


# FATFALLER®

## Spa Guide 2023

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# Bright & beautiful

*Mountain eyries and beachfront casitas: these wellness destinations are plugged into nature – and they look as good as they'll make you feel*

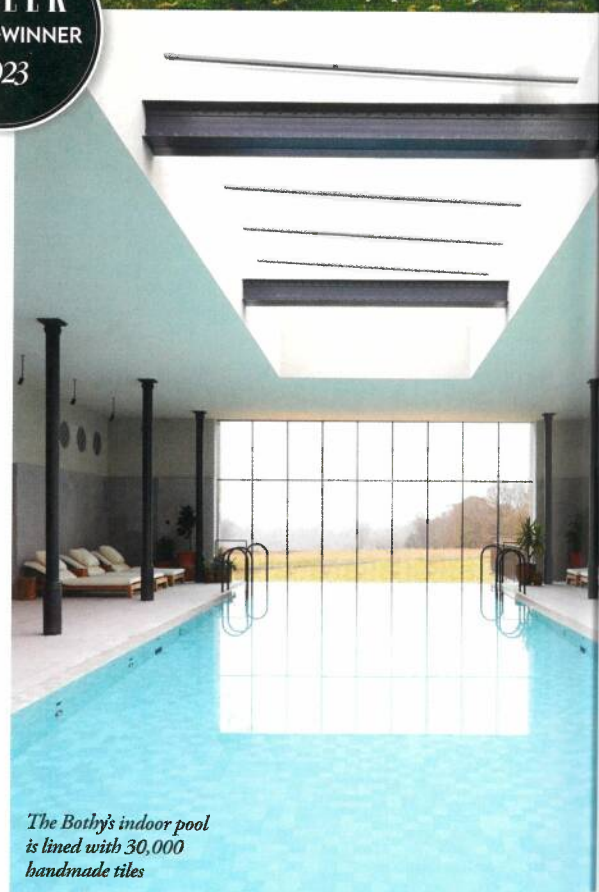
*Heckfield Place's new wellbeing space, the Bothy, opened this year*

**TATLER**  
AWARD-WINNER  
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## HECKFIELD PLACE *Hampshire, UK*

When Heckfield Place opened in 2018, visitors raved about the bucolic gardens and bountiful produce from its biodynamic farm – which still supplies Skye Gyngell's divine on-site restaurant – as well as the grand main house with its fine Georgian bones and wildly Instagrammable interiors. Back then, you could get a perfectly good facial or massage in two petite treatment rooms called the Little Bothy. But five years later, a former gardener's shelter has been converted and extended, creating the Bothy, and the original building has been given a new lease of life; its demure footprint extending into the countryside as well as two new light-flooded floors below. Now it dances off the fossilised-limestone floors, across the artwork from founder Dr Chan's private collection, down the spiralling stone staircase and into a 17,000-square-foot sanctuary. On arrival, for minimal distraction from the outside world, expect your phone to be locked in a wooden box – and prepare for an immense sensory overload. The scent of camomile is omnipresent; birdsong, recorded on the estate's woodland during lockdown, echoes in the

corridors; soft, putty-coloured robes envelop you in a warm embrace; and the next-level treatments are delivered by therapists whose love of what they do can be felt in their fingertips. Among their offerings are skin-polishing facials, using Heckfield's own range of naturally active products, and some spookily diagnostic reflexology. But for those looking to delve deeper, the Wildsmith Time programme is the ticket. You're eased in with a spell of kinesiology – to identify imbalance and weaknesses throughout the lower trunk, neck and back – before two hours of hands-on healing, gliding between deep-tissue massage and delicious stretching to relieve compression and create space in the body. As those magic hands work on your abdomen, the soles of your feet and your face, you feel the blood rushing back, the fascia unsticking and the body almost imperceptibly shifting. Then it's upstairs to the Sun Room for gut-friendly broths and wholegrain bowls before braving the great outdoors. The hydrotherapy pool, in the shade of a 100-year-old English oak, is where time truly stands still. *Doubles from £550 (heckfieldplace.com).*



*The Bothy's indoor pool is lined with 30,000 handmade tiles*



## CHABLÉ MAROMA

*Quintana Roo, Mexico*

Built around nature, not superimposed onto it, this beachfront hideaway on Mexico's pristine Punta Maroma is a world away from the massive resorts up the coast. Set back from the shore to protect the white sand, its chic thatched casitas cocoon you in jungly luxury, each with a huge indoor/outdoor bathroom and cool pool to bask in, discreetly screened by surfboard-sized tropical fronds. Rise at dawn for yoga on the beach – or savour a lie-in between crisp linen sheets and, as if by magic, a joy-inducing hamper of fresh coffee and pastries appears at your door. The real wizardry lies in the spa, where Mayan traditions meet modern expertise. After an aura-cleansing copal-smoke welcome ceremony, a trio of pools provides a reinvigorating hydrotherapy circuit, and skilled therapists perform memorable massages using homegrown herbs. Need a mental clear out? The temazcal cleansing ritual is a shaman-led sweat session that unlocks pent-up emotions and brings catharsis – even tears. You'll feel reborn. *Healing Holidays* ([healingholidays.com](http://healingholidays.com)) offers seven nights from £2,899, including breakfast and transfers.

*Every villa at Chablé Maroma has its own terrace and plunge pool discreetly screened by tropical fronds*



## CHEWTON GLEN HOTEL & SPA *Hampshire, UK*

Chewton's calling card may be its treehouses, hidden in the forest with nothing to disturb you but the chirruping of blackbirds and the bubbling of veranda hot tubs. However, it's the facilities that are the clincher. If water is your element, for example, there's a hydrotherapy pool and an outdoor whirlpool. In fact, nature seeps into every experience at this handsome, 18th-century estate – Britain's first country-house hotel to add a spa, in 1990 – from breathtaking walks along the coast to sound-healing sessions under a diaphanous canopy in the grounds. The wellness vibe is hi-tech meets holistic. Try a skin-soothing Oskia facial, combined with a Theraface, to tighten and brighten through percussive massage, LED and cheekbone-chiselling micro-current; or an OTO massage, such as the Balance and Restore, whose spell-binding ritual sees healing quartz, red jasper and jade placed on specific body-points, before a soporific rub-down with CBD-laced oils. You'll sleep with ease, and in the morning, a hamper – filled with home-baked croissants, smoked salmon and sourdough – will appear in the hatch of your treehouse. *Doubles from £405* ([chewtonglen.com](http://chewtonglen.com)). □

*Chewton Glen's expansive treehouse terraces look out over the New Forest*