

The best luxury spa retreats you cannot beat in 2017: from the Seychelles to Bath

Aoife O'Riordain searches out the spa resorts that'll have you ditching your new year diet and digging out your passport

AOIFE O'RIORDAIN | 21 hours ago | 0 comments



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After weeks of cheese boards, chocolates and Baileys, it's time to think about undoing all that Christmas damage. Handily, eating well and exercising doesn't have to mean diets and gyms – you can just go on holiday. Here's our guide to the top new spa and detox retreats for 2017.



Mediterranean moments

Canyon Ranch is one of the US's most lauded wellness retreats and now has Canyon Ranch Kaplankaya (canyonranchdestinations.com), on the Turkish coast near Bodrum. Its army of dieticians, physicians and therapists can set you on the path to wellness with advice, activities such as yoga and meditation, and watersports. Wellbeing Escapes (wellbeingescapes.com) offers a four-night stay from £920 per person, based on two sharing, B&B.

Alternatively, why not take a full yoga holiday? Destination Yoga's (destinationyoga.co.uk) newest offering is the Pi Blau Hotel, an eco-retreat on the Costa Brava. With twice-daily yoga classes led by UK teachers, there is plenty of time to explore and enjoy the local beaches. The first retreat takes place on 10 May and seven nights start from £995 per person, based on two sharing. Flights are extra.

Home comforts

Roughly translated as "taking in the forest atmosphere", the Japanese tradition of shirin-yoku - or forest bathing - is catching on. March's relaunch of Aqua Sana's Forest Spa at Sherwood Forest (aquasana.co.uk) will feature a forest bathing area and a treetop sauna, where you can soak up the tranquil atmosphere – said to have stress-relieving benefits. Spa days start at £95 per person.



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Earlier this month, The Bath Priory (thebathpriory.co.uk), near Bath, opened The Garden L'Occitane spa, with many of the treatments specially devised using its signature products. An Indulgent Garden Spa package here costs £480 per night for two people sharing, half-board.



The Bath Priory (nicksmithphotography.com)

Indian interludes

The newly opened, 38-room Soukyaam Spa at Svatma (svatma.in) in Unesco World Heritage-listed Tanjavur in Tamil Nadu, South India, has the Aarogyam yoga and fitness centre and regular cultural activities. Doubles start at £170 per night, B&B. Elsewhere, Health & Fitness Travel (healthandfitnesstravel.com)



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has launched a range of themed holidays – including Ayurveda, Fitness, Holistic, Cleansing and Relaxation – to the Atmantan Wellness Resort overlooking the tranquil Mulshi Lake, about three hours' drive from India's largest city, Mumbai.

Beach beauties

Situated on the private Félicité Island in The Seychelles, the Six Senses Zil Pasyon (sixsenses.com) opens its spa next month. Treatment rooms are reached through passages carved into the rocks – some set over the Indian Ocean and others wedged between granite boulders. The yoga and meditation pavilion also has fantastic views of the Indian Ocean. Seven nights cost from £5,999 per person, half board, including flights and helicopter transfers (scottdunn.com).



Meanwhile, Maisons & Hotels Sibuet has just transplanted its Alpine spa concept, Sibuet Pure Altitude Spa, to the Caribbean with Villa Marie (villamarie.fr) on the island of St Barts. Here, spa therapies are inspired by the flora and fauna of the tropics. Double accommodation overlooking Flamands Bay starts at €500 per night, B&B.

Mountain high

Reopening this month, Lanserhof Lans (lanserhof.com) in the Austrian Tyrol – considered by many as the gold standard of health retreats – combines medical assessment and 'digestive cleansing' and complements them with holistic therapies and exercise. The improved retreat features new guest rooms, an outdoor pool, and a Cryotherapy Chamber.



Waldhaus Flims Mountain Resort & Spa

Also reopening is the historic Waldhaus Flims Mountain Resort & Spa (waldhaus-flims.ch) in eastern Switzerland. Fresh from a £33m makeover, its centrepiece is a new spa with a granite pool and outdoor swimming lake. Doubles start at CHF550 (£510), B&B.

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