

BEST FOR... *A RED CARPET REBOOT*

The Marbella Club, Marbella, Spain

The Marbella Club has a starry heritage (illustrious former guests include Brigitte Bardot and Audrey Hepburn) – but since the launch of their wellness retreats, this Edenic hotel is now a place to recalibrate. The therapists here are second-to-none (try Votary's nourishing Super Seed facial), the naturopaths nurturing and informative, and activities (from Tibetan bowl rituals to sunrise hikes and aerial yoga) ensure one is never bored. Downtime is spent in Andalusian-inspired villas or at the Thalasso salt-water spa, while sundowners are taken by the scene-y pool with its glittering MC Beach restaurant. Expect to leave dreaming of Chef Andres' colourful, nutrient-dense feasts.



Healing Holidays (healingholidays.com) offers a two-night Mediterranean Lifestyle programme from £1,149, including accommodation, breakfast, British Airways flights and transfers.