



VERDURA SICILY, ITALY

IN BRIEF A proper overhaul in a super-chic haven

THE LOWDOWN At Rocco Forte's supremely clean-lined retreat on this ruggedly beautiful island they just know what families need. First up, teenagers get their own spa menu, the Verdura Generation YSPA, with plenty of mother-daughter and father-son treatments so families can chill out together. They also get their own hangout on the beach, and for four- to 12-year-olds there's a free all-day kids' club, which lays on beachside cricket, sand-sculpture competitions and games of rounders; in the heat of the day, children can learn to cook in the air-conditioned club. Meanwhile, grown-ups get to relax in the latte-coloured spa, which has a giant hammam and four outdoor sea-water hydrotherapy pools. Lots of glamorous Italian ladies in bathing suits and sunglasses spend hours here. But what's really special about this place are the programmes – few family holidays offer such comprehensive overhauls. Choose from a thorough detox, weight loss, better ageing, stress management and a range of restorative treatments. The extensive list of beauty therapies uses Just Pure products, with zingy grapefruit-lemon peels and aloe-vera body wraps. Meals are palaeolithic and protein-rich: sea-bass fillets; courgette spaghetti; white melon with almond shavings. And when the family want to lark about together again there's an impressive two-tiered swimming pool and bikes to zoom about on. At the Scott Dunn Explorers Club sporty kids can perfect their serve at a tennis academy or nail their swing at a golf clinic. All the restaurants welcome children, too, and serve mountains of pizza and pasta. You can't go wrong.

INSIDER TIP Try the super-fresh mint tea, served in glass teapots.

BOOK IT Healing Holidays (+44 20 7843 3592; www.healingholidays.co.uk/condenast) offers a five-night Better Ageing Programme from £2,449 per person full board, including flights and transfers.