


FATEER®

A woman with freckles and a black headband with gold patterns is lying on a white towel. She is looking directly at the camera with a slight smile. The background is a plain, light color.

SPA GUIDE 2019

IN ASSOCIATION WITH Healing  Holidays AND ESPA

high achievers



HealingHolidays

Feel healthy and look fabulous at the Alpine idylls Ayurveda Resort Sonnhof and Park Igls



AYURVEDA RESORT SONNHOF
Tyrol meets India at the Sonnhof Resort in the stunning Kaiser mountains on the high plateau of the Thiersee Valley in Austria. Here the balance of Doshas is replenished and restored using the ancient Indian art of healing Ayurvedic therapies and remedies – the massages are not to be missed. Guests can harmonise their mind and body with expertly led daily yoga and meditation classes. The family-run Sonnhof ensures that authentic Ayurvedic nutritional principles guide the delicious menu, which is based on local foods and herbs. There are many saunas and steam rooms to choose from, as well as serene outside space and a lake to unwind by. Up at 900m, the Alpine views from your room encourage the letting go of aches and anxieties. And very comfortable the rooms are too, with European luxury touches and a hint of Indian design aesthetic. A trip to Sonnhof Resort with Healing Holidays truly is a chance to rediscover a better you.

how to book

Healing Holidays can arrange a five-night Relax & Feel Good Programme from £1,375 per person sharing, including flights, transfers and full-board accommodation.

PARK IGLS

Nestled in the Tyrolean Alps not far from Innsbruck, a stay at Park Igls with Healing Holidays champions holistic wellbeing, and its detox clinic works on the principle that 80 per cent of chronic disease is caused by poor nutrition and lack of exercise. Park Igls therefore provides a light diet and a bespoke gentle exercise plan along with treatments designed for your needs. There are guided walks, yoga, aqua-aerobics and personal training on offer, while nutritious organic food forms the basis of your diet plan. The clinic also has a close relationship with internationally renowned experts from the University Hospital in Innsbruck for access to the latest testing and treatments. The bright, contemporary rooms have stunning mountain views, and for those seeking to soothe the body, the massages are second to none, with a full suite of spa facilities available.

how to book

Healing Holidays can arrange a seven-night Basic Detox Mayr Programme from £1,960 per person sharing, including flights, transfers and full-board accommodation.



Please call 020 7529 8551 or visit healingholidays.com/tatlerspaguide

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