

## BEST FOR... *A BRAIN-REBOOT*

### *SHA, Alicante, Spain*

A Space-Age sleek retreat (check out the new residences with their wrap-around pools and fingerprint-entry systems), Spain's best-known medi-spa has a turbocharged wellness offering. Take SHA's Healthy Ageing programmes for men and women: seven- or 14-day retreats which determine guests' biological and chronological age, before prescribing a flurry of hi-tech treatments, specially designed to elevate quality of life and send longevity soaring. The medical wizardry is utterly bespoke, and may incorporate ozone therapy (the process of oxygenating the blood), colonics or cognitive therapies (think NASA-developed headsets, which use 'neuro-feedback' to detect brain activity and pinpoint underlying conditions such as depression or insomnia). The step-change is immediate: guests' bodies feel stronger, outlooks become brighter, minds are sharper. The future awaits...



*Healing Holidays (healingholidays.com) offers a seven-night Rebalance programme, full board, from £4,149, including British Airways flights and transfers.*