

# TATLER

## VILLA STÉPHANIE AT BRENNERS PARK-HOTEL & SPA

*Baden-Baden, Germany*

To approach the Black Forest spa town of Baden-Baden is to glimpse an era of bygone glamour. Recently conferred Unesco World Heritage status, the town has long attracted illustrious figures, who would recuperate at Brenners, an aristocratic haunt where Old Masters paintings still hang. Its devotees today check into Villa Stéphanie. After waking to church bells and taking breakfast in their suites, guests descend to the hushed medical wing overseen by Dr König. Programmes for weight loss, beautification and emotional health are executed with meticulous precision – this year, the focus is on immunity. Supplementation, stress reduction and lifestyle changes combine in a programme that blends nutrition with blood tests; ozone therapy with infusions; and lymphatic drainage with hikes and massage. (Ask for Otman, whose bodywork sessions are out of this world.)

*Healing Holidays (healingholidays.com) offers a seven-night Detox programme from £4,499, full board, including flights and transfers.*

*Brenners Park-Hotel & Spa sits in the historic centre of Baden-Baden in the Black Forest*

