

“Where can I book a post-Christmas detox?”



MANY OF US let ourselves go during the festive season and by 1 January we've put the port into portly. Here,

luxury spa expert **Jessica Baldwin** reveals her top spa breaks to book now in order to shed those post-party pounds.



FOR SUN WORSHIPPERS

SHA WELLNESS CLINIC, ALICANTE

The location With dramatic views over national parkland and the calm Mediterranean from a broad sunbed terrace, it's hard to believe that this cliff-top haven is so near busy Benidorm.

The treatments Offering macrobiotic food, this is the ultimate cold turkey after overindulgence. The medical team provide a health makeover, anti-aging treatments and healthy-living lessons to help you keep resolutions past New Year.

The stay SHA Wellness Clinic, 5 Verderol, El Albir, Alicante, tel: +34 966 811 199, hotels.easyJet.com.

Getting there It's a 50-minute drive from Alicante Airport.



FOR CITY SLICKERS

ES SAADI PALACE SPA, MARRAKECH

The location Designed around an ancient eucalyptus tree, the five-floor Palace is a highlight of the family-run Es Saadi Resort, which has offered understated opulence since the 1950s.

The treatments There are two spas, plus the in-house Dior Institute for beauty enthusiasts. Choose the intense detox weekend for purifying heat baths, revitalising body scrubs and detoxifying body wraps.

The stay Es Saadi Palace, Rue Ibrahim El Mazini, Marrakech, tel: +212 (0)5 2444 8811, hotels.easyJet.com.

Getting there It's just a 20-minute drive from Marrakech's Menara Airport.



FOR NATURE LOVERS

L'EAU DES CIMES, GENEVA

The location A classic Swiss setting in the Alpine valley of Val d'Anniviers puts guests in the heart of skiing and walking country, while the tiny village of St-Luc is full of old-fashioned charm.

The treatments Mineral-rich mud from Moiry Glacier, mixed with locally grown herbs and organic oils, give the menu a botanical feel, while a slimming massage will reduce any glutton's gut.

The stay L'EAU des Cimes Alpine Spa, Hotel Bella Tola & St-Luc, Rue Principale, St-Luc, Switzerland, tel: +41 (0)27 475 1444, bellatola.ch

Getting there St-Luc is a two-hour drive from Geneva Airport.

