

The 26 best spas in the UK and Europe

A Cornish clifftop hideaway, an Alpine castle and wine cures in France – these are the most revitalising breaks

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Ayurveda Resort Mandira, Austria

This is one of those “if I tell you, I’ll have to kill you” spa secrets that aficionados only divulge after sniffing too much incense. It sounds like a cunning ruse — Ayurveda in the Alps, really? But India’s ancient wellness system works in a way it shouldn’t so far west of Mumbai. It helps that many of the therapists are Indian and that the decor reflects the rich palette of the subcontinent, but the chalet-chic architecture and countryside remain unmistakably European. Bad Waltersdorf, a 90-minute drive from Vienna, is surrounded by rolling green hills and thermal springs. Dining is a winning fusion of cultures: choose from hearty Alpine cooking or Ayurvedic diets geared to your dosha (constitution).

Details Two nights’ full board from £559pp, including transfers and treatments

(healingholidays.com). Fly to Vienna