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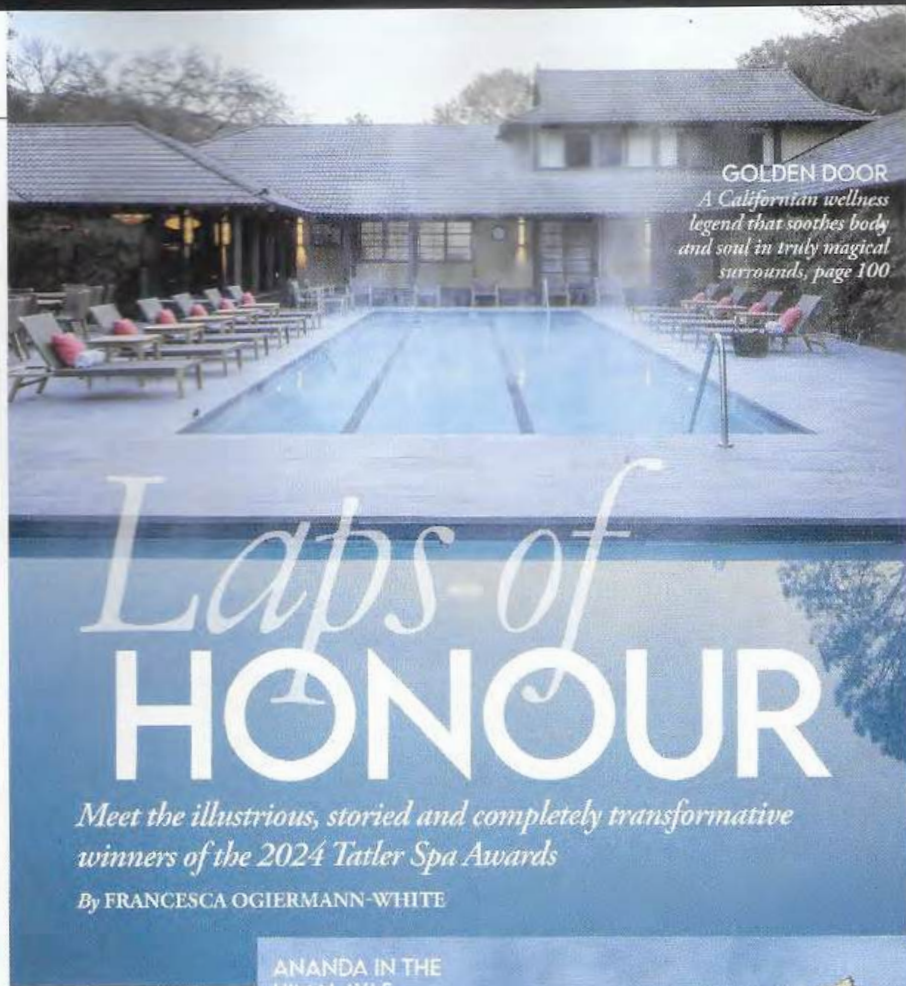
Spa Guide 2024

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Spa winners



GRAND HOTEL SON NET
With old-world grandeur and a spa that emphasises Eastern techniques, this 17th-century estate in the Puiggnonyent Valley celebrates the art of living well, page 114



GOLDEN DOOR
A Californian wellness legend that soothes body and soul in truly magical surrounds, page 100

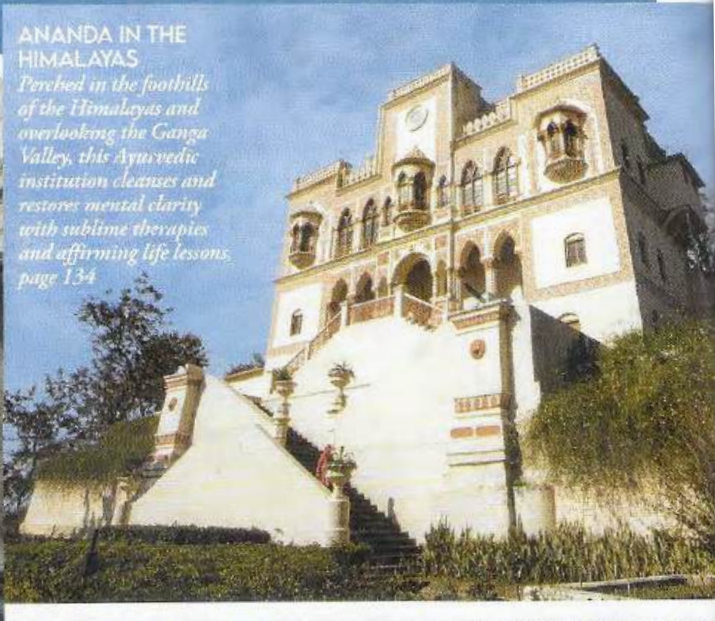
Laps of HONOUR

Meet the illustrious, storied and completely transformative winners of the 2024 Tatler Spa Awards

By FRANCESCA OGIERMANN-WHITE



ESTELLE MANOR
Five years in the making, the celestial space that is Eynsham Baths blends Roman bathing traditions with wellness rituals rooted in Ayurveda, page 86



ANANDA IN THE HIMALAYAS
Perched in the foothills of the Himalayas and overlooking the Ganga Valley, this Ayurvedic institution cleanses and restores mental clarity with sublime therapies and affirming life lessons, page 134



LILY OF THE VALLEY
The scene centrale of the South of France, where gourmet cuisine, spectacular hikes and hi-tech treatments rule, page 91



THE BRANDO
An eco-desert-island fantasy, there's no more discreet a destination for escapist sound healing, trace shower rituals and wilderness treks than the late Marlon Brando's private atoll escape, page 122

The spa at Euphoria is an architectural wonder – and its treatments are equally impressive

EUPHORIA

Euphoria is incomparable, a different breed of spa altogether, created by founder Marina Eframoglou after overcoming cancer. Here, the healing marries ancient Greek and Chinese medicine, while the programmes are interwoven with therapies, both medical and holistic. Emotional Transformation is strangely freeing: a deep dive into your own psyche, informed by the five elements; and the Human Regenerator, which reduces aches and pains, involves cold atmospheric plasma penetrating the body. Days can be as demanding or recuperative as you like: forest

hikes and personal training or sound healing and meditation. And the spa is an architectural wonder, with ethereal pools, a Byzantine-style hammam and a soaring, light-filled waterwell for circulation-boosting Kneipp therapy. As for the nutrition, it's at the sharp end of science and employs Euphoria's patented 3GLs test, which determines how your body metabolises certain foods. It's a special place, enabling the busiest mind to switch off and the most tightly-wound to let go and heal. *Healing Holidays* (healingholidays.com) offers a five-night Wellbeing Detox programme from £2,699, full board, including transfers.

BORGIO SANTO PIETRO *Tuscany, Italy*

Situated on a ley line, perched above the River Merse, this 200-acre estate of vines, herb fields, flower and culinary gardens is where medieval pilgrims once lodged en route to seeing the 'sword in the stone' at a nearby abbey. Inspired by the palpable energy they felt on discovering the site in 2001, Claus and Jeanette Thottrup have created a detail-perfect holistic paradise that generously immerses guests in Tuscany's natural bounties: from Claus's Per Gli Amici rose and the farm-to-table cuisine to Jeanette's transformative Seed to Skin products, created on site. With potent aromatic ingredients in the Divine Cleanse gel, Black Magic mask and Alche'Mist serum, a bespoke facial is a multi-sensory experience. Each of the 22 frescoed rooms exudes off-the-scale luxury. Book the Casa Genda Pool House and retreat to its private garden and courtyard pool; or to a bathroom, complete with chaise longue, where a bath drawn for you awaits, scented with botanical essences, strewn with petals. *Doubles from £738, including breakfast* (borgiosantopietro.com). □

The Santo Pietro Grand Suite at Borgo Santo Pietro has high-beamed cathedral ceilings and is furnished with antiques

