



Peak condition

Freshen up with an Alpine health check

**BODY
M.O.T.**

The reopening of **Parkhotel Igls** outside Innsbruck, following an £8-million renovation that includes a new pool complex and spa, highlights the continuing popularity of residential health clinics. Like the **Mayr & More** clinic in Carinthia, the 51-room hotel draws on the teachings of FX Mayr, who found that 80 per cent of chronic disorders were caused by unsuitable nutrition and insufficient exercise. Designed to tackle issues arising from diet, posture and stress, programmes are based on eight light-eating plans and five therapy modules including the **Super Medical Check** – a sort of M.O.T. for the body – in cooperation with the University Clinic Innsbruck. Austria is now the only one country to offer body check-ups to stressed-out professionals. In Switzerland, the recently revamped **Grand Resort Bad Ragaz** has introduced a two-night 'To B. Business Check' for high-fliers, with tests for fitness, heart, circulation and posture. And in Spain, the macrobiotic-diet-based **SHA Wellness Clinic** has introduced a two-night SHA Check Weekend, including treatments. *Super Medical Check at Parkhotel Igls from €1,760 (00 43 512 377 305; www.parkhotel-igls.at). To B. Business Check from €5,087 (00 4181 303 30 30; www.resortragaz.ch). SHA Check Weekend from €1,300 for two (00 34 96 681 1199; www.shawellnessclinic.com)*

BONNIE SCOTLAND

How the thistle became Scotland's emblem is a prickly issue: legend has it that a sleeping party of Scottish warriors was alerted to the presence of Vikings when one of the barefoot attackers trod on one. The plant is a key ingredient at the spa due to open this spring at **Blythswood Square**, the first Glasgow property from The Town House Collection. Designed with 'beyond organic' brand Ila, signature treatments will include an anti-ageing facial using thistle extract, aloe vera and lavender, and a hot bath filled with sea salts and Hebridean seaweed. The spa will also offer bespoke facials by Anne Sémonin and the chance to chill out in a slate-lined pool under a crystal chandelier. The 100-room hotel, housed in the former HQ of the Royal Scottish Automobile Club, is a treat in itself: as well as period fireplaces and contemporary furniture by Modus, there's a screening room with seats upholstered in 40 designs of another Scottish classic: Harris Tweed. *0141 248 8888; www.blythswoodsquare.com. Doubles from £180*



Tricks and treats

Choose your spa packages and treatments carefully and get more pampering for your pound



The new **Temple Spa** at the Cotswold House Hotel, Chipping Campden
Treatment The 'Media Vespers', a 30-min aromatherapy back, neck and shoulder massage
Price £45
Also includes Use of steam room, hydrotherapy pool and lounge
www.cotswoldhouse.com



Spa Aquarius at Whatley Manor, Wiltshire
Package The new half-day 'Luxe for Less', including a half-hour La Prairie eye-lift treatment or mini mani-pedi
Price £95
Also includes Use of hydrotherapy pool, salt-scrub showers and 'wave dream sensory' room
www.whatleymanor.com



Verbena Spa, Feversham Arms Hotel, North Yorkshire
Treatment The 90-min Anne Sémonin Black Sand Exfoliating Experience
Price £115 (valid 1 to 25 March)
Also includes Use of heat suite, hot tub and heated outdoor pool. Plus lunch at the spa-tisserie
www.fevershamarmshotel.com



The Scarlet, Cornwall
Package Overnight stay and a one-hour 'Low-Season Spa Offer' (for one person), including an Ayurvedic treatment
Price £250 for two
Also includes Use of outdoor sauna and reed-bedded pool. Plus dinner cooked by chef Ben Tunnicliffe
www.scarlethotel.co.uk



Hurst House on the Marsh, Carmarthen Bay, Wales
Package 'Overnight spa stay', including a one-hour massage or facial of your choice
Price £280 for two
Also includes Use of pool, Jacuzzi, gym. Plus breakfast, tea, Champagne, and dinner conceived by chef Martin Blunos
www.hurst-house.co.uk

KEEP MUM Health guru Amanda Hamilton's BabyToo! Bootcamps at Cameron House Resort & Spa include Pramerise sessions by Loch Lomond. www.amanda-hamilton.co.uk