

# LUST ENVY SLOTH GLUTTONY

boys, you'll have earned the right to a little bit of bragging...

## BEST FOR WELL AND TRULY SORTING SERIOUS HEALTH ISSUES

### GRAND RESORT BAD RAGAZ

**BAD RAGAZ, SWITZERLAND**  
Time was you'd go to Switzerland and break a bone, but now it's all about mending. Post-operative shoulder? Dodgy hip? Crunchy knee? If you're fed up and longing to be nursed, head to this swish five-star hospital-hotel, spliced with a top-of-the-range spa. You can even take your dog. The bedrooms are hi-tech and a mixed bag, some modern and cool, others with elaborate corning and smart parquet floors. The rooms in the clinic are geared for hands-on care: proper hospital beds with emergency call buttons next to them; the spa is cosier, with lots of wood and marble and light. Both have access to thermal water (locals have been harnessing the healing properties of nearby Tamina Gorge for centuries) and come with saunas, beds you can adjust to whatever shape you fancy and gorgeous views over vineyards and the village of Maienfeld, where Heidi once capered. The medical centre has every 'ologist' under the sun, especially now a new clinic specialising in musculoskeletal rehab has been opened. They can straighten and smooth everything from wonky teeth to dodgy knees, with tailor-made therapies ranging from the usual (water therapy, physio) through to the more exotic. The Singing Bowl and Good Vibrations Sequoia Tree ceremonies, for example, are part of a therapeutic relaxation programme designed to balance your inner equilibrium. Go on, hug that tree. The food's fabulous too: eight restaurants (one has a Michelin star) and a wonderful low-calorie Cuisine Equilibree menu. Oh, and there's plenty to do if you're not poorly – fitness facilities, cultural programmes, golf, tennis, shopping... even a casino. ▷

**TATLER OFFER**  
HEALING HOLIDAYS (HEALINGHOLIDAYS.CO.UK/TATLERSPA; 020 7529 8551) OFFERS FOUR NIGHTS, FULL BOARD, AT A 15 PER CENT DISCOUNT, FROM £1,810, INCLUDING FLIGHTS, TRANSFERS, TREATMENTS AND A ROOM UPGRADE.\*

Heads up  
If you want  
to come  
home  
looking  
ultra-  
'refreshed',  
there's the  
option of  
some sly  
Botox or  
fillers

