


Harper's BAZZAAR

January 2012

A woman with blonde hair, wearing a dark green jacket, white shirt, and white breeches, is riding a brown horse. The horse is in motion, galloping through a field of dry, yellowish grass. The background shows a vast, open landscape with scattered trees and distant mountains under a blue sky with light clouds.

Travel
HOT 100

BAZAAR SPAS

Havens on earth

Hike, meditate, detox or pamper body and soul at the world's best revitalising retreats

1 BEST RURAL DETOXES Village Barn; Littleton Mill; and Health Matters

THE COTSWOLDS, WILTSHIRE AND DORSET

Hotfoot it to Catherine Chichester's Village Barn in the tiny Cotswolds village of Bledington for a raw-food detox (don't fret, it's delicious) to reprogramme body and mind, leaving you with sparkling eyes and a washboard stomach. The retreat includes yoga, country hikes and some of the best treatments anywhere. Or try the vivacious Melissa Kendall's yoga-detox retreats at Littleton Mill, a 17th-century watermill run on renewable energy in rural Wiltshire. Equally serious about breaking bad habits, Health Matters' approach to physical, nutritional and mindful transformation is all about the long term. Its 'health hub' weeks in lovely Axnoller, Dorset, offer boutique accommodation, steam rooms and a hot tub under the stars.

Five days at Village Barn (07813 182651; www.village-barn.com), from £1,040 a person full board, including workshops. Three days at Littleton Mill (07786 363553; www.littletonmill.co.uk), from £250 a person all-inclusive. Three nights at Health Matters (0800 158 8360; www.healthmatters360.co.uk), from £875 a person full board.

www.harpersbazaar.co.uk

2 BEST COCOONING SPA Borgo Egnazia

ITALY

Built over 10 years at a cost of £130 million, the sprawling Borgo Egnazia resort in Puglia is designed to resemble an ancient Apulian village: it is modelled from the region's creamy *tufa* limestone, and has chic, all-white interiors to match. But the real highlight is the Vair ('real' in local dialect) spa, a modern version of a Roman bathhouse, complete with hot and cold rooms, scrub area and sauna. With a team of naturopaths, dermatologists and nutritionists on hand, treatments are taken very seriously, and based on Puglia's therapeutic traditions. The *abbell bel* (or 'slowly slowly') signature facial gently cleanses and nourishes; and the *salt i dolce* ('salty-sweet') body

NEW

The rooftops of Borgo Egnazia in Puglia



scrub uses hot local honey and sea salt. Four nights at Borgo Egnazia, from £665 a person B&B, including flights, with Black Tomato (020 7426 9888; www.blacktomato.co.uk).