



VILLA STÉPHANIE BADEN-BADEN, GERMANY

WEIGHT
LOSS

A GOLD-DUST PRACTITIONER DEALING WITH COMPLEX CONDITIONS

Yes, Villa Stéphanie is beautiful, its 14 graceful bedrooms and bathrooms large. Yes, it's a pleasure that those delicious healthy breakfasts are served in the room and that guests fall asleep with the balcony doors open to the sounds of the Oos river and wind rustling through the trees of Lichtentaler Allee park. Yes, it's a bonus that direct flights from London take less than an hour-and-a-half to Baden-Baden's old airport, and that soon after checking in you could be receiving an excellent Sisley facial, pain-relieving shiatsu, body analysis or hammam treatment. The villa is also linked by corridor to grand Brenners Park-Hotel, one of the best stays in Germany. At the Friedrichsbad thermal baths, dating back to the 19th century, all that's needed is €27 – no swimsuit – for three hours in a traditional tepidarium and frigidarium with a lot of jaunty naked Germans. Energising hikes can be undertaken in the woods above the town, which also has delicious cafés and elegant pedestrianised shopping streets. So, yes, all that provides a great deal of fun. But, above all, the prime reason that this spot has become recognised as one of the world's top medi-spas is Dr Harry König, who runs his medical practice from an adjoining building. Dr König is a star. What distinguishes him and has earned him such an intensely loyal following is that he is one of the few doctors practising integrative medicine, using state-of-the-art diagnostic equipment, writing up prescriptions for patients and referring them to specialists if that seems the best course, but who also takes a primarily naturopathic view of health and the prevention of

HE IS ONE OF THE FEW DOCTORS PRESCRIBING INTEGRATIVE MEDICINE WHO ALSO TAKES A NATUROPATHIC VIEW OF ILLNESS PREVENTION

illness. That's precious. His German-speaking day patients come from all over the country, but the people sitting in his white-on-white waiting room are just as likely to be from China, Russia or India. Many first-time visitors book in for just a few nights, says manager Angelika Hartung, then prolong their stay when they realise the implications of discovering a doctor who treats the whole of them rather than just their dodgy breathing or painful knee. 'Few people now get to see a generalist,' says Dr König. 'It's all specialists who naturally focus only on their area of expertise. For me, it is essential to

view the whole person, because very often what presents as the problem is actually the result of something going on elsewhere in the body.' He regrets that many turn to naturopathy only when they've exhausted

all that mainstream medicine has to offer, as it is so effective in maintaining wellbeing and so powerful as a preventive measure. And it's never too late. **INSIDER TIP** Dr König's name is one to remember if you want to pre-empt ill-health. But – whisper it – you don't have to stay here to consult him. Just head to his Haus Julius practice, where he has a large international patient list. **BOOK IT** Healing Holidays (+44 20 7843 3592; healingholidays.com/condenast) offers a seven-night Detox programme from £4,450 per person, full board, including flights and transfers. Healing Holidays exclusive: book a seven-night Detox or Weight Loss programme and receive one free night. Valid for stays until 31 March 2020. Healing Holidays is the only UK tour operator that works with Villa Stéphanie.