

TATLER

SPA GUIDE 2018

AWARD-WINNER  
PURE GENIUS

# How refreshing!


*Expert cleansing with breathtaking views*



## BOLLANTS SPA IM PARK

BAD SOBERNHEIM, GERMANY

For a 110-year-old, family-run German detox hotspot, this is one sexy mother of a spa. Nothing austere or clinical here. It's a chalet-style hideaway surrounded by pines, with vintage-chic decor, roaring fires, squishy sofas and vast fluffy blankets. Oh, and naked people everywhere. Often slathered in mud. Or doing *sitzreibe* (ice-cold-water therapy) and aquagym classes in the altogether. The sauna area is firmly textile-free, so expect to be asked to strip if you flout the rules – cue secret frisson of horror/delight. Detoxers flock here for Felke Med therapy, a combination of fasting and daily mud baths/wraps (the local clay is rich in minerals said to boost immunity and circulation and help with rheumatic and inflammatory disorders.) The regime is tough but effective – vegetable soups and juices for five days under the expert supervision of Dr Axel Bolland (whose kindly bedside manner belies his fierce reputation as a national authority on food sensitivities). There's also meditation, yoga, forest power walks, talking therapies, acupuncture and a menu of sublime massages. Do not leave without experiencing the Nian massage – a hybrid blend of techniques and one of the finest, deepest, most knot-ironing jobs we've ever encountered: it feels like someone's unzipped you and released your lithe inner sylph. In the summer, people sit gloriously butt-naked in warm baths of mud in the gardens. After five days, we bet you'll be happy to join them.

 *Healing Holidays* ([healingholidays.co.uk/tatlerspaguide](http://healingholidays.co.uk/tatlerspaguide); 020 7529 8551) offers five nights from £1,285, full board, including flights, transfers and all treatments and activities on the Felke Med Basic and Intensive programme. Healing Holidays is the only UK tour operator that works with BollAnts Spa im Park.