

Body OVERHAUL

If you're looking for REGENERATION from the inside out, these RETREATS deliver a 360-degree evaluation and set you on the PATH to peak condition

THE MEDI CHECK UP

Clinique La Prairie, Montreux, Switzerland

Clinique La Prairie is arguably the world's first medspa and it's certainly the most famous. It could also be considered the most picturesque 'hospital' in the world; set on the banks of Lake Léman in the 'Swiss Riviera', it was founded in 1931 as a wellness destination where you can have everything from rhinoplasty to psychotherapy. While

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it is famed for its revitalization program, which has rejuvenating effects, for anyone slightly concerned by every ache and pain, like me, the medical checkup is recommended. This program is designed for those looking for peace of mind or in need of a second medical opinion, and over five days doctors and nurses examine and scrutinize you from top to toe, inside and out, as part of a full health evaluation.

WHAT TO EXPECT: While it is rumored that popes, presidents and royalty have paid visits, your privacy is paramount. I'm assigned to a doctor who visits me every day – usually on my room's sun-soaked terrace – to discuss results and progress and to address any concerns. Unlike other centers offering a similar program, CLP prides itself on educating guests in nutrition, wellness and health, and on arrival you're visited by the in-house nutritionist, who discusses the Michelin-starred menus and your dietary wants and needs.

NEED TO KNOW: Don't mistake the medical checkup for a spa break. While none of the examinations are physically

taxing, the schedule is quite exhausting. Each day starts at 7:30am with breakfast always delivered to your room to avoid breakfast buffet temptations, followed by back-to-back appointments (expect to spend some of the examinations in a state of undress – just as you would a regular medical checkup) finishing at 7pm when your schedule for the following day is delivered to your room. Appointments include ultrasounds, thorax and heart calcium scoring, dental care, an ECG, spirometry, and consultations with a dermatologist, pneumologist and cardiologist, among plenty more. There are tests you can opt out of, but I would recommend taking advantage of everything offered. I arrived feeling slightly anxious as to what the implications of years of drinking, occasional smoking and a total disregard for my diet have had on my body. Thankfully, I was given a clean bill of health, except for low iron which was quickly rectified with some nutritional tweaks and an IV drip that delivered the mineral directly into my bloodstream. I left feeling relieved and grateful to have spent a week considering how my body is faring on the inside, rather than worrying about how it looks on the outside.

THE MUST TRY: A relaxing and refreshing break between the ultrasounds and CT scans, the 90-minute cellular antioxidant facial breathes new life into tired skin with jets of pressurized oxygen – it left me glowing with health long after I checked out. *By Kay Barron*
The five-day program starts from \$16,877 and includes all tests and medical appointments; laprairie.ch

Photographer: Chris Collis. Model: Alexandra Agoston at IMG

Swimsuit by
Norma Kamali, \$175

the beauty memo



THE SHAPE DEFINER

Capri Leg School, Italy

Wading thigh-high through icy water, having previously been wrapped in freezing bandages and smothered in catch-your-breath-cold-mud, I felt distinctly chilly and deeply dubious because this approach to streamlining my legs seemed too simple to work. But the world-renowned Capri Leg School's patented treatments do work, and on a level more fundamental than just cosmetic. Hence why, along with A-listers Gwyneth Paltrow and Julia Roberts, sports stars like Roger Federer and Cristiano Ronaldo regularly visit. Developed 21 years ago by Professor Francesco Canonaco, the focus is on improving the circulation. "Good circulation equals a good heart and good health," says the professor. Looking 20 years younger than his 78 years, he's a shining example of what his school can achieve.

WHAT TO EXPECT: Set in the grounds of the exquisite Capri Palace Hotel & Spa, Leg School takes an hour a day and requires little leg work. Ideally taken over a week, each morning starts with my legs being covered in thick, cold mud, then icy bandages and then I wade through two mineral-enriched outdoor water 'corridors', one cold, the other hot. This is "gymnastics for the skin and the venous system", explains the professor. After four days my legs look more defined and less puffy; two months on, they're still leaner and smoother than ever. **NEED TO KNOW:** Maximize your body overhaul by booking in with Bodyism personal trainers and eating the Bodyism Clean & Lean menu, which is available in the restaurants.

THE MUST TRY: Cold Stone Massage, the Leg School's version of Hot Stone Massage, is a joy taken outside, surrounded by birdsong and the scent of lavender. *By Newby Hands* The seven-night package costs from \$4,406; capripalace.com/en/spa/leg-school.html

MAXIMIZE YOUR DETOX

Dr. Alejandro Junger, founder of the 21-Day Cleanse, Detox and Diet, explains how

HYDRATE

Keeping hydrated is key to optimum digestion. Halve your body weight in pounds to get the number of ounces of water you need a day. Start upping your intake three days before you go.

PAUSE

Leave a 12-hour window between the last meal of the day and breakfast to allow your body to fully digest food. Apply this rule in everyday life to help your body stay lean.

AVOID

Mucus-forming foods (meat, dairy, fats and starches) create an acidic internal environment that will inhibit your detox. Eat plenty of antioxidant-rich fruit and vegetables instead.

SWAP

Opt for three small, easily digestible meals instead of one large one. In the morning, try a plant-based protein smoothie to help the body hydrate and assimilate micronutrients. It also helps prepare your body to eat less.

SUPPORT

Boost your body's immune system by taking Berberine. Studies show that it inhibits bacteria's ability to multiply and attach to human cells, preventing illness at a time when your body is most susceptible to infection.

RESTORE

From elixirs to healing salts, these are all you need to ease you through your body overhaul



Bamford Restore Elixir, \$105



Tom Dixon Elements candles, \$195 for four



Legology Exfo-Lite Exfoliator, \$60



Maui Himalayan Healing Salts, \$60

THE STRESS DETOX

Ayurveda at The Parkschlösschen, Germany

This family-run Ayurveda destination has become, over the last 20-plus years, the European mecca for health enthusiasts and high-powered professionals looking to hit the refresh button. While the surroundings are luxe, the cure is not for the faint-hearted – the Panchakarma detox is the deepest cleanse in Ayurvedic medical practice and the five-stage plan includes daily massage, herbal therapy, specialized yoga, stimulating treatments and oil pouring.

WHAT TO EXPECT: Each bespoke 'cure' (10 days is recommended) begins with a comprehensive medical carried out by the in-house doctor. I am diagnosed with a stress-induced imbalance of the *doshas* (the three forces that form the basis of our wellbeing), a sluggish digestive system and toxicity of a few key organs. Tests also concluded my body is unable to digest raw foods, so my program is adjusted accordingly. With 70 percent of our immune cells living in the gut, great emphasis is placed on nutrition, and the exclusively vegetarian cuisine is superb. The grogginess I felt on the first couple of days was soon replaced by a sense of calm. By the week's end, I felt less bloated, more energetic, and my skin and eyes were clearer. Despite falling back into my fast-paced lifestyle when I returned home, I still felt the good effects weeks afterwards.

NEED TO KNOW: Those expecting dimly lit treatment rooms and chiming soundtracks may be pleasantly surprised to find prescribed therapies to remove toxins, such as enemas, steam baths and lymphatic massages, are carried out in silence so guest and therapist can work in harmony.

THE MUST-TRY: For a real indulgence, try the heavenly synchronous massages given by two therapists. *By Ezzie Chidi-Ofong* From \$3,156; ayurveda-parkschloesschen.de

