

Harper's BAZAAR

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£5.25

IN WITH THE NEW
A first look at spring fashion

HOW TO LIVE FOREVER
Inside the world's most exclusive wellness retreats

WOMEN TO WATCH

A celebration of Britain's brightest screen talent, starring Lucy Boynton, Shalom Brune-Franklin and Sheila Atim



The great reset

Venture far from the madding crowd at one of these peaceful wellness retreats, which promise a mix of meditative moments and hi-tech treatments

PHOTOGRAPHS BY JOSH SHINNER





**VIVAMAYR
BEST FOR DETOXING**

Gut health is all the rage now, promoted by scientists as the secret to weight management and a longer life. The forefather of this belief was Franz Xaver Mayr, an Austrian doctor who concluded that the intestine was at the core of physical and mental health, and preached a set of common-sense eating habits, including chewing slowly and mindfully as an aid to digestion.

Mayr's teachings remain the guiding principles at the health resorts named after him, including Vivamayr Maria Wörth, on the shores of Austria's Lake Wörthersee. Upon arrival, a consultation with Dr Zancolo results in a tailored regime for the rest of the stay, combining individual treatments with group activities such as stretching, yoga and aquagym. Different therapies address bad habits; I had a session on breathing and posture given by a former opera singer, and another on circadian rhythms, which explains why *when* you eat is as important as what it is.

There can be a bit of hardship involved, especially in the detox phase (I found giving up caffeine particularly challenging), but the beautiful landscape, absorbing treatments and kindly staff combine to miraculous effect, leaving even the most stressed-out guest feeling refreshed and revived. ALEX REYNOLDS

The Classic Programme at Vivamayr Maria Wörth (www.vivamayr.com) costs from £1,865 for a seven-night stay.



**THREE BY
THE SEA**

Seek out sun and succour at these coastal resorts



YEOTOWN MADEIRA

Since opening in 2010, Yeotown Devon has gained a reputation as a no-nonsense health retreat offering an array of fresh-air activities. Its new island outpost transports that philosophy to sunnier climes.

www.yeotown.com



SIX SENSES IBIZA

This recently opened hotel reveals a different side of the party island, with a programme that focuses on slowing down and promoting longevity through both ancient traditions and cutting-edge science.

www.sixsenses.com



PALACIO ESTORIL

This 1930s monument on the Portuguese riviera (where Ian Fleming supposedly wrote *Casino Royale* at the bar) is a delightful location to enjoy treatments from osteopathy to water shiatsu.

www.palacioestorilhotel.com □