

CLINIQUE LA PRAIRIE

Montreux, Switzerland

At the venerable age of 90, Clinique La Prairie is still in fine shape. There's the Wes Anderson-esque La Résidence, with sunshine-yellow awnings, where both Chaplin and Churchill once stayed; Le Château, its award-winning spa building; and the sleek and shiny Medical Centre, where patients from near and far book in for covert procedures (CLP has a crack team of doctors, dermatologists and surgeons in residence – in addition to spectacular suites for recovery). Healing of a more holistic nature is also on offer inside icy cryotherapy chambers (to fire up mitochondria and to help with rehabilitation), on glowing LED beds (to lessen inflammation) and within low-lit treatment rooms, where Shiatsu stretching, reflexology and sound healing combine to leave guests feeling recharged. Over in the restaurant, a new range of health-enhancing supplements accompany the delicate portions. Walks to the lake are highly recommended – not simply for the cardiovascular benefits, but because nothing is as reviving as that crisp, Alpine air.

Three-night programmes start from £4,690, full board and inclusive of treatments (cliniquelaprairie.com).



Buxton's healing waters are piped into the pool at the Buxton Crescent Health Spa Hotel

BUXTON CRESCENT HEALTH SPA HOTEL

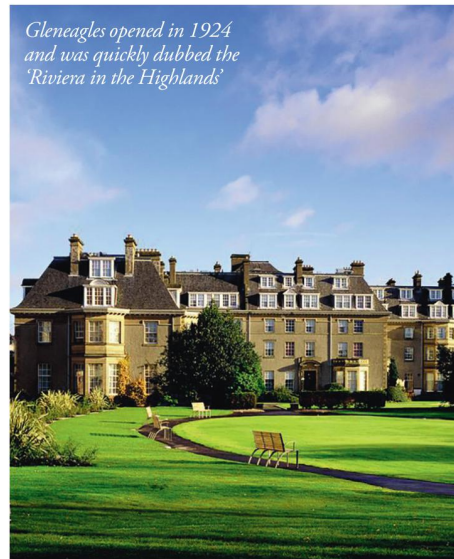
Peak District, UK

The postcard-pretty spa town of Buxton, a Georgian idyll in the Peak District, has drawn visitors since Roman times. Even Mary Queen of Scots came here to take the waters. With the reopening of Buxton Crescent, built by the 5th Duke of Devonshire in 1780, there's now even more reason to go. Its graceful curves and Victorian spa were sensitively restored in a £70 million project in 2020, marrying the hotel's heritage with top-notch modern European therapies. Treatment rooms have stained-glass windows, and the thermal pool

into which Buxton's healing waters are piped is laid out beneath a gorgeous coloured-glass dome. In the rooftop pool, bathers can admire the architectural flourishes carved into the stone. There's also an infrared sauna and a Hungarian salt cave. Treatments include the UK's first underwater jet massage, which loosens muscle tension you didn't even know you had. A Himalayan-salt massage will leave skin revitalised and the mind quiet; in the restaurant, the menu has English classics such as cured sea trout and peach melba. As indulgent as a day in the spa and all the better for it.

Doubles from £125, including breakfast (ensanahotels.com).

Holistic healing is at the heart of a stay at Clinique La Prairie



Gleneagles opened in 1924 and was quickly dubbed the 'Riviera in the Highlands'

GLENEAGLES

Pertshire, Scotland

Gleneagles has long lured the great and the good, from politicians to royalty and film stars. Now the 'Riviera in the Highlands' has upped the ante with its new-look spa, masterminded by glamorous owner Eiesha Bharti Pasricha, which draws on the beauty of the Scottish countryside. Inside, all is plant-filled and light, with new relaxation spaces and treatments using natural botanicals. The Long Exhale is a two-hour ritual that includes a scrub of indigenous honey and heather, and a perfectly pitched massage that eases tension. The new Wild Wellness retreats draw you out onto the 850-acre estate for forest bathing, Pranayama breathwork beside waterfalls, and hikes to the summit of Ben Vorlich (the sense of clarity as you gaze over Loch Earn is profound). Afterwards, decamp to the spa for a Dr Barbara Sturm facial (it's the brand's first residency outside London): skin is soothed with the celebrity doctor's cult serums, masks and creams, leaving you rosy-cheeked and ready for a silver-service supper in the Strathearn.

Doubles from £475, with breakfast, or from £3,180 for a two-night Wild Wellness retreat (gleneagles.com).

New Wild Wellness retreats at Gleneagles draw you outside for forest bathing, Pranayama breathwork beside waterfalls, and hikes to the summit of Ben Vorlich