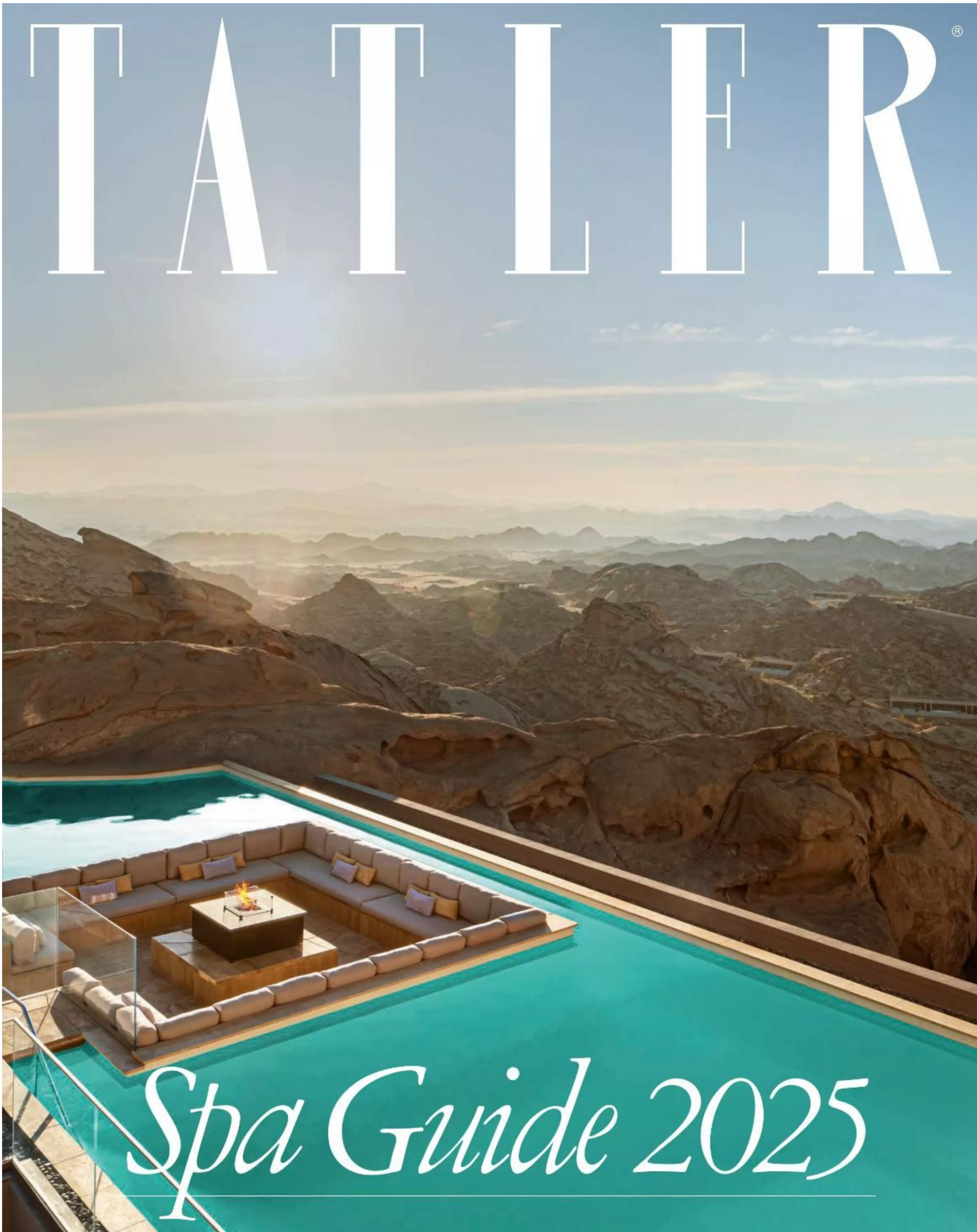
TATLER®



Spa Guide 2025

LANSERHOF TEGERNSEE

Bavaria, Germany

A sense of moneyed wellbeing sings out on the Lanserhorf Longevity programme, where in between being massaged, steamed, pricked for endless diagnostic blood tests, hooked up to an IV vitamin drip and blasted with -180°C frozen air in the cryo chamber, over seven days, you may start to believe that the picture they took on your arrival is like some sort of Dorian Gray portrait they've stored in their Bond-lair loft. The programme revolves around your genetic, cellular and metabolic needs, all attended to while following Dr Franz Mayer's approach to health by cleansing the gut. And within two days, you'll notice an ethereal glow to your skin; attributable as much to the chicory-infused water as to the vitamins. The personal training sessions are mindset-changing, as is the reflexology by Daniela Morales, and the time spent with Dr Gabriele, who advocates the power of linseed oil and sheep's yoghurt, not eating raw vegetables after 4pm or a heavy meat diet, or carbs, or sugar. *Healing Holidays (healingholidays.com) offers a seven-night Cure Classic programme from £5,999, full board, including transfers.*

Lanserhof Tegernsee has a specialised blood purification procedure that targets toxic substances

SIRO BOKA PLACE *Tivat, Montenegro*

The gym here is state of the art; and its group classes – some designed by the experts at AC Milan – range from hatha yoga to Hyrox, all devised in order to foster power, flexibility and cardiovascular health. Post workout, slip on a pair of compression boots to relieve lactic acid build-up and support circulation. And don't miss the juice bar's protein shakes, whizzed up with Siro's own brand of additive-free protein isolate for maximum health benefits. Meanwhile, the treatments are in a league of their own: from the inflammation-reducing, red-light 'waterbed' to binaural beats sound therapy, which can induce mental relaxation. Microbiome testing is also available to determine intolerances and aid better understanding of what best fuels your body. *Doubles from £142, including breakfast (sirohotels.com).*

At Siro Boka Place, electrical pulses are applied to activate muscle contractions to support circulation and recovery

CLINIQUE LA PRAIRIE *Montreux, Switzerland*

Drawing on more than 90 years of world-leading expertise, the guests' programmes here are meticulously designed. For example, those on the Longevity Reset programme start the day with an intensely relaxing and regenerative breathing class, move on to personal training, undergo cryotherapy, then have a full-body massage on a blissfully heated table. And over in the lakeside medical centre, everyone can sign up for an Oligoscan – delivered by hand-held sensor, it screens for deficiencies and excesses of vitamins and minerals, and an overload of toxic heavy metals – or go more in-depth and have some epigenetic DNA testing. With 55 medical professionals onsite, this is truly a place of scientific innovation, focused on prevention. *Healing Holidays (healingholidays.com) offers a six-night Master Detox programme from £17,599, full board, including transfers.* □

Clinique La Prairie uses the power of your own stem cells to promote natural skin rejuvenation

PHOTOGRAPHS: ALEXANDER HAIDEN; KITTIPONG PANCHEE; NATALEE COOKS; ROBERT REISER; TIM WAGNER; TYSON SADLO