Harper's BAZAAR

The great reset: the best wellness retreats around the world

For rebooting, resetting or just plain old relaxing



What makes a great wellness retreat? Well, that depends on what exactly it is you're retreating from. Perhaps it's a period of culinary indulgence, of too many evenings spent catching up over a seasonal tipple or two. If this sounds familiar, salvation (if not soul-soothing) is to be found at the more medical end of the retreat spectrum, with destinations like the cult Lanserhof and Vivamayr offering transformative programmes for those in need of a hard reset. (Most who make it through become obsessives for life.)

If your idea of rest and recovery involves hot saunas and cold Champagne, there are retreats to please you too. On home soil, Estelle Manor is the country escape made for long, luxurious weekends, while Crete's oceanfront Daios Cove boasts a spa programme to be reckoned with, whether you're after a colonic or a cryotherapy facial (have both, it's all about balance).

And for something that'll provide the antidote to a year lived online, consider something as remote and consciously screen-free as Austria's latest opening, Eriro: a nine-room property where your days will involve bracing air, challenging hikes, and a zero-waste kitchen where foraged feasts take precedence over fasting. What real world?

The best wellness retreats, tried and tested by *Bazaar*:

Lanserhof Sylt, Germany: best for a medical MOT



The name Lanserhof has always been synonymous with medical excellence, and its newest outpost, a futuristic-looking building on the island of Sylt in northern Germany, has surpassed even its own high standards.

Offering more medical services than any other wellness hotel (it has 10 full-time doctors and a further 32 specialists on its books), the 50,000-square-foot medical centre has been designed to help guests achieve optimum health. 'The people who come here aren't necessarily ill by definition,' says the group's chief marketing officer Nils Behrens, 'but they might have health problems like migraines, back pain, skini ssues or digestive struggles.' On a health scale of one to 10, most people put themselves at a five to seven, he says. 'We want to get you to as close to a 10 as possible.'

You'll meet with specialists ranging from dermatologists to psychotherapists, and undergo assessments using hi-tech equipment such as a full-body AI scanner with 96 cameras. The goal is to combine medical treatments with natural solutions to cure the source, not just the symptoms, of any ailments. Essential to this are good nutrition and supplementing, breathwork, mindfulness and alternative therapies including acupuncture and craniosacral therapy (a gentle but effective upper-body treatment to remove energy blockages). There's even a shaman available to guide you through a fire ritual. It might sound a bit woo-woo, but nothing at Lanserhof is for show: it's about drawing on all possible resources to get you back to better health – and, hopefully, send you home feeling like a perfect 10.

The Lanserhof Sylt Cure Classic costs from about £6,000 for a seven-night stay, including accommodation