

# LUST ENVY SLOTH GLUTTONY

hell. In fact, it can be pure, unadulterated heaven

## BEST FOR LIVING IT UP THE VEGAN-AND-RAW WAY

### FIVELEMENTS BALI, INDONESIA

Nurturing rather than spartan dieting is the approach at Fivelements near Ubud, Bali's spiritual heart. Even the design of the place feels cossetting. No cold minimalism here – it's all rustic bamboo and soaring grass roofs set in lush, lime-green surroundings. The 'in-nature' rooms, with private outdoor bathrooms, don't scrimp on luxuries (hi-tech air con, locally sourced organic beauty products). And here's the coup: on the Panca Mahabhuta retreat, food is central to healing (yippee!) – three hearty meals a day at the Sakti 'living foods' restaurant. The Balinese chef trained in California (where else?), and his raw vegan menu is a revelation. Everything is organic, plant-based, completely delicious and free of dairy, flour or white sugar. Who knew scrambled tofu on rye and a greener-than-Kermit smoothie could taste so good? The formula is simple: to pack your body with nutrients and kickstart your digestive system, leaving you satisfied – satiated, even – and with not a craving in sight. There are energy treatments with local healer Wayan, and somatic therapy sessions to improve the way we move our bodies, plus all sorts of yoga, massage and meditation. Cleaning up your act has never been less torturous.

HEALING HOLIDAYS (HEALINGHOLIDAYS.CO.UK/TATLERSPA; 020 7529 8551) OFFERS EIGHT NIGHTS FOR THE PRICE OF SEVEN, FULL BOARD, FROM £3,815, INCLUDING FLIGHTS, TRANSFERS AND TREATMENTS.\*

TATLER OFFER

Heads up Join an agnihotri ceremony – a fire ritual that involves chanting with a local priest who has the sparkliest eyes



### DIY SPA

The Hemsley + Hemsley Spiralizer, £29.95 (juiceland.co.uk)

The kitchen essential du jour will have you replacing your spaghetti with courgetti in no time.



## BEST FOR A FULL MOT AND GUT CLEANSE IN GRAND OLD ITALIAN STYLE

### PALACE MERANO MERANO, ITALY

One would expect to find all the brouhaha of a Tyrolean banquet inside the baroque splendour of Palace Merano Espace Henri Chenot. Instead, guests pad around in their dazzlingly white robes, on strict doctor's orders. It is all about the detox: on arrival, you get on the scales. Blood and urine tests – overseen by a doctor – are next in this full-body *Überblick* (that'll be an overview). Food is delicious and often a four-course affair designed by Dominique Chenot, nutritionist and wife of Henri, who has worked her own miracles on a menu with as little as 500 calories a day. Henri himself believes thyroid and hormone imbalances increase wrinkles, and full detoxing goes hand in hand with beauty treatments, which are numerous (from Botox to the famous 'vampire facial'). A shiny new medical floor is packed with every kind of state-of-the-art age-buster. A place to lose your wobble while keeping your face full, all under one glorious, glamorous roof. Huzzah! > **BOOK IT** Seven nights, full board, from £5,160, including treatments (palace.it; 00 39 0473 271 000).



Heads up Don't stray from the grounds – there's a PIZZERIA nearby and the smell of bubbling cheese is punishing

PHOTOGRAPHS: 4CORNERS IMAGES, JODY TODD. \*TERMS AND CONDITIONS APPLY. FOR ESPA OFFERS VISIT TATLER.COM/SPAOFFERS; FOR HEALING HOLIDAYS OFFERS VISIT HEALINGHOLIDAYS.CO.UK/TATLERSPA