

GREED ANGER

BEST FOR OPEN-MINDED COUPLES WANTING TO UP THEIR GAME

BORGO EGNAZIA PUGLIA, ITALY

Be warned: if you go to Borgo Egnazia's Vair spa with your partner for some loved-up action amid the olive groves, you may get more than you bargained for... but in a heartfelt way that knocks the socks off the usual 'side by side in a spa suite' thing. During the Paraveis treatment – meaning 'paradise' – partners lie head to head in a massage ritual that links limbs between them and two masseurs. It's hard to fathom whose hand you're holding at any one time, but who cares? Or with Giuseppe (a musician/psychologist, if you will), couples are taught *pizzica* – an Italian folk dance – to explore their relationship through movement and, yes, some tambourine-playing. And there's letting go with a simulated sword fight (we kid you not). If nothing else, you'll have the best laugh together you've had in ages, which is a tonic in itself. With the Roman bath treatment, two therapists dressed in togas take each of you separately through a hot/cold bathing ritual, then bring you together in your private pool before whisking you away again for a solitary scrub or steam. This is in line with Vair's take on the meaning of love: that time spent apart only makes time together more precious. Heaven knows what all this achieves, but combined with the creamy white stone and candlelit calm of your room (and perhaps a few glasses of the scrumptious Puglian red), things should get quite cosy. **BOOK IT** Healing Holidays (healingholidays.co.uk/tatlerspa; 020 7529 8551) offers three nights with the Resposte Couples programme from £850, including breakfast, flights, transfers and treatments.

Heads up Try one of the cooking courses on offer. The area has some of the best food in Italy, so don an apron and tuck in