

50 AMAZING SPA BREAKS

→ CONTINUED FROM PAGE 15

31 KALARI KOVILAKOM, INDIA

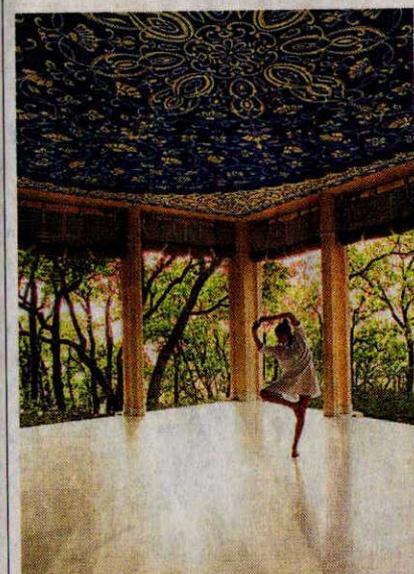
The minimum stay is two weeks for top-to-toe rejuvenation at this luxurious and serious ayurvedic hospital and retreat, set in an ornate 19th-century palace in the Western Ghats. Dressed in white pyjamas, guests stroll gardens planted with more than 500 medicinal plants, zone out in yoga nidra and eat dinner in silence. The doses of ghee aren't easy to swallow but you'll thank yourself for it later.

● 14 nights from £4,755pp (0091 4923 305500; cgearthayurveda.com)

32 SONNHOF RESORT, AUSTRIA

This calm, family-run hotel – set in the pretty Tyrolean village of Hinterthiersee – offers a lovely range of ayurveda programmes, moreish ayurvedic meals and a set of saunas and steam rooms to suit different body types. Decor mixes local timber with rich Indian fabrics. Book the new Ayurveda Plus programme to detox, lose weight or boost the immune system with ayurveda treatments and complementary medical methods.

● Three nights from £562pp (0043 5376 5502; sonnhof-ayurveda.at)



33 ANANDA IN THE HIMALAYAS, INDIA

This comfortable ayurvedic spa set in the grounds of a former maharaja's palace offers exceptionally good, twice-daily classes in *Vedanta*, an ancient Indian philosophy that will help you get perspective on your life and learn the art of such things as parenting, marriage and



YOUNG AT HEART
Clockwise from above: Schloss Elmau, Bavaria; Calcott Manor in the Cotswolds; and MarBella on Corfu are all great for kids with a superb range of facilities, massages and treatments

THREE OF THE BEST FAMILY SPA HOTELS

MARBELLA, CORFU
Rising back from the Ionian Sea, MarBella has fresh, airy rooms and feels sophisticated enough for adults while also brilliantly catering for children. The spa is small but relaxed and has recently added teen facials and mother-and-daughter/father-and-son spa treatments to its offering. All treatments use gentle, organic Apivita products. And if you want to spa *tout seu*? Children can sign up for dance and football academies, drama productions or splash in the water park.

● Half-board family garden view rooms from £253 per night (based on a family of four sharing). 00 30 2661 071183; marbella.gr

SCHLOSS ELMAU, GERMANY

This Bavarian hotel takes spas seriously with outstanding facilities and extensive treatment options. Children will have a brilliant time with wholesome outside activities, from soccer camp to kayaking to rope climbing in the beautiful countryside – meaning adults can relax in the spa guilt-free. And if the children want treatments? The hotel has kept its original spa (the adults have a new one), which delivers facilities and treatments for all age groups.

● Family rooms from £355 per night. 0049 8823 18 0; schloss-elmau.de

ROSEWOOD HOTEL, LONDON

This luxe hotel is known for its chic décor, great location and the tranquil spa that belies its busy environs. What's less well known is its Rose Bud services aimed at younger visitors, specifically those aged six to 16. Families can have side-by-side mother-and-daughter/father-and-son massages featuring

