

2019
WINNER
BEST
CLEAN-EATING
FIX

PREIDLHOF

SOUTH TYROL, ITALY

WEIGHT
LOSS

LITTLE-KNOWN BOLTHOLE FOR BIG RESULTS

This resolutely Euro health hotspot, tucked into the orchard- and vineyard-covered South Tyrol hillside, has spectacular views of the green Vinschgau Valley. It also has a thumping wellness philosophy that is delivered with the cheeriest of smiles by the most glowing staff. And yet it flies remarkably under the radar in the conversation about detox spots. Perhaps that's because the process here is so soothing and doesn't lean towards Mayr methods. Instead, it has been served up with a slice of traditional Alpine hospitality by the Ladurner family for the past 50 years. The central focus hinges on the Mediterranean *dolce vita*, with the majority of guests visiting to lose weight, get fit and recuperate. The difference here is that they are effectively weaned off old patterns and bad habits, mindless plate-heaping and all-day grazing, without discomfort. Food is alkaline-based but detox-light, with reduced portion sizes and limited sugar, salt and animal fat, served in a different dining area to those tucking into chef Vlastimil Stava's crispy wiener schnitzel with parsley potatoes and wild cranberries. He also oversees the low-calorie menus, which include spinach and pear smoothies, avocado tartare, gazpacho and grilled red mullet, and are individually tailored after an initial consultation with the warm Dr Alexander Angerer. The head of Preidlhof's medical diagnostics, he administers worthwhile assessments and devises treatment plans that include genetic screening, heart-rate variability (HRV) tests and a complete Preidl Medi-Check. Some food omissions are supported by an alkaline supplement that guests can take

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home, but there are no rattling pill bottles at the breakfast table. This natural approach makes the process all the more enjoyable, a huge contributor to securing serious results. With so many inclusions in the detox programme - abdominal medical examinations, infusion therapy, lymphatic drainage, body wraps, *sharira abhyanga* Ayurvedic oil massages, maritime phytotherapy - guests also get exceptional value for money. This place offers so much more than simple weight loss and rejuvenation. The futuristic Spa Tower dedicates six floors to 16 steam and sauna zones and a range of tranquillity pods and experiences, including Deep Sea Relaxation, where sounds, vibrations and 12,500 LEDs combine to sink you into catatonic calm, boosting the efficacy of treatments. Those who arrive exhausted can check into the Dream Well room, the ceiling of which is calibrated to reduce reverberation and echo to enhance optimal sleep, with mattress and pillow menus and touchpad-controlled lights that simulate sunrise and sunset. And anyone with excess energy can burn it off with morning yoga, Nordic walking, road and mountain biking, and HIIT, followed by a muscle-soothing dip in one of the five outdoor pools. With initial expectations tempered by the dated website, this mountain hideout is up there with the best.

INSIDER TIP Do ask for the HRV assessment. It offers a fascinating insight into the inner workings of your body by analysing its energy efficiency and the heart's ability to regulate overall stress and body function.

BOOK IT Healing Holidays (+44 20 7843 3592; healingholidays.co.uk/condenast) offers a five-night Detox programme from £1,295 per person, full board, including flights and transfers. Healing Holidays is the only UK tour operator that works with Preidlhof.



