WINTER 2021
DEPARTURES
CINEMATIC STYLE
IN FOCUS
New Alpine Cuisine
Wellness Discoveries
Botswana Adventure
Cruising's Next Wave

12 New Ways to Feel Good

From must-visit spas to the latest gadgets, apps and innovations in at-home wellness – a timely guide to keeping both body and mind fit.

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The generous veranda of Terme di Vulci's Isveita tent

IN SEARCH OF SILENCE

Overlooking the rolling Tuscan countryside, a tented retreat makes a tempting case for unplugging.

AN INTIMATE, secluded oasis, surrounded by olive trees and by four thermal pools, **Terme di Vulci** offers an unsurpassed setting to disconnect, regenerate and listen to your own inner rhythms. Just 90 minutes from Rome, the 10 surprisingly comfortable tents silence any lingering urban buzz in an instant. Surrounded by 18 hectares of unspoiled nature, it is near the Vulci Archaeological Park, rich in Etruscan finds that have inspired the architecture of the spa. Five small domed

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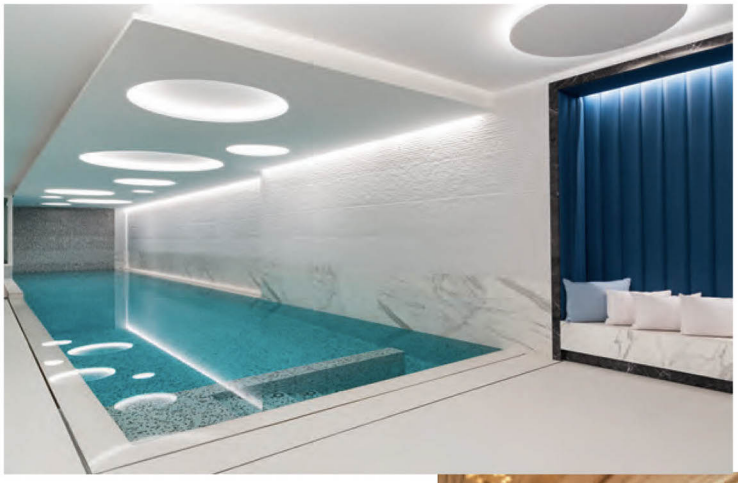
Clockwise from top: The Woodward's 21m swimming pool; VR-enhanced Icaros training at Palazzo Fiuggi; Zulal's arctic cave

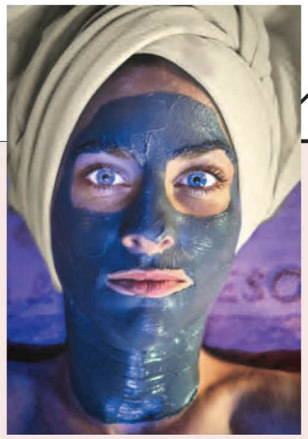


concrete huts are joined by a sauna, hammam, two cosy massage cabins and a large indoor pool. But the main draw is the namesake thermal pools, which opened in 2018 and were renovated in 2020: four swimming pools, fed by thermal hot springs, with temperatures ranging from 28°C to 42°C, are a real panacea for the skin and deep muscle aches. Beyond the hydro-healing, the tents are equipped with spacious bedrooms, private bathrooms and, in some cases, even a small living room. Forget mobile phones and TVs: the only concession here is free wifi, and guests are encouraged to rediscover the pleasure of conversation, of nature and of slow, peaceful rhythms of life. The restaurant has embraced this philosophy, offering traditional recipes based on local ingredients carefully selected by Tuscan chef Alessandro Prosperi. To minimise the environmental impact, the resort is powered entirely by renewable sources and has made a radical choice to opt for natural materials not only across all the furnishings, but also in the spa products. It's the perfect place to find privacy, relaxation and silence – a world away from the Italian capital. *termedivulci.com*

Checking In

DESTINATION: WELLNESS

Among the growing number of standout spa retreats across the globe, three newcomers are a cut above. In Italy, **Palazzo Fiuggi** *(palazzofiuggi.com)* looks out over rolling hills from its perch in the Lazio countryside an hour east of Rome. Fusing Western medical technology with ancient holistic approaches, the programme for guests also includes a nutritional component designed by Heinz Beck (food here truly is medicine) and bright, airy bedrooms that are nevertheless suffused with deep swathes of *sprezzatura*. The wellness offering at Geneva's newest hotel, **The Woodward** *(oetkercollection.com)*, puts the focus on the skin – but that doesn't mean it's superficial. With the Guerlain Spa, the French beauty brand has designed treatments that draw from the brand's distinguished history to be personalisable to each individual, offering everything from anti-ageing facials using essence of orchids to a full makeover for your hands and feet. There are massages and fitness opportunities as well, in addition to treatments specifically for men and couples. A world away, in Qatar, two very different health philosophies are meeting for the first time at **Zulal** *(zulal.com)*. Renowned Thai wellness brand Chiva-Som here merges Asian therapies with traditional Arabic and Islamic medicine for an experience unlike any other ever created. A sprawling resort across 280,000 square metres, the facilities are divided into adults-only and family sections to ensure everyone emerges with serenity.



MUD MIRACLES

Plankton naturally present in the water of **Terme di Saturnia** make the new line of mud masks – among other body treatments – from Italy's famous thermal spa particularly effective on troubled skins. *termedisaturnia.it*

CLOCKWISE FROM TOP: © THE WOODWARD, TYSON SADLO, © TERME DI SATURNIA, ANTONIO SABA