

## The best spas Europe has to offer (and they're only a short plane ride away)

Every single one of these spas will make you want to ditch the day job and bolt to the airport RN.



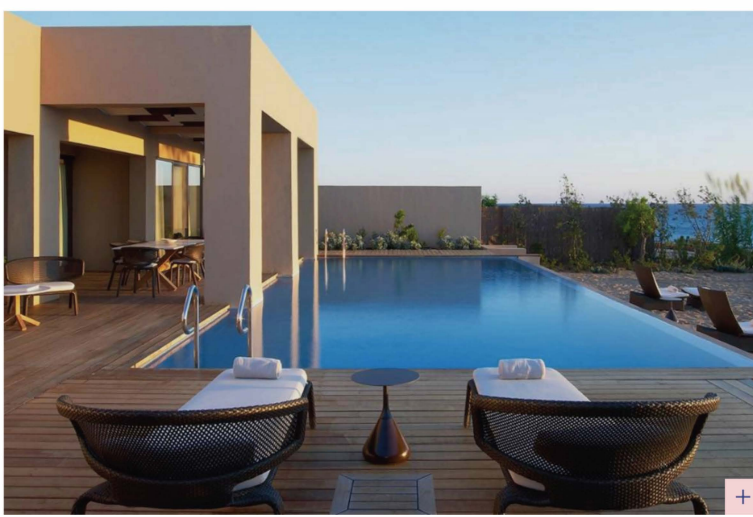
If you're sick of seeing avocados and humble brags about workouts on your Insta feed, you can only expect more to come - wellness is on the up, and everyone is paying attention, with celebs and beauty insiders alike espousing the healing virtues of everything from crystals to herbs to #cleanbeauty.

Don't worry if you don't know your ashtanga from your ashwagandha we've come up with a cunning plan so that rather than embark on some scary regime in the pursuit of superior wellness, you can instead combine a holiday with a side of serious spa joy.

And we've even gone and tested a bunch to come up with this tight edit so that you know you won't be getting a dud.

Some are a bit strict (see VivaMayr), others a bit more of a pamper with an incredible view (step forward, Huvafen Fushi). Whichever way you go, there's something on this list to leave you feeling completely restored. Oh, and leave your 'gram looking pretty goals..

If you fancy staying in the UK, check out the best spas in this country, or if you want to fly further afield, we've also curated the best spas in the whole world.



#### **Anazoe Spa at Costa Navarino, Greece**

**The vibe:** Perched on the Peloponnese peninsula lie two linked hotels comprising Costa Navarino, where you'll find all the ingredients for a restorative holiday including a panoply of eateries including a traditional taverna and series of village-style cafes, many swimming pools (some even coming off the back of hotel rooms), and, yes, an impressive 4000 square metre spa. But don't let its scale fool you - the attention to detail at Costa Navarino is impressive, with everything geared towards showcasing and preserving this beautiful part of Greece.

**Come with...** Anyone in need of a proper holiday and keen on all things Greek - there's more than a whiff of Mama Mia about this one.

**Hero Treatment:** Olive trees are a key part of the Costa Navarino mission - in order to build the golf courses, they uprooted and replanted hundreds to preserve them, and now harvest their own olive oil. The signature Oleotherapy treatment makes use of the healing, antioxidant properties of the oil, so book in for that.

**You'll leave feeling...** Healthier - all that fresh Greek food and time in the warm Ionian Sea is a great tonic if you've been under the weather.