

Hôtel de Paris LOSE WEIGHT!

MONTE CARLO, MONACO

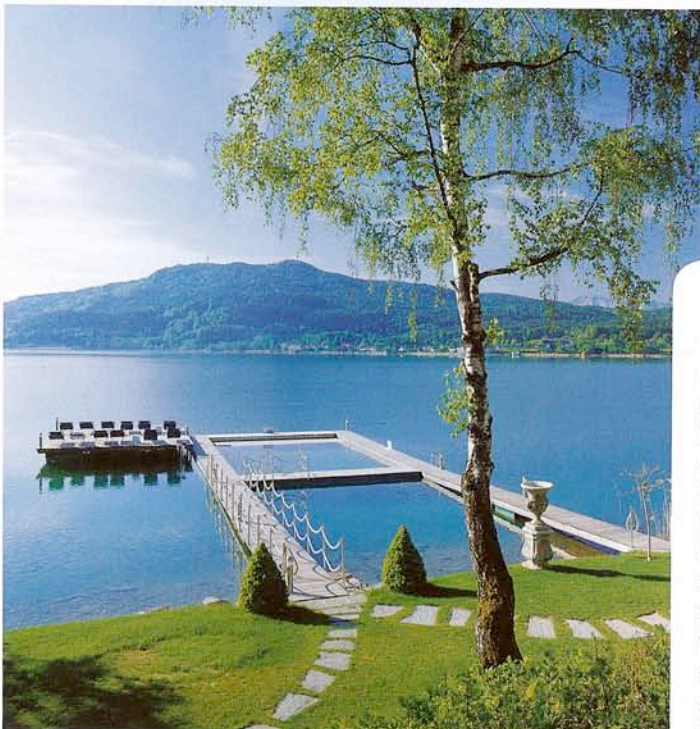
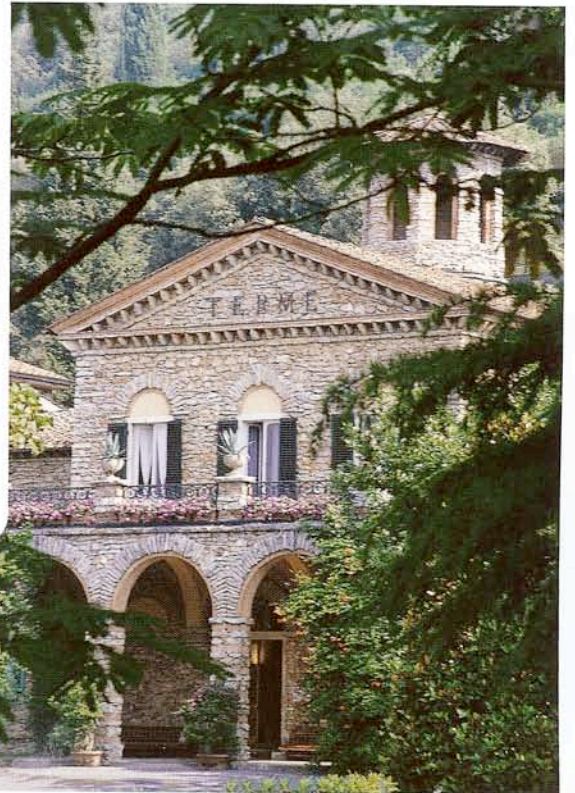
Monte Carlo is *the* place to get seriously wet in seriously grand environs. Stay at the elegant Hôtel de Paris which has direct access to Les Thermes Marins, one of the best thalassotherapy centres in Europe. This place has been serving up treatments using unpolluted seawater, muds and algae since the 19th century. Lie back and revel in a mud mask, a hydrotherapy bath, a spot of balneotherapy (just try it), or go easy and enjoy a relaxing affusion shower combined with an essential-oil massage. Masochists will opt for La Grande Douche: high-powered hosing from a distance that near lifts your body off the ground and savages fatty tissue. If you are fat-busting, there are detoxing and anti-cellulite programmes. Yeah! **Tel** 00 377 98 06 30 00. **Website** hoteldeparismontecarlo.com. **Rates** Double, from £330.

Grotta Giusti

TUSCANY, ITALY

A stoically Roman, no-frills Italian spa with underground grottoes, curative waters and buckets of mud. Entering the spa at Grotta Giusti (a Renaissance villa 40 minutes' drive from Lucca) is like entering an enormous sanatorium. Wearing the inmates' uniform of shapeless hooded top and plastic slippers you shuffle down corridors overseen by disarmingly handsome *dottori* in white coats. There are rows of basins with strange tubes spouting fumes that decongest blocked sinuses; huge thermal baths with lids that only allow space for your head; thermal hydromassage stations where you stand naked while a man with a ferocious jet hoses you; and a natural sauna cave which is fantastic in a *Lord of The Rings* way and is divided into paradise, purgatory and hell – with the temperature rising in sequence and a steaming lake at the bottom. Walk slowly underneath a ceiling that drips and looks like a mouldering cauliflower – the primal warmth is good for aching joints. This is a place for those who take their spas seriously. It's certainly not smart (some of the bedrooms have views of the car-park), but the doctors really know their stuff and you'll leave having investigated every niggling little ailment. **Website** grottagiustispa.com.

UK reservations Erna Low (tel: 0845 863 0525). **Rates** Double, from £270, half board.



Hotel Schloss Seefelds

WORTHERSEE, AUSTRIA

Life is sweet here on the lake: lemon-sorbet rooms with balconies overlooking the water and the sugar-sprinkled mountains beyond, soothing honey massages, delicious paper-thin pancakes filled with sticky strawberry jam and days spent exploring on bicycles and boats. But this place does have a more mature side. The truly grown-up spa offers locally inspired treatments, which means water is key. There are herbal baths, salt baths, seaweed baths – all utterly cleansing – a herbal hammam and an outdoor soaking hot-tub with more of those stunning views. Before you turn into a total sponge, give yourself over to the dentist's chair – not for a teeth check, don't worry, but for a first-rate facial which includes a marvellous mask and, what a surprise, yet more water (mini sprinkling showers and deep steaming). Quenching stuff. **Website** seefelds.com. **UK reservations** Erna Low (tel: 0845 863 0525). **Rates** Double, from £265, half board. ▷