

BEST FOR... *A GRAND REVEAL*

L'Albereta, Brescia, Italy

Devotees of Henri Chenot's famed method swear by it: the tiny – yet delectable – portions that lighten heavy-feeling bodies; the infamous hydrotherapy (or, more accurately, invigorating 'power hosing' overseen by matron-stern therapists) which quashes cellulite and energises the lymph. And for those in need of a quick refresh, L'Albereta's three-day Rebalance Body and Face programme can't be beaten. Expect a results-orientated regime of therapies, from skin-brightening scrubs and sculpting bodywork to visage-brightening hydrafacials and mesotherapy (a skin-quenching cocktail of vitamins and antioxidants, delivered deep into the dermis). The location is a delight: never-ending vineyards, a sculpture park and flower-filled terraces for lounging on in a robe in-between treatments. Just ignore the wafts of stone-baked pizza from the restaurant next door...



Healing Holidays (healingholidays.com) offers a three-night Rebalance Body & Face programme, full board, from £1,779, including British Airways flights and transfers.