

If you need a skin, mind and body spring-clean

HEAD TO L'Albereta Relais & Châteaux, Franciacorta, Italy.

WHAT FOR? The Rebalance Body and Face programme.

THE LOWDOWN For this retreat you'll split your time between facial-focused treatments and body detoxes. The skin journey includes ultrasonic facial cleansing, which is essentially a facial on steroids: think high-frequency vibrations used to deep clean and exfoliate. You'll also have a mesotherapy session (where vitamins, minerals, enzymes and antioxidants are injected into the mid-layers of the skin) that can be carried out on the face, neck, décolleté and hands, depending on your needs, which comes at the end of the programme as it requires roughly five hours' downtime. For the rest of your stay you'll be kept busy spa-ing with body massages and a scrub. Prepare to work on your breathing too: the Chenot regenerating treatment is a massage focused on optimising breathing to help relax the body and relieve tension. **BOOK IT** From £2,695pp for three nights, full board (with the Chenot bio-light menu), including accommodation. albereta.it

If your diet is affecting your skin

HEAD TO Sha Wellness Clinic, Alicante, Spain.

WHAT FOR? The Rebalance programme and Gut Health pack.

THE LOWDOWN This is a full-on schedule aimed at improving the state of your gut microbiota and immune, neuroendocrine and emotional systems. The belief is that if your gut microbiome is out of kilter, your skin reacts by becoming irritated and sensitive. After a consultation with a digestive-health expert, you will undergo tests to detect food and pollutant sensitivities. Then it's on to ozone therapy sessions, which are supposed to increase the amount of oxygen in your



A suite at the Lefay Resort & Spa, Italy



The Clinique La Prairie spa-clinic, Switzerland

body (and therefore improve immune function), colon hydrotherapy and an intravenous liver detox session. On top of the gut focus, you'll be able to chill out in the clinic's Roman baths, Turkish baths, cold plunge pools and ice fountain. There is also an emotional eating session, which will identify the psychological reasons behind your food choices and how they impact on your gut and skin. The aim of this programme is to make lifelong changes, so all the advice you receive from the resident experts is designed to be continued at home: you'll also have a cooking class, receive a personalised health plan and leave with a happier gut and healthier skin — plus a recipe book.

BOOK IT From £4,740pp for seven nights, full board, excluding accommodation. shawellnessclinic.com

If you want a red carpet glow

HEAD TO Glass House Detox & Wellness Retreat, Bulphan, Essex.

WHAT FOR? The Skincare Retreat (launching this autumn).

THE LOWDOWN Beginning with a consultation using high-tech skin scanners to understand what's going on beneath the surface, the programme moves on to a series of intense face workouts over the course of your stay. Options include Dermalux light therapy (a non-invasive treatment designed to accelerate skin-cell renewal) and an O2 Lift peel, dubbed the red carpet facial thanks to its noticeable results. Once you're done with your daily skin clinic, you can fill your time with fitness classes or a wellness workshop, book in for extra treatments and indulge in a plant-based menu that aims to detox the body, strengthen the immune system and help reduce inflammation and swelling. **BOOK IT** From £1,410pp for four nights, full board, including accommodation.

glasshouseretreat.co.uk

If anti-ageing is your goal (and money is no object)

HEAD TO Clinique La Prairie, Clarens, Switzerland.

WHAT FOR? The Skin Cell Boost and Beauty Stem Cells programmes.

THE LOWDOWN For those who have the means, and the mettle, these are medically advanced programmes claiming to visibly slow down the ageing process. Society's elite (at this price names are kept very hush-hush) head to the lakeside retreat for its renowned stem cell extraction, which sounds like some sort of organ-harvesting movie, and it kind of is... The pioneering technology involves having fat cells clinically extracted, usually from your stomach area, and then filtered to target the stem cells, which are injected into your face, the idea being that your body uses its own natural resources to regenerate. In the Beauty Stem Cells programme, some of your stem cells are also stored for 30 years so you can benefit from the anti-ageing technology in the future.

What else do you get for the hefty price tag? Along with beautiful views of the Alps and Lake Geneva, top-quality food in the on-site restaurant and access to the hammam and wellness area, everything about the programmes — from the experts picked for you based on your needs (there are more than 50 medical professionals for the 38 rooms) to the diet plan formulated by the clinic's nutritionists and the skin routine to take home — is tailor-made for you. Treatments including ayurvedic therapies and massages are available too (for an additional charge).

BOOK IT The Skin Cell Boost programme costs from £14,025pp for one night. The Beauty Stem Cells programme costs from £31,700pp for three nights, full board, including accommodation. cliniquelaprairie.com ■