



BEST ALL-ROUNDERS

RESULTS-DRIVEN BIG-HITTERS IN OUTSTANDING LOCATIONS

2018
WINNER
SMARTEST
DETOX ESCAPE

WEIGHT
LOSS


L'ALBERETA

LAKE ISEO, ITALY

A SENSATIONAL SETTING FOR THE CHENOT METHOD

If Palace Merano is the grande dame of detoxing, then L'Albereta is its gentler cousin. Fans of Henri Chenot and his biontology method (a combination of Chinese medicine and nutrigenetic testing) will sink happily into this vine-clad villa in Lombardy to revel in the cocooning comfort. While the spa is run by Chenot and offers his incredible lymphatic-draining massage, mud wraps and meridian-boosting jet baths – all of which target sluggish organs and ignite flagging mojo – this is not a punitive medi-clinic. It's like staying in a chic tree house, high up in towering pines. There are endless terraces with pots of lavender and gorgeous views down to Lake Iseo. You can follow the Chenot detox diet – mouse-like portions of exquisite alkaline food – in a separate dining room, but military levels of discipline are needed to avoid swerving dangerously off-piste. There is a stellar restaurant and bistro on the main deck, which is film-set idyllic with lights twinkling in the trees. Marvel, Oliver Twist-like, at the Italian glamour (Prada-clad guests eating mouth-watering pasta)

TOP MARKS GO TO THE LATEST INGENUOUS PROGRAMME HERE, WHICH TARGETS AND TONES STUBBORN AREAS OF FAT



while the detox headache thumps and hunger rages. If there are temptations to stray, a jolting analytical appraisal of body composition, which includes the percentage of visceral fat around vital organs, is enough to keep you from the bruschetta. As the kilos drop off and your inner pilot light of energy is re-lit, the deprivation pays dividends. A team of experts jump-start you back to health with programmes for boosting metabolism, anti-ageing and performance assessment. Top marks go to its latest ingenious package, designed to target and tone stubborn areas. Binging and thigh tops are zapped with IOS 21, a machine that melts fat through radio waves. The treatment for screen-weary eyes is also a must: mini-cupping and expert drainage is an instant eye-lift. Equally impressive is Manuel Viprati, who works his blend of osteopathy and kinesiology to shift the bio-energetics of your system. Not only will he modify stooped posture, but with his intuitive touch will also leave you feeling as if you're floating on air as you glide out, trance-like, to slug back more water-retention-busting apple-cider vinegar. Dietician Valeria Brembilla has an almost psychic understanding of the body and offers wellbeing tips, as well as the punch-the-air news that it's healthier for some women to lean towards being a teensy bit heavier as it supports hormones and bone density. Apart from the interminable pan-pipe music, some dubious art and strange crispbreads for the bio-light breakfast, this is an ideal escape for Palace Merano aficionados amid these insanely pretty surroundings.

INSIDER TIP If you are tempted to go rogue, book a table at the hotel's La Filiale for excellent thin-crust pizzas on your first night, not your last.

BOOK IT Healing Holidays (+44 20 7843 3592; healingholidays.co.uk/condenast) offers a seven-night Detox Holiday from £3,754 per person, full board, including flights, transfers, and all treatments as per the programme. Healing Holidays is the only UK tour operator that works with L'Albereta.