



Villa Stéphanie

BADEN-BADEN, GERMANY

If three is a magic number, Brenners Park-Hotel has it on the nose. First, the hotel itself – sumptuous rooms, impeccable service, two-star Michelin food. Then there's Haus Julius, the super-smart medical wing and its army of charming, very thorough doctors, attending to your every ailment in breezy-white, high-ceilinged rooms. And now there's Villa Stéphanie, the perfect go-between. It's a renovated 19th-century villa connected to the hotel and medical facility, with flawless art deco rooms overlooking a babbling river and parkland, with – get this – a switch that blocks out all wi-fi, so you can get a good night's sleep. Downstairs are treatment rooms for Sisley facials and firm massages, and in the basement, saunas and steam rooms – don't miss the startlingly good hammam with Catherine. Back in the villa, have the full-body QPNT analysis to kick things off (anything from a weekend detox to six-week overhauls), and for full-on medical stuff head to Haus Julius. You'll have a thorough health check (blood tests, ultrasounds, heart-rate monitors, the lot) with the delightful Dr Schweizer. PMT getting to you? Down you go to Dr Dehm, the kindest gynaecologist we know. Shoulders feeling fractious? Over to the team of physios with you, for brilliant sessions and spot-on strengthening tips. For hardcore dieters, all menus are completely custom-made (they can only take a dozen detoxers at time without overwhelming the kitchen), and the main restaurant does a six-course detox menu, so sinful-tasting that you'll feel utterly spoilt (not starved). So yes, you can wallow, you can beautify, you can transform your life: three very different experiences, all rolled into one. It's magic.

HEADS UP Don't miss the Grecian-style pool overlooking the gardens; there are free aqua-aerobics classes twice a week. **BOOK IT** Healing Holidays (healingholidays.co.uk/tatlerspa; 020 7529 8551) offers the seven-day Vitality Detox from £3,200, full board, including flights and transfers. **TATLER EXCLUSIVE** For the most up-to-date offers at Villa Stéphanie, visit tatler.com/spaoffers.