

*Bar del Portico,  
Borgo Egnazia*



## BORGO EGNAZIA

### *Puglia, Italy*

The joys of Borgo Egnazia are well established. Justin Timberlake chose the resort as his wedding destination, and barely a month passes without the likes of Madonna being spotted cycling through its olive groves or dining at the Michelin-starred Due Camini. But this year new joys are unfolding at Puglia's premier spa resort. Inside the castellated villas, a spiritual luxury awaits, rooted in the philosophy of the world's Blue Zones (where, through good eating, community, gentle activity and a glass of wine a day, life expectancy is far above



average). Wellness winds itself into every activity, be it a lesson in pizzica dance, or a session picking vegetables in the gardens. In the stone-walled Vair Spa, each treatment is individually tailored. The effect is mood-boosting, but still keeps an eye on the future – a future that no doubt spells many returns to Borgo Egnazia.



*Healing Holidays* ([healing-holidays.com](http://healing-holidays.com)) offers a three-night Happiness Break from £1,599, including flights and transfers.