

# STELLA

Award-winner

24 February 2019

Model  
**ISKRA  
LAWRENCE**  
on the new  
body beautiful  
& 7 plus-size  
labels to love

Ahead  
of

# the curve

### First person

'My best friend asked me to cover up her cheating'

### Flip side

Diana Henry's fancy pancakes

### Extreme makeover

'I spent £10k on treatments - was it worth it?'

The Sunday Telegraph

# Well, well, well...

Luxe getaways with added feel-good factor



## Euphoria Retreat

Mystras, Greece

**Best for... pressing reset and fully unwinding** Three hours from Athens, this holistic spa has indoor and outdoor pools, a hammam, an infrared sauna and daily activities (yoga, tai chi and workouts). Euphoria also offers a personalised range of programmes, including detox, weight loss and de-stress. *Three-night Wellbeing Detox from £1,070 per person; wellbeingescapes.com*

### WHAT TO PACK



De-Stress Rollerball, £18, **Aromatherapy Associates** (aromatherapyassociates.com)



Swimsuit, £235, **Asceno** (asceno.com)

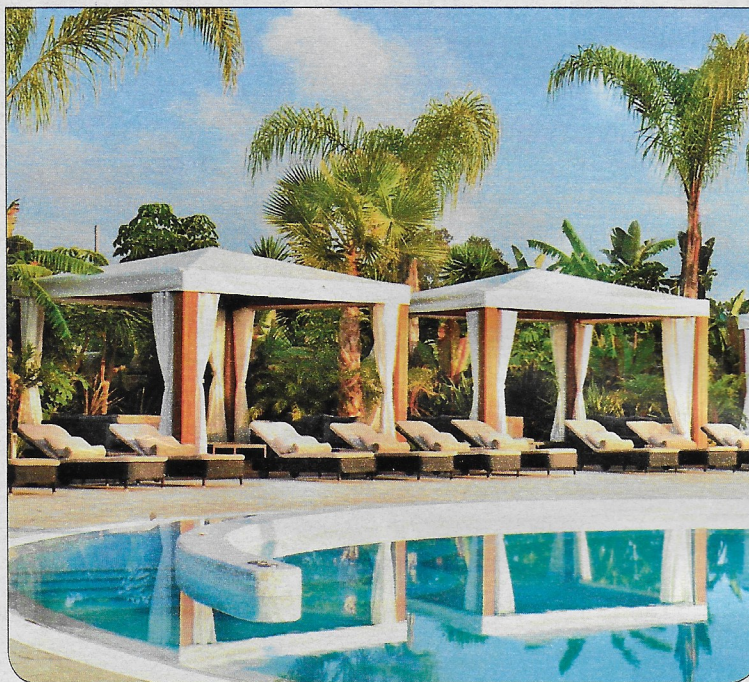


Quilted robe, £36, **Next** (next.co.uk)



Raffia slides, £109, **Essen** (essenthe-label.com)

For more hotel reviews, see [telegraph.co.uk/hotels](http://telegraph.co.uk/hotels)



## Conrad Algarve

Portugal

**Best for... wellness worshippers** This luxurious hotel should carry a warning: you'll dread checking out. There are reasons to stray – guided nature walks, miles of sandy beaches, golf courses galore. There are reasons to stay – chic spa, infinity pools, Pilates and yoga classes, amazing aromatherapy massages. And there are definitely reasons to eat: hello, Michelin-starred Gusto by Heinz Beck. You've been warned... *From £158 b&b; conradalgarve.com*



## Es Princep

Palma, Mallorca

**Best for... city and spa** This modern, buzzy beachfront hotel offers the best of both worlds. The spectacular Coco basement spa offers treatments by French brand Anne Semonin, known for its smart-ageing essential-oil method. Try the Tip to Toe treatment, which combines a nourishing facial and body massage. *From £210 b&b; esprincep.com*



## Borgo Santo Pietro

Tuscany

**Best for... laid-back romance** From the moment you arrive at this palatial villa the emphasis is on making you feel at home rather than on holiday. Spend your days riding one of the estate's Vespas or at its skincare laboratory, which produces its own Seed to Skin product line, before having supper at the Michelin-starred organic Meo Modo. *From £495 b&b; borgosantopietro.com*