

# VOU

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Get  
ready for  
**FOREST  
THERAPY**  
The health  
revolution that's  
changing lives

**EXCLUSIVE**

# Kylie

**'WAS I GOING TO  
GET MARRIED?  
IT'S COMPLICATED'**





**WELLBEING**  
Sarah Stacey

# AND RELAX...

*In the UK and abroad, our spies have been sleuthing the best spa options. For longer reports with lots more details, go to [you.co.uk](http://you.co.uk)*



**BEST FOR**

**INVIGORATING AND RE-ENERGISING THE NATURAL WAY**

## KURHOTEL SKODSBORG, NEAR COPENHAGEN, DENMARK

Who'd have thought a pulverisingly hot sauna followed by a dip in the chilly Baltic would be the highlight of our (initially sceptical) tester's weekend at the luxury Kurhotel Skodsborg, a 15-minute train ride from Copenhagen? This hearty spa treatment known as a SaunaGus, designed to strengthen one's immune system, left her 'with red, blotchy skin, which the sauna mistress said was excellent because it showed my circulation had woken up. Afterwards I felt fantastic - less stressed, truly invigorated and re-energised.' The spa also offers a variety of other relaxing sauna and water experiences including a salt grotto and massage showers, plus exercise and yoga classes, and Nordic beauty treatments. Afterwards you can hire a bike and head to the local beach and woods.

■ Double room b&b with full use of the spa, including SaunaGus sessions, from £167 a night; [skodsborg.dk](http://skodsborg.dk)



**BEST FOR**

**INTENSIVE DETOXING, REBALANCING AND DE-STRESSING**

## PALACE MERANO, ESPACE HENRI CHENOT, NORTHERN ITALY

The six-day, seven-night Detox Programme, housed in the splendour of the Palace Merano hotel, supports people with frenetic lives, often those working in high-stress environments who feel they're underperforming. It's ideal if you are recovering from illness. Clients have a thorough evaluation with tests based on both conventional and Chinese medicine, after which a bespoke schedule is drawn up. Our super-busy tester learned that her body was struggling to deliver the constant output of energy she demanded. 'They told me I was always in a hurry and I eat too fast, which is true.' Even with a schedule of treatments, the tranquil atmosphere slowed her right down. 'I left truly rested and restored - and I lost 2.5kg. It's a real life-turn-around experience.'

■ One week in a deluxe double room including the Detox Programme, all meals, consultations and treatments, from around £3,803; [palace.it](http://palace.it)

**BEST FOR**

**A LUXURIOUS SPA DAY IN THE COUNTRY**

## ESPA AT LUCKNAM PARK, NEAR BATH

This exquisite five-star country hotel - set among 500 acres of listed parkland and ravishing gardens - is home to only the third Espa-branded spa in the UK, with eight therapy rooms offering an unparalleled range of face, body and mind treatments. Our pregnant tester's Nourish and Nurture prenatal massage was 'the ultimate in relaxation, soothing away those annoying pregnancy niggles and leaving my aching limbs recharged'. She also revelled in the delicious lunch and fab facilities, which include a 20-metre indoor pool, a linked indoor-outdoor hydrotherapy pool, experience showers and five thermal cabins (including Japanese salt, aromatic steam and sauna).

■ A Secluded Escape Spa Day including a 60-minute Espa treatment, lunch and full use of facilities, £165. A two-night spa break for two, from £1,135; [lucknampark.co.uk](http://lucknampark.co.uk)



**BEST FOR**

## REBOOTING BODY AND SOUL ANANDA IN THE HIMALAYAS, UTTARAKHAND, INDIA

Yes, it's a whopping price, but our veteran spa tester was so overwhelmed by the 'genuinely life-changing' wonders of the Ayurveda-based programme that she has started an Ananda piggy bank. With daily yoga/meditation sessions (plus optional philosophy classes), this hospital for the soul also features delicious gourmet food, which is prescribed for your body type (dosha) at your first consultation with the resident Ayurvedic doctor. Packages include Detox, Stress Management, Active, Ayurvedic



Rejuvenation and Yoga - our tester's choice, with one-on-one lessons from inspiring teachers, held outside on a stone amphitheatre in the hazy Indian sunshine. Afternoon Ayurvedic pampering included 'some of the best massages of my life and an Amethyst Rejuvenation facial that took off ten years'. Other fans include Oprah Winfrey, the Duchess of Cornwall, the Gateses and Brad Pitt.

■ Wellbeing Escapes offers a seven-night Yoga programme, including flights, transfers, full board, all treatments, activities and consultations, from £4,215 per person for double occupancy; [wellbeingescapes.com](http://wellbeingescapes.com)