

Costa Navarino
BBC Good Food
3rd January 2019

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good food

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warm
inside!

Spiced keema
shepherd's pie

+

- * Aubergine & halloumi pie
- * Rhubarb & custard slice

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eat like a local

Our pick of the best spa breaks in the UK and Europe with fabulous food,
plus discover a Taiwanese speciality to try at home

INDULGENT SPA BREAKS



New Year regimes don't have to be about denying yourself. Take a spa break where the food is as fine as the setting, and the treatments are simply delicious

compiled by SARAH BARRELL

gf



The dramatic interior makes it feel like an Ancient Greek temple

eat like a local



Sushi is served on beds of glittering ice at Onuki

Costa Navarino, Greece

Best for an elegant serving of Greek culture

You'd be forgiven for letting out an audible sigh as you arrive at the open-air lobby of *The Romanos*. The hotel's elegant Greek architecture blends into the backdrop of sprawling olive groves and azure waters that characterise the oft-overlooked region of the Peloponnese, in southern Greece. The feeling of walking onto a film set – or an impossibly gorgeous Instagram feed – only intensifies as you explore the property, a beach resort formed of two hotels, a spa and countless places to wine, dine and relax. From the stunning pool area to the lush herb gardens, this is a place tailored to luxury-seekers.

Whole days can be whiled away in the award-winning *Anazoe spa* (facials from £140, massages from £100). Take a dip in the various hydrotherapy pools, salt water pool, steam rooms, saunas, health showers and ice grotto, or book yourself in for some



Treatments can be taken in the pool-side pavilion

pampering treatments. The spa uses natural and locally sourced products where possible, such as in the signature Messinian salt and honey scrub.

With 20 restaurants, bars and cafés on site, you won't struggle to find somewhere to suit. Tuck into breakfast (included) at *Pero*, where a seemingly endless selection of delicacies is on offer – from made-to-order omelettes to Greek cheese and spinach pies, pastries and cakes. At lunch, dine under the fluttering silk roof at beach restaurant *Barbouni*, serving fresh seafood, Greek salads topped with slabs of feta (£16), and grilled halloumi with flatbread (£12). For an extra-special dinner in luxe surroundings, head to Japanese restaurant *Onuki*. Sample platters of beautifully prepared sushi, sashimi (£38 for 12 pieces), and, if you're feeling flush, grilled wagyu with a truffle ponzu sauce (£107).

For keen foodies, there are local olive oil and wine tastings, and authentic cooking courses where you can learn to make tiganites (Greek-style pancakes), hyloupites (traditional noodles) and galatopita (custard pie) with the expertise of local ladies.

And if that's not enough to work up your appetite, there are plenty of activities to get stuck into: hiking, mountain biking, tennis and various watersports. Golf enthusiasts are spoilt by two courses (and spectators by the exceptional barbecue food on offer at greenside *Flame* restaurant).

Sarah Lienard

From the pool area to the lush herb gardens, this is a place tailored to luxury-seekers

How to do it

Doubles at *The Romanos* start at £248 per night including breakfast (costanavarino.com). The adjoining hotel, *The Westin*, is better equipped for family fun, with play areas, squash courts, basketball courts, indoor climbing and a crèche.