

For gentle re-energising

Hotel Preidlhof, South Tyrol, Italy

Tested by Tamzin Reynolds

Intensity 5/10



**Why did I do it?** 'No-one had died. I had work to do, friends to go out with and places to be. Yet I felt sad. And my quick fixes (comfort eating, snooze-inducing wine before bed) were making me tired and bloated. I needed a nurturing reset, not abstinence and misery. A gleeetox, if you will.'

**What was it like?** 'The setting alone lifted my spirits: a *grande-dame* Italian resort in sunny alpine scenery. I started my five-day Detox Light programme with a medical examination

— a probing questionnaire, then a consultation with the doctor, who hooked me up to a machine analysing my body's energy channels (think modern science meets traditional Chinese medicine). The test revealed weakness in my small intestine, which meant I wasn't properly absorbing nutrients from food, and the heart meridian, which rules emotions — the likely cause of my low mood. The prescription? A health-boosting IV vitamin drip, acupuncture to rebalance energy flow, a series of scrubs, rubs and wraps to flush out toxins, and time sweating out nasties in the spa's six-floor thermal suite.

'Preidlhof is known for its gourmet food, but I had to forgo all booze, caffeine, animal products and sugar during my stay. Even so, my prescribed menu — which included a nightly five-course

dinner of dolly-small portions — was delicious, featuring sweet potato soup, alkaline veggie curry and coconut rice pudding with papaya. By day three, I felt energised for morning yoga sessions (just one activity on a packed schedule of fitness classes and mountain-biking) and afternoon shopping jaunts to nearby Merano.'

**Did it work?** 'I returned home peppier, healthier and full of good intentions. Now I save wine for nights out, and when the blues hit, I no longer reach for crisps, but try to get moving instead.'

**Tester's tip:** 'Go with your partner (or a close pal): everything — from the heart-shaped napkin origami to the ergonomic double loungers — is geared towards couples.'

**Get me there:** Five-day detox from £2,040pp, full-board, with flights ([healingholidays.co.uk](http://healingholidays.co.uk)).

