

# Spas

## 41 South Tyrol Italy

Fifteen spa hotels have opened in the South Tyrol in the past year. The latest is the Hotel Gartner, featuring lots of wood, stone and steel – a contemporary take on the traditional Alpine chalet. Like spas the world over, the marketing blurb is utter tosh. “Turn into a dreamer, a thinker, a globetrotter, a pearl diver, an explorer, a sportsman, a loafer, a gourmet,” the website says. Marketing puff aside, this is a good location with fab views and reasonably priced rooms.

● 0039 0473 923414, [hotelgartner.it](http://hotelgartner.it). Rooms from €81pp half board. Treatments start at €32 for a back massage. [suedtirol.info](http://suedtirol.info). [Ryanair.com](http://Ryanair.com) and [thomsonfly.com](http://thomsonfly.com) fly to Verona. Then 1hr 45min drive.

## 42 Lake Puhajarv Estonia

In a dreamy setting next to Lake Puhajarv, a 14th-century manor house has been transformed into a glassy modern spa. There are traditional treatments for joint pains and muscle problems, alongside reiki and oriental massage therapies. There’s a big indoor pool, saunas and Jacuzzis that look out on to the forest and lake.

● 00 372 7665 500, [pyhajarve.com](http://pyhajarve.com). Weekend package for two inc massages plus four other treatments, B&B, one lunch and entry to the local nightclub, costs £161pp. Flights to Tallin with [Easyjet.com](http://Easyjet.com). Then take a train to Valga.

## 43 Dalarna Sweden

The UK’s youth hostels have smartened up in recent years, but none can compete with the eco mountain station in Dalarna, among rolling mountains near Sweden’s border with Norway, where Nature Travels runs spa

and hiking breaks. As well as the basic rooms and dorms, the base has modern en-suite doubles and a spa with sauna, Jacuzzis, aromatherapy massages and alternative therapies. Organic herring, salmon, local elk and moose mean that meals surpass the usual hostel fare.

● 01929 463 774, [naturetravels.co.uk](http://naturetravels.co.uk). Four-night spa packages from £264pp, including 30min treatment and a class. Fly to Gothenburg with [Ryanair.com](http://Ryanair.com), then take a train or bus.

## 44 Valle de Vida Spain

This small, family-run yoga retreat and spa 30 minutes from Malaga in the mountains of Andalucía offers a range of complementary medical treatments, including osteopathy, acupuncture and deep-tissue massage. Accommodation is in a beautifully restored Andalucian finca, or in tepees. Other selling points include a steamroom beside the pool, a hydrotherapy pool and a yoga platform at the highest point of the 18-acre resort.

● 00 34 951 238 614, [valledevida.com](http://valledevida.com). Retreats from £380 per week full board including use of spa and classes. 00 34 951 238 614, [valledevida.com](http://valledevida.com). Fly to Malaga with [Easyjet.com](http://Easyjet.com).

## 45 Graubünden Switzerland

Situated in Switzerland’s prettiest canton, Graubünden, with miles of mountains and lakeside scenery, the designer Hotel Schweizerhof boasts the largest hammam in the Alps, and has pared-down Scandi-style interiors with wood furniture and panelling, pine floors, thick rugs and grey blankets. All the usual spa offerings – sauna, gym, massage, ayurvedic and beauty treatments – are here.

● 0041 813 85 2525, [hotelschweizerhof](http://hotelschweizerhof).