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Spa Guide 2021

From immune-boosting super-clinics to isolated retreats that draw on the healing powers of nature, today's most transformative spas are designed to restore physical and mental health

BY FRANCESCA OGIERMANN-WHITE
Health & beauty editor-at-large

The main pool at Six Senses Ibiza, which overlooks Xarxa Bay

Spa guide

Spiritual awakening

Soulful sanctuaries with solid strategies to get you back on track

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SIX SENSES IBIZA Balearic Islands, Spain

There's an elemental energy running through the newest Six Senses opening. You can smell it in the smoky sage that marks your arrival, and glimpse it in the fiery light that sets the Cala Xarraca coastline aflame. The resort made its debut in Ibiza in July and has already become part of the scenery, drawing an eclectic crowd of hedonistic locals, globetrotters and beautiful people searching for enlightenment. Some find it through spirituality – with sunrise salutations, stargazing, and immersive retreats (full immersions tackle issues such as grief, insomnia and performance). Others seek it through sustainability (the concept store sells eco-minded fashion and *objets d'art*). Most discover it in the spa, a soulful space spanning three floors and accessed via a walkway that cuts through a crystalline pool. Magic is woven into treatments: tuning forks emit a mind-calming hum and stimulate acupressure points during facials; brass singing bowls are struck softly, releasing reverberations that recalibrate the body during tension-soothing massages. One level down, there's a steam room, infrared sauna and

long marble pool; above, the Rose Bar longevity lounge delivers an array of forward-thinking therapies designed to affect cellular healing, including blood-sugar monitoring, hyperbaric oxygen and Hypervolt (a warming massage device that eases pain). Wrap yourself in a kaleidoscopic Le DoubleJ robe and head back to your suite to soak up the sunset from your terrace. Then, as dusk falls, make for the piazza, where olive trees twinkle with lights, fresh ravioli swims in sage butter and the effervescent spirit of Ibiza truly comes alive.

Scott Dunn (scottdunn.com) offers seven nights from £2,300, including flights and transfers.

BAMFORD WELLNESS SPA AT DAYLESFORD

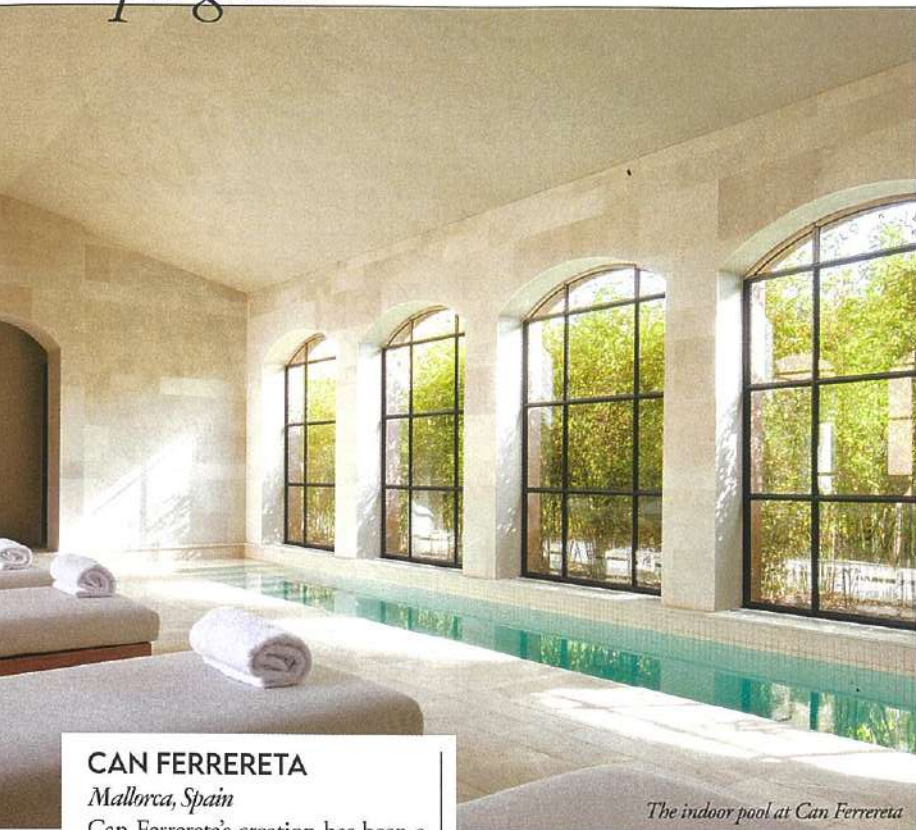
Gloucestershire, UK

The Daylesford mothership is a second home to the au courant of Gloucestershire, while also enticing crowds of well-heeled Londoners, who love the organic food and fresh country air. Housed in a former hay barn, its holistic spa reflects the natural, wholly sustainable ethos of Lady Bamford's eponymous brand. It also draws on the expertise of experienced therapists, who can be found in the sunny yoga studio or leading sessions of sound healing and mindfulness in the wellness tent. Put on your Eres one-piece and head for the hydropool, crystal sauna or herbal steam room – then slip beneath a pressed linen sheet for the spa's signature facial, which blends intuitive facial massage with organic – and highly effective – Bamford skincare.

Treatments start from £30; doubles and cottages on the Daylesford estate start from £125 and £300 respectively (bamford.co.uk). ▷



Nature meets nurture at the Bamford Wellness Spa



Stylishly soothing Oku Ibiza

CAN FERRERETA

Mallorca, Spain

Can Ferrereta's creation has been a labour of love for its owners, the art-world proprietors of Sant Francesc Hotel in Palma. The traditional Mallorcan house, with parts dating to the 17th century, has been re-imagined with light-flooded spaces, spiralling stone staircases and artisanal interiors. It's less than six months old, though already the beating heart is the Moorish-inspired jade-green outdoor pool. Dine in the shaded La Fresca terrace by day (the lobster with rice is divine), and dip into restorative yoga sessions in the shade of olive trees and *Duna's Dream* – a mysterious bronze head by Catalan sculptor Jaume Plensa. The same sculpture has inspired the smoky, olive-leaf-laced tea, served cold, in the Sa Calma spa. Here, therapist Veronica administers an excellent two-hour face and body ritual: a sea-salty paste smooths the skin, vitamin-rich oils are massaged in with fingertips and warmed shells, and lymphatic drainage refines facial contours and tightens. But what truly clears the mind are her sedative scalp and acupressure massages.

Carrier (carrier.co.uk) offers seven night from £2,760, half board, including flights and transfers.

The indoor pool at Can Ferrereta



The Mandrake's terrace, with its living walls of passion flower and jasmine

THE MANDRAKE

London, England

This fern-filled haven is primarily a place of spiritual renewal, which means a total mind and body reset in the heart of Fitzrovia. And all without having to leave the hotel's exuberantly decorated suites (inky velvet drapes, clawfoot baths), thanks to the 'spiritual concierge service' with its room-service menu of wellness experiences. Some of the country's top healers and therapists are on hand to realign energy levels, clear emotional blocks and help you gain a renewed sense of self. Curl up in your cloud-like bed for a sound-healing session with

reiki master Josie Ross. Equally powerful is time spent with shamanic healer Eddy Elsey, who will help you pinpoint exactly what you would like to change in your life – and then work with you and your 'spirit guides' on a deep journey that will leave you feeling enlightened. Post-treatment, you can recalibrate in peace with a plate of ceviche and yellowtail crudo delivered to your room, or simply fall asleep beneath silky sheets without seeing another soul. *Doubles from £350, room only (themandrake.com).*

OKU

Ibiza, Spain

Japanese minimalism meets Eivissa bohemia at Oku, the White Isle's most seductive new hotspot. The *scène centrale* is the pale green pool (one of two outdoor pools at the hotel), fringed by cedar-slatted buildings – guests lounge on oversized daybeds while DJs play. After sunset, the restaurant is the hot ticket, where wagyu sizzles and the Möet is ice-cold. But the cool grey spa is where late-night revellers go to find respite the morning after. Here, glow-enhancing Organic Pharmacy facials (some light steam, targeted extractions and a restorative collagen mask) roll into Sultane de Saba rituals (layers of detoxifying lava clay, removed with an exfoliating kessa glove, give way to spot-on acupressure and a head-to-toe massage), culminating in a two-hour ritual that brings tired bodies back to life. Later, you can sweat it out in the stylish gym – or rebalance under the watchful tutelage of yogi Anna, who blends meditation with qigong and hatha yoga: an hour of spinal rotations, shoulder stands and controlled pranayama breathing will leave you on an all-natural high.

Scott Dunn (scottdunn.com) offers seven nights from £1,800, including breakfast, flights and transfers.

PHOTOGRAPHS: © ART SANCHEZ; © GEORG ROSKE; © SHOMOS UDDIN

World of wisdom

For a transformative retreat that combines ancient philosophy with modern medicine, head to Ayurveda Resort Mandira



ONE MIGHT NOT NECESSARILY associate the concept of Ayurveda – the ancient alternative medicine system with roots in Hindu mythology – with the scenic Alpine Foreland of Austria. However, nestled in Styrian hill country, in the village of Bad Waltersdorf and surrounded by lavender fields, a newly unveiled haven of Ayurvedic renewal and relaxation awaits. Exclusive to Healing Holidays, the Ayurveda Resort Mandira, which opened last year, combines the vibrancy of India with Mediterranean flair and Styria's traditional hospitality, while also uniting thousands of years of Indian wisdom with conventional and complementary medicine.

Those in-the-know head here for health promotion and disease prevention, whether that's boosting the immune system, avoiding burnout, maintaining a healthy weight, or gaining new perspectives on midlife or critical situations. Above all, it is a place in which to relax and let go of the stresses of everyday life, which feels particularly important after such an unsettling period. On offer at this temple

of rejuvenation is a whole host of preventative and regenerative therapies, all of which are based around the philosophy of Holistic Ayurveda, plus the latest European knowledge. Tailor-made solutions and diagnostics can



help with all manner of issues, from stress relief and improved mobility to fatigue reduction and skin tightening. The healing powers of thermal waters, the harmonising effects of yoga, and the wisdom of holistic coaching and kinesiology can all be enjoyed while your vitality and energy is boosted with fresh, delicious Styrian 'Joie de Vivre' cuisine and carefully planned Ayurvedic nutrition.

But simply to be in the Mandira is a deeply relaxing, restorative experience. The resort is located among the verdant, expansive and unspoiled Styrian countryside, which is home to invaluable healing thermal springs. Inside, 60 rooms and suites await guests, all of which adhere to the house design principle of spacious, feel-good simplicity. In the hotel's elegant Panchakarma restaurant, the light-filled spaces are coloured according to Ayurvedic principles, with three bio-energies, or 'Doshas', to boost varying energy at different times of the

Those in-the-know head here for health promotion and disease prevention, but also to relax and let go

day. The resort is also home to a scenic sun-drenched terrace, the tranquil, soothing Ganesha's Garden, and an atmospheric bar, as well as a well-equipped gym and extensive Ayurvedic and thermal spa facilities. Here, bathing and swimming in the soft water, which is recognised as a medicinal resource, can aid stiff joints, tighten skin, detoxify, and activate both circulation and the immune system. A sauna, steam room and ice grotto add to the wellness-boosting atmosphere, as do dreamy treatments such as Abhyanga, a gentle full-body massage with heated Ayurvedic herbal oils.

So whether it's a curated Detox programme, a yoga holiday, an immune system reboot, a menopause guidance programme or a burnout intervention, the Mandira has the answer.

HOW TO BOOK

Healing Holidays can arrange a two-night Special Ayurveda Taster programme from £749 per person sharing, including British Airways flights, transfers, full board accommodation and inclusions of the programme.

Healing Holidays

For more information, please visit healingholidays.com/tatlerspaguide @healingholidays @healingholidays @healinghols