



25 BEST  
Spas  
2020

EDITED BY  
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Into the wild or inner exploration? Far flung or closer to home?

From a barge on the Thames to beachside in Brazil,  
find yourself in *Red's* edit of this year's best spas

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## SIGNATURE DETOX RETREAT AT HOTEL POST BEZAU

Bregenz Forest, Austria

‘Set in an intimate chalet-style hotel in the Austrian Alps, where cowbells chime and deep cleansing comes with a pillow menu, this is a detox that’s chicer than most – and more sustainable. Rooms are a minimalist’s dream of cream furnishings and parquet floors, with almost everything in them made by local artisans, and no unnecessary plastics. My three-day retreat had traditional Chinese medicine at its core, aimed at balancing body and mind (and in my case, nervous energy) via a protocol of restorative sleep, easy movement, cleansing spa treatments and vegan cuisine.

Each meal has the perfect ratio of fats, proteins and complex carbs to promote digestion and stabilise blood sugar, and the hotel’s farm-to-table approach ensures ultimate freshness; if it is not brought in from the 4,000 sq m garden, it’s probably preserved in Mason jars from previous harvests. I ate flavoursome soups, smoothies and stews and never went to bed hungry, though I did develop a splitting headache – according to head detox chef Jan, it was because simple carbs had been removed from my diet. Massages and a herb-infused bath helped by transporting me to a calmer headspace, and a Pranayama yoga class brought a mental clarity that left me determined to make time for proper meditative breathing back home; when was the last time you truly felt your ribcage rise as you inhale? I swam slow laps in the pool, tried every setting in the sauna (Detox, Wellness and Regeneration) and discovered that starting the morning with a sugar-free breakfast helps curb the rest of the day’s cravings. Long may it continue, though I may or may not have stashed a giant pretzel in my handbag for the flight home.’ Medina Azaldin

**RED NOTE** *It’s a five-hour plane, train and automobile schlep to get there from London, though the rolling hills, crystalline air and lack of crowds make it all worthwhile.*

*From €1,450, including full-board accommodation and treatments ([hotelpostbezau.com](http://hotelpostbezau.com))*



## ANDRONIS CONCEPT WELLNESS RESORT

Santorini, Greece

‘Ah, Greek beauty therapists – grounded, gentle and so very strong. At Andronis Concept’s Kallos Spa, I was led by the hand through candlelit corridors to a geranium-scented room, where my body was calmly and capably approached like a puzzle to be solved. There’s a level of skill here that takes a perfectly good massage and raises it, tending to joints and tissues with precision and care, while the mind sinks into deeper brainwaves. Kallos works with Ila, an emotionally charged spa brand with treatment menus that focus on modern ailments: sleep, stress, hormonal imbalance and digestion. Drinking a herb and honey tea and looking out into the blue of the infinity pool and the Santorini sky beyond, I chose stress (always) and emerged blinking, having had my shoulder blades practically lifted off the back of my body, lengthening, making space and unlocking tension. It was good. Really good. So was floating under the shower in the cave pool and flopping in the sauna cabin. Andronis Concept is part-spa, part-boutique hotel, compact and honey-coloured, with a vegetable garden and mini infinity pool with every suite. The food is high-end and as healthy as you want it to be – there’s lobster, but also quinoa. There’s a tennis court, a pocket-sized but brilliantly equipped gym and a glass-fronted yoga room, half open to the breeze and overlooking the Aegean Sea. Just below is a hiking trail that joins local villages together – you’ll see laden donkeys pass by as well as hikers, Santorini being chic but rugged. The approach here is one of stealth wellness – you don’t have to set foot in the spa or take up the complimentary yoga classes unless you want to, but the peaceful vibe gets into your bones, along with a warmth that helps you feel cared for, whether in the restaurant or borrowing a phone charger from reception.’ Alexandra Friend

**RED NOTE** *The spa runs wellness weeks worth looking out for – past partnerships have included acupuncturist Ross Barr.*

*Accommodation from €500. 60-minute Deep Potali Massage, €180 ([andronisconcept.com](http://andronisconcept.com))*