

BEST FOR A REBOOT

BUCHINGER WILHELMI

UBERLINGEN, GERMANY

When Otto Buchinger experimented on himself to cure rheumatoid arthritis, he credited fasting with having saved his life. Over 60 years later, his signature 10-day programme is still going strong – here, the diet is nothing but broth, water, herbal tea and juice. Hang in there and wait for the transformation. There's weight loss, obviously, but eyes, hair and skin become shinier too. The idyllic location on Lake Constance helps, as do the first-rate facilities, including an art studio (for creative urges) and a stylish pool set among medicinal plants. It's not just fasting, though. You can build your own schedule to tackle all sorts of vexing conditions. Top of the list is back pain, and you'll have a plan that includes in-house specialists who cover mind as well as body. So you'll probably see osteopaths and physiotherapists, but you might also consult a psychiatrist, or have hypnosis to visualise your way to a happier place. Stress and tension only add to bodily aches, so don't overlook the daily walks in gorgeous lakeside hamlets, vineyards and pastures – this is Mitteleuropa at its finest. *10-day fasting programme, from £2,150 (buchinger-wilhelmi.com; 00 49 7551 8070).*




NEWS Even non-members can book the Grace Belgravia Body Revolution, a personalised plan with DNA testing (gracebelgravia.com).



CHIVA-SOM

HUA HIN, THAILAND

Come to mama. Opened in 1995, Chiva-Som, a two-hour drive from Bangkok in beachy Hua Hin, is the mother of all Asian spas – and she's still outperforming those half her age. Arrive feeling fragile, out of focus, craving a fix, and the team will come up with exactly what you need. That might mean a guided meditation in a palm-trimmed pavilion, being strung up in a pulley to realign your hips or having your bottom cupped (in the traditional-Chinese-medicine sense, you naughty things). Zingy low-cal food – chilli and ginger-spiced paneer, lemongrass seabass – combined with a host of exercise classes makes losing a pound a day the norm. There's at least one massage a day too. The rooms and suites were transformed last year into cool, neutral spaces, all pale woods and white linens, and the standalone villas are following suit this summer, along with a revamp of the communal spaces. After a week, you feel like you've been rebuilt from head to toe.

 *Healing Holidays* (healingholidays.co.uk/tatler spaguide; 020 7529 8551) offers seven nights from £5,200, full board, including flights, transfers, consultation, activities, treatments and a £625 wellness voucher.