

**Best for adults** The spa is renowned for its panoply of innovative therapies, plus a rocky grotto of saunas and soaking pools.

**Best for children** You can't beat a living, breathing, animal-filled farm for a kids' club and white Lipizzaner horses care of a riding school. A vast water world rivals an amusement park with a 120-metre slide, colossal cinema screen and countless play areas.

**When to go** The Wilder Kaiser mountains appeal both when the landscape is a soul-stirring green – particularly from the heated outdoor pools – and when the Tyrol's ski slopes are snowy. *Double, from £190, including breakfast (stanglwirt.com; +43 5358 2000).*



## BEAVERBROOK

*Surrey, England*

**The vibe** High-spirited and arty: all luminous stained-glass installations by the British artist Brian Clarke, potted fig trees and views out to the surrounding woodlands. There's a gorgeous spa and pool, cottage-style nail salon and English Bath House. Hit the The Coach House Deli for brothy soups, salads and cheesy flatbreads, or meet the kids at the Garden House restaurant, which opens onto a field – perfect for tag. **Best for adults** Resident naturopath Ashmina Manolidis is worth seeing for health problems the GP can't solve. For trouble sleeping, morning meditation with René Van Eyssen can't be beaten.

**Best for children** A giant treehouse, a secret shell-filled grotto, plus entertainers Sharky and George.

**When to go** August, for outdoor swimming (there's a kids' pool too) and padel tennis. *Double, from £225 (beaverbrook.co.uk; 01372 571300).*

## HILLSIDE HOTEL

*Fethiye, Turkey*

**The vibe** Amid a sprawling and rocky coastline, Hillside is edged in by obscenely blue seas, best glimpsed from the outdoor sitting room of your one- or two-bedroom suite. Families return year after year, such is the Mary Poppins-like brilliance of the place (cots are all ready in your room). Don't miss the two spas: a hilltop Balinese affair with authentic scrubs and massages and a traditional Turkish bathhouse.

**Best for adults** Idyllic beaches reachable by private ferry or along a jetty with gently lapping waves.

**Best for children** The bells-and-whistles kids' club, with its dedicated Baby Park, theatre, tennis courts, water park, pottery studio and sandpits galore.

**When to go** Mid May to early September, when the sun shines, the sea sparkles and the ice-cream parlour does a steady trade in snow cones. *Double, from £305, full board (hillsidebeachclub.com; +90 212 362 3030).*

## GLENEAGLES

*Auchterarder, Scotland*

**The vibe** This glorious 850-acre estate hosts world leaders, royalty and athletes, but it's also full of clever distractions to keep younger guests entertained. Smiling staff will arrange activities such as falconry, riding and fishing lessons. Then there's The Spa by ESPA, where spoiling, soporific treatments (like the Gleneagles Signature Rituals) use ingredients from the Perthshire hills and local lakes.

**Best for adults** Take respite from the outdoors in the Bob & Cloche beauty rooms, for manicures, bespoke Oskia facials and expert make-up applications.

**Best for children** Meander into the forest, where they'll discover zip wires, tree climbing and archery.

**When to go** Easter, when they can join tennis workshops and mini-golf tournaments – or simply run amok on the lawns (just mind the croquet). *Double, from £390, including breakfast (gleneagles.co.uk; 01764 662231).* □