

1 SIX SENSES ROME

The Roman bathhouse experience gets a sleek, contemporary spin at Six Senses, a sanctuary from Rome's hot and heaving Centro Storico district. The centrepiece of the two-storey spa is an elegant, marble-lined sequence of rooms with pools at different temperatures, ancient Roman style: tepid (the tepidarium), hot (caldarium) and cold (frigidarium). Elsewhere, the holistic wellness rituals are bang up to date, including facial treatments using non-toxic Seed to Skin products from Tuscany, sleep consultations and analysis, and an entire room devoted to biohacking (optimising nutrition through diet and lifestyle). There's aerial yoga, meditation and sound bathing, herbal hammams and the Emporium beauty boutique. Alternatively, stop off at the Alchemy Bar and concoct your own skincare product from an array of natural herbs, salts and oils; rooms from \$1663 a person, twin-share.

sixsenses.com



2 ADLER SPA RESORT SICILIA

Opened in 2022 after 13 years of careful, environmentally considered construction, Adler Sicilia is a place of subtle beauty and perfectly in keeping with its salt-washed landscape. Here, within the World Wide Fund for Nature-managed Torre Salsa reserve on the Agrigento coast, white-robed guests drift like flotsam across sweeping clifftop lawns. There are 90 guestrooms (each with private balcony), kitchen gardens, various pools and 3200sq m of wellbeing area, including three separate Swedish saunas. The glass dining and bar complex has a nightly salad buffet so diverse, healthy and delicious, you will leave feeling like a Roman deity. Most people find their way to the Med Spa, a sinuous space featuring a broad hallway with 13 tranquil treatment rooms enhanced by sea views and the scent of the wild herbs and volcanic elements used in the therapies. There are yoga and pilates classes, access to the private beach, which is a nesting ground for loggerhead sea turtles, and e-bikes for exploring the surrounds. If you do nothing else, head to the Thalasso infinity pool, where at sundown the heated salty waters dissolve into the violet and orange skyline; rooms from \$447 a person with breakfast.

adler-resorts.com

SALUTE THE SPA

With a spa culture rooted in ancient Rome, Italy has perfected pampering and wellness

EMMA VENTURA



3 DATU, TUSCANY

To saffron sunsets and cypress-studded skylines add Eastern wellness as yet another reason to head to Tuscany, where Datu's highly regarded seven-day Ayurvedic and yoga retreats will be held this September and November. Guests receive a fully immersive and highly personalised experience from the moment of arrival, when they're given "wellness attire" to wear throughout the retreat, followed by comprehensive lifestyle and diet consultations upon which their program is based. Other highlights: outstanding food, a global team of yoga and Ayurvedic professionals, massage, shiatsu, acupuncture, Tibetan Sowa-Rigpa (traditional medicine), and Watsu bathing in thermal springs; retreats from \$2805 a person.

datuwellness.com



4 CASTELLO DI RESCHIO, UMBRIA

Superlatives come easy at Castello di Reschio, the renovated castle that tops 1500ha of private estate in Perugia, Umbria. The vision of owner, architect and designer Count Benedikt Bolza and his aristocratic wife, Donna Nencia, the 1000-year-old property is an astonishing showcase of 1930s-inspired style. Descend to the underground Bathhouse, however, and you're transported to a more ancient time. Here, in the original stone-lined wine cellars, treatments are conducted fireside in a vaulted room lined with plush velvet furnishings and oil paintings. There's a sauna and hammam, but the vaulted Roman-style private saltwater bath – limpid green and lit, temple-like, by shafts of sunlight from above – is where you'll want to wallow post-pampering; suites from \$1521 a person.

reschio.com

5 PALAZZO FIUGGI WELLNESS MEDICAL RETREAT, LAZIO

Built in 1912 as an opulent hotel worthy of European royalty, the 102-guestroom Palazzo Fiuggi reopened in 2021 as a wellness centre couched in Liberty-period grandeur. It takes a scientific approach with the aims of improving both the longevity of its clients and their quality of life. State-of-the-art facilities include virtual reality fitness, MRI and infrared technology, a Workout Movement Lab and a total of 600sq m devoted to wellness. Don't let the spectacular interior, with its Murano chandeliers, intricate mosaics and objets d'art fool you; the emphasis is on fitness and commitment, best experienced in one of the results-focused programs. These range from Deep Detox to the new four-night Hiking for Longevity, which starts at \$9749 a person.

palazzofiuggi.com

Emma Ventura was a guest of Adler Spa Resort Sicilia, Six Senses Rome and Castello di Reschio.