



Palácio Estoril



Power players

Boost your fitness with hydro-wizardry and strengthening safari runs

PALÁCIO ESTORIL HOTEL Estoril, Portugal

This grand 1930s hotel has hosted royalty, heads of state and spies in its time (while, rather fittingly, serving as a backdrop for the Bond film, *On Her Majesty's Secret Service*) – but don't be deceived by its traditional appearance. Beyond the liveried staff and velveteen lawns lies a vast and modern mega-spa: with three floors of medical wizardry and the only Banyan Tree Spa in Europe (complete with terrific Thai therapists). The seven-night Physical Rehabilitation programme stands out: for while the words 'holistic' and '360-degree care' are often overused in wellness, at Estoril, each practitioner – osteopath, physiotherapist or masseuse – is fully up to speed with each guest's case and progress, sometimes spookily so. Not needing to explain aches and pains from scratch is gratifyingly efficient; and for that reason, treatments are targeted and ailments improve in double-quick time. Dr Paulo Fonte is the star man in

Chinese medicine and postural re-education, advocating yoga, aqua Tai Chi and gentle spinning sessions in the pool to remedy stiff backs, misaligned joints and other weaknesses. Meals are taken in the dining room with delicate, doctor-prescribed portions for the weight-loss programme, along with a calorie-counted or à la carte menu for the other packages, such as the Sense of Rejuvenation or even Surf (the Palácio is by the beach) and Relax. A glass of Albariño? Go ahead, perfect with a bowl of glorious gazpacho and delicately sparkling local water. On that note, bring a glamorous Eres one-piece: built on a private spring, rich in minerals, healing hydrotherapy is key, building on the long-term strength gained at the Palácio, where East firmly meets West.



Healing Holidays (healingholidays.com) offers a seven-night physical rehabilitation programme from £1,599, including breakfast, British Airways flights and transfers.



Poolside restaurant



Imperial Room