

# TATLER®

JUNE £4.70

## WEDDING FEVER...

Who's who in **HARRY** and **MEGHAN'S** pews, plus the most gorgeous regal gowns

## KENSINGTON HAS FALLEN!

THE NEW POLITICS OF THE ROYAL BOROUGH

ELIZA CUMMINGS SHINES IN

## FASHION'S

# BOLDEST LOOKS

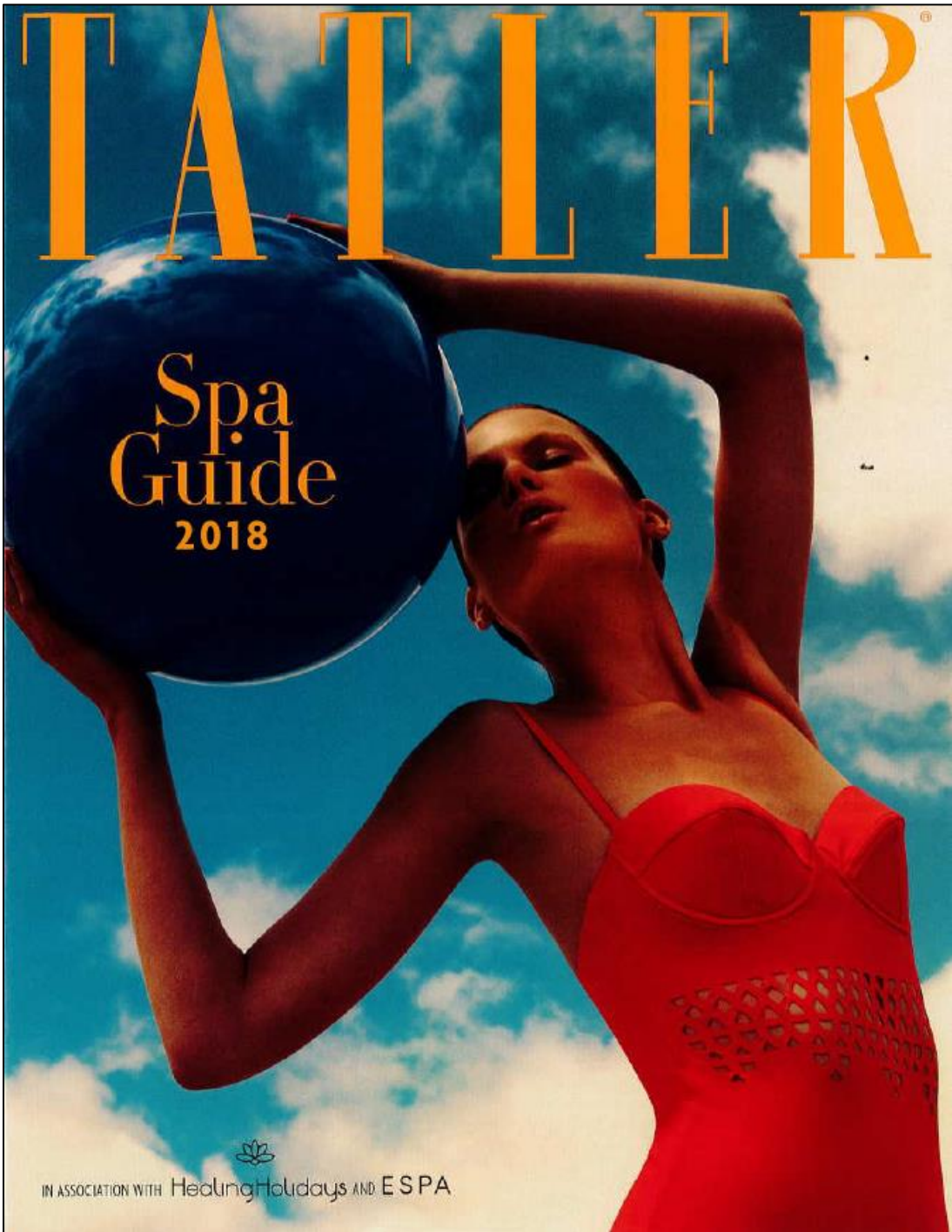
## SOCIAL MEDIA QUEEN

MEET **CHIARA FERRAGNI** AND HER **12 MILLION FOLLOWERS**

## A RETURN TO SUMMER GLAMOUR

Riviera-chic pastels, neon ballgowns and opulent sunglasses





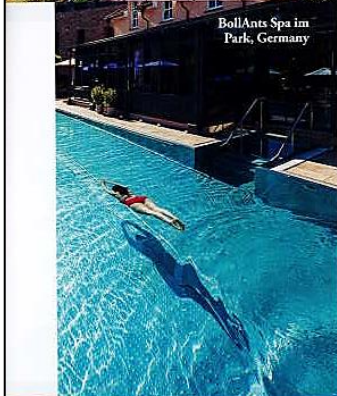
IN ASSOCIATION WITH  HealingHolidays AND ESPA



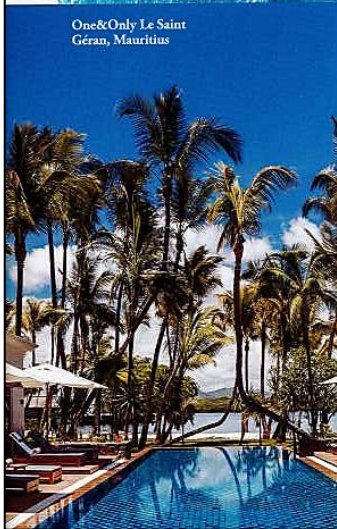
**TATLER**  
**SPA GUIDE 2018**  
**AWARD**  
**WINNERS**



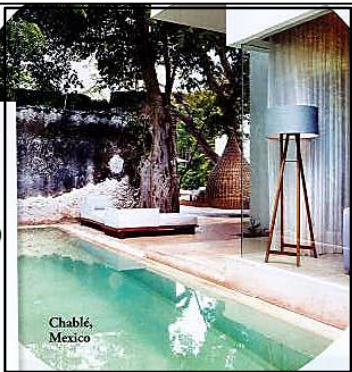
Les Prés d'Eugénie, France



Bollants Spa im Park, Germany



One&Only Le Saint Geran, Mauritius



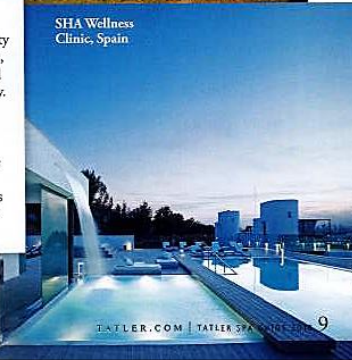
Chablé, Mexico



Kurhotel Skodsborg, Denmark



Cliveden, England



SHA Wellness Clinic, Spain

**PURE GENIUS**  
**BOLLANTS SPA IM PARK, GERMANY (p.14)**  
 This family-run spa packs a powerful punch: a blend of fasting, fitness and fabulous mud to boost immunity and circulation. A down-to-earth detox, inside and out.

**HOLISTIC HERO**  
**SHA WELLNESS CLINIC, SPAIN (p.33)**  
 Sun, sea and... psychology. There is, quite simply, no better place to understand how your mind affects your body than this all-encompassing Spanish spa.

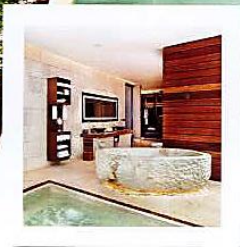
**CLEAN BREAK**  
**LES PRES D'EUGENIE, FRANCE (p.36)**  
 A cossetting temple to wellness and water that also happens to serve the most extraordinary (low-calorie) food. Just three days and you'll leave transformed.

**MAYAN GOLD**  
**CHABLÉ, MEXICO (p.42)**  
 Built around a sacred cenote, this sultry, spicy, healing oasis is surrounded by glorious gardens, fluttering birds and twitchy-eyed iguanas. It's a life-affirming love letter to nature.

**NATURAL HIGH**  
**KURHOTEL SKODSBORG, DENMARK (p.51)**  
 Kundalini yoga, physio massages, paleo food – and the shocking contrast of intense sauna followed by a plunge into the icy waters off Denmark's coast. A jump-start for the broken down.

**HAPPY FAMILIES**  
**ONE&ONLY LE SAINT GERAN, MAURITIUS (p.62)**  
 This dazzlingly revamped tropical beauty has chakra-balancing ESPA treatments, massages on the resort's chic yacht and endless activities to keep the clan happy.

**CLASSIC BEAUTY**  
**CLIVEDEN, ENGLAND (p.69)**  
 A reassuringly classic, gizmo-free zone offering top-of-their-game British brands and divine in-house treatments (plus pleasingly informed nods to the hotel's glorious history).



# Natural remedies

*Landscapes that are a salve for the soul*

## CHABLE YUCATAN, MEXICO

A love letter to nature, Chablé does more than merely lift the soul, it thrills it. There's no limit to the chlorophyll, vitamin D and healing powers you can absorb. Glorious gardens – *Great Expectations* meets *Romancing the Stone* – are dotted with crumbling arches, snaking tree roots and twitchy-eyed iguanas; at night, when lanterns hang from parota trees and fireflies flicker, a whole other world opens up. Down at the spa, leaves the size of small boats give way to glass-fronted wooden cabins jutting out over a sacred cenote (freshwater pool) – an access point to the underworld, according to the Mayans. Blend your own herbal compresses from seedpods and camomile, shake off bad karma with a temazcal ceremony or nod off to the sound of trees creaking and crickets chirping, before heading to the hacienda for hand-rolled tortillas, black beans and dribblingly good suckling pig. Oh, and Mexico's largest private collection of tequila. *Double, from £800, including breakfast (chablesort.com; 00 52 55 4161 4262).*







## MAYAN GOLD

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