

## SCHLOSS ELMAU

### *Bavaria, Germany*

Hidden in the Wetterstein Mountains, a three-hour hike from one of King Ludwig's famous fairytale palaces, sits Schloss Elmau. Built between 1914 and 1916 by a philosopher-writer (today owned and run by his grandson), the Baroque castle comprises over 100 rooms, replete with yoga retreat, impressive medical wing and the 'Badehaus': a fabulously old school spa with endless saunas, steam baths and an oriental hammam (the most glamorous west of Istanbul). But while therapists excel at detoxifying, draining and pummelling you back to peak health, what

makes Schloss Elmau truly special is the concert hall. World-famous classical musicians fall over themselves to be invited to perform here – and for good reason. Listening to the bellows of brass, sweet string quartets and the flurrying fingers of pianists in this legendary space, with its wooden beams and pitch-perfect acoustics, awakens forgotten memories and stirs emotion. All in all, it's a magnificent – and strangely healing – experience.



*Healing Holidays (healing-holidays.com) offers three nights, half board, from £1,099, including classes, use of spa, flights and transfers.*

*Badehaus spa,  
Schloss Elmau*

