

## SHA WELLNESS CLINIC

ALICANTE, SPAIN

Cool, contemporary and cutting-edge, this minimalist gem is squirreled away in Spain's Sierra Helada mountains. But don't let all that design fool you. Although SHA is known for its clever-clogs Western medicine, the jewel in the crown is the range of ancient Eastern techniques. This East/West fusion comes together nicely in the 14-day Absolute Rejuvenation programme, which promises to 'reactivate' your 'health potential'. Stress, pollution, free-radical damage, muscular-skeletal decline – all those nasties that are ravaging your body right now **AS YOU READ** will be assessed in a genetic-wellbeing study, a full-body check up and blood analysis. (For an additional £290, find out how old you are hormonally – zoiks!). Ancient therapies are then called upon to 'slow' the ageing process, focusing on diet, gentle exercise, massage, acupuncture, reflexology and postural therapies. They also run a highly successful fertility programme. And they're not afraid of cheeky, modern shortcuts such as Botox or Restylane filler either. **WEBSITE** shawellnessclinic.com **BOOK IT** Healing Holidays (healingholidays.co.uk/tatlerspa; 020 7529 8551) offers seven nights from £2,668, full board, including British Airways flights, transfers, medical consultation and treatments.

**OFFER** ONE NIGHT'S FREE ACCOMMODATION WHEN YOU STAY SEVEN NIGHTS. FOR DETAILS AND TO BOOK, VISIT TATLER.COM/SPAOFFERS OR RING 020 7529 8551 AND QUOTE TATLER SPA GUIDE



## THE BODYHOLIDAY

CASTRIES, ST LUCIA

Hiding away in a private cove in northwest St Lucia, this is the place to come for a beauty binge. The family-owned retreat is big on helping you cheat time with a dedicated skincare clinic worthy of Harley Street. Want a gourmet facial featuring rare saffron? No problem. How about microdermabrasion with a highly skilled practitioner? Name a time. But the real showstopper is the exclusive facial treatment, devised by London-based cosmetic doctor Dr Michael Prager in his first collaboration outside Europe. This mild peel is combined with needle-free electrophoretic mesotherapy (electrical pulses), which infuse sun- and pollution-parched skin with a cocktail of vitamin C, minerals and hyaluronic acid. Make no mistake, you'll still be glowing way beyond the arrivals hall. Better still, anti-ageing authority Dr Prager himself visits the resort twice a year, which is just marvellous news. He's such a dab hand at invisible injectable treatments that you'll come home to cries of 'Wow, you look SO rested!' Crafty. **WEBSITE** thebodyholiday.com **BOOK IT** Elegant Resorts (elegantresorts.co.uk; 01244 897515) offers seven nights from £2,895, full board, including British Airways flights and transfers.