

PALACE MERANO

Merano, Italy West

Like an obscure former royal palace/detox detention centre. In the tiled basement, you're hosed down daily and weighed, starkers, under concentration-camp bright lighting. And you'll need a sense of humour to fill you up as you endure a punishing 800 calories of alkaline-forming food a day. European A-listers pad around sporting follicle-boosting foil caps and looking like baked potatoes. These disciples of the cult of Chenot gulp endless magnums of cider-vinegar water, queue for colonics, take laxatives off silver travs and have more volts charged through them than an electric fence (organs are stimulated daily via tiny pulses), then rebook every year. There's Nordic walking (if you've the strength to stand up). Power Plates and every conceivable bio-energetic beauty treatment. The sect-like vibe is rather shattered by Russians screeching into mobiles and fashionistas frantically puffing ciggies in the garden. Meridian clearing in mountainous Merano is no mean feat, but the energy surge is meteoric. Website palace.it Book it Bellini Travel (tel: 020 7602 7602) offers seven nights from £3,800, full board, including flights and treatments.

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OUR SEASONS ANDAA GIRAAVARU

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THE BEACH HOUSE

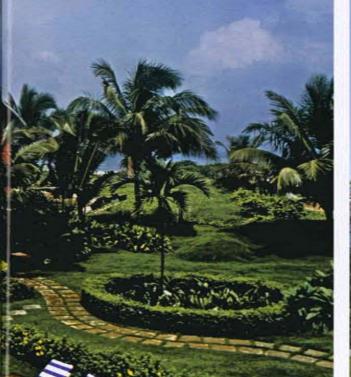
Goa, India

The finest new retreat in southern India, exactly where the hippie within you wants it to be: on a palm-fringed beach in Goa. This is a complete body MOT that gets results through a practical but achievable programme that is supported by an on-site doctor, hypnotist, nutritionist and yoga instructor. The strict liquid diet is surprisingly delicious, and a continuous supply of fresh juices and broths keeps pangs at bay. A combination of supplements and wheatgrass and aloe vera shots replace essential nutrients that your body loses as it purges. But that ain't the half of it – most alarming are the twice-daily enemas. Meanwhile, delicious ayurvedic and Balinese therapies performed in huts on the beach use local fruits such as papaya, coconut and cucumber. (What a shame you can't eat them.) Sleep deeply in four-poster beds (the Beach suites are the nicest), and leave feeling practically perfect in every way. Website thebeachhousegoa.com Tel 00 91 832 669 7733 Book it Double, from £1,000 for seven nights, full board.

unavailable in the UK. In short: science meets ancient wisdom and near-guaranteed

sunshine. **Website** shawellnessclinic.com **Book it** Wellbeing Escapes (tel: 0845 602 6202) offers four nights from £1,300, including flights, transfers and treatments.





DETOX INTERNATIONAL

Malaga, Spain W

Sluggish? Waddling through mud? Desperate for a major turnaround? Created by nutritionist and healer Midi Fairgrieve, these places run seven-day challenging-but-not-horrific holistic retreats in both Spain and Portugal. Expect an all-fun cast of juice-fasting, enemas and health talks. It's a step too far for many spa-goers, but one that the spa junkies love – largely because you feel about 10 years younger and many pounds lighter at the finishing line. An absurd amount of supplements, juices and a revolting war-like broth will see you through it – the upside is that you're so full of liquid muck you'll never feel weak or hungry. Clever. The group hugs and chats about your childhood, however, are an acquired taste. If you can handle it, you'll feel a colossal sense of achievement. Website detox-international com Book it Lotus Journeys (tel: 0845 170 1747) offers seven nights in Spain from £1,150, full board, including treatments.

