



SPA-HOTEL JAGDHOF

## SPA-HOTEL JAGDHOF, AUSTRIA

Like your spas bigger, towels fluffier and food heartier? Then this might be the place for you. Taking the pain out of gain, it offers a more cosseted version of the health retreat. Perfect for those who like a Bloody Mary after a steam-room session. Situated in Neustift in the heart of the Tyrolean Alps, SPA-HOTEL Jagdhof stands proudly. And hugely. This is one of the largest destination spas in Austria, after all. The vibe here is luxe ski chalet. Roaring fires and wood panelling give an informal, homely touch to this five-star chateau. Here you can scoff on game and guzzle copious glasses of wine. Knock the gluttonous guilt out of you with a massage. Or take a dip in the outdoor heated pool. Rinse and repeat.

**TATLER OFFER** Healing Holidays can arrange a four-night stay in a Burgstall superior double room at SPA-HOTEL Jagdhof from £799 per person sharing. This includes flights, transfers, half board and use of the spa.

# PEAK PAMPERING

These cure-what-ails-you spas in mountainous Austria are a breath of fresh air. Take yourself to the height of luxury

There is something so satisfying about a trip to the mountains. Air is cleaner. Landscape is wilder. And viewing civilisation from a height gives one a tremendous sense of perspective. So it stands to reason that when you drop a rejuvenating health-focused spa into such awe-inspiring surroundings, it works wonderfully. Frances Geoghegan, the founder of Healing Holidays, personally tries out all the spas in the collection (tough life). Here are her favourites for a blast of Alpine air.



AYURVEDA RESORT SONNHOF

## PARKHOTEL IGLS, AUSTRIA

If you're feeling a little sluggish, it's time to park yourself at the Parkhotel Igls near picturesque Innsbruck. This super-sleek medi-spa revolves around the principle that most health problems tend to stem from an inefficient digestive system. Whipping your system (and your wellbeing) back into shape is the forte here. Relying on Modern Mayr Medicine (named after Dr F. X. Mayr, a pioneer of natural, preventive remedies), the Parkhotel Igls takes a holistic approach to health. Expect to have every aspect of your lifestyle overhauled, from stress and fitness levels to nutrition. This roughly translates to lymphatic drainage, body massage, yoga, personal training and incredibly healthy food. This is medically driven poking and prodding so you can learn to trust your gut again.



**TATLER OFFER** Healing Holidays can arrange a four-night stay in a standard double room at Parkhotel Igls from £1,129 per person sharing. This includes flights, transfers, tailored Mayr cuisine, a medical health check, weekly activity programme and five treatments.

## AYURVEDA RESORT SONNHOF, AUSTRIA

This unique retreat high up in Tyrol's Thiersee Valley is predicated on the traditional Hindu system, Ayurveda. This, in a nutshell, looks at the idea of balance in body, mind and soul through yoga, natural food and herbal remedies. So take a deep breath and relax, you're about to become very zen indeed. How does morning yoga sound? Some deep meditation perhaps? There are programmes designed to help you tackle everything from weight loss to flagging energy levels. 'Food is the best medicine' is a saying that certainly rings true here. Cuisine is vegetarian, low in just about everything bad for you, and thoroughly delicious. And a good thing too. The road to enlightenment calls for a full stomach.

**TATLER OFFER** Healing Holidays can arrange a three-night Ayurveda Taster programme from £799 per person sharing. This includes flights, transfers, accommodation in a Tirol standard double room, full board, access to a weekly programme of yoga and meditation, use of the Ayurveda Centre and two treatments as per the Ayurveda Taster programme.

