

# STELLA

Award-winner

24 February 2019

## First person

'My best friend asked me to cover up her cheating'

## Flip side

Diana Henry's fancy pancakes

## Extreme makeover

'I spent £10k on treatments - was it worth it?'

Model  
**ISKRA  
LAWRENCE**

on the new  
body beautiful  
& 7 plus-size  
labels to love

Ahead  
of

# the curve

The Sunday Telegraph



# Well, well, well...

Luxe getaways with added feel-good factor



### Euphoria Retreat Mystras, Greece

**Best for... pressing reset and fully unwinding** Three hours from Athens, this holistic spa has indoor and outdoor pools, a hammam, an infrared sauna and daily activities (yoga, tai chi and workouts). Euphoria also offers a personalised range of programmes, including detox, weight loss and de-stress. *Three-night Wellbeing Detox from £1,070 per person; wellbeingescapes.com*

### WHAT TO PACK



De-Stress Rollerball, £18, **Aromatherapy Associates** (aromatherapyassociates.com)



Swimsuit, £235, **Asceno** (asceno.com)

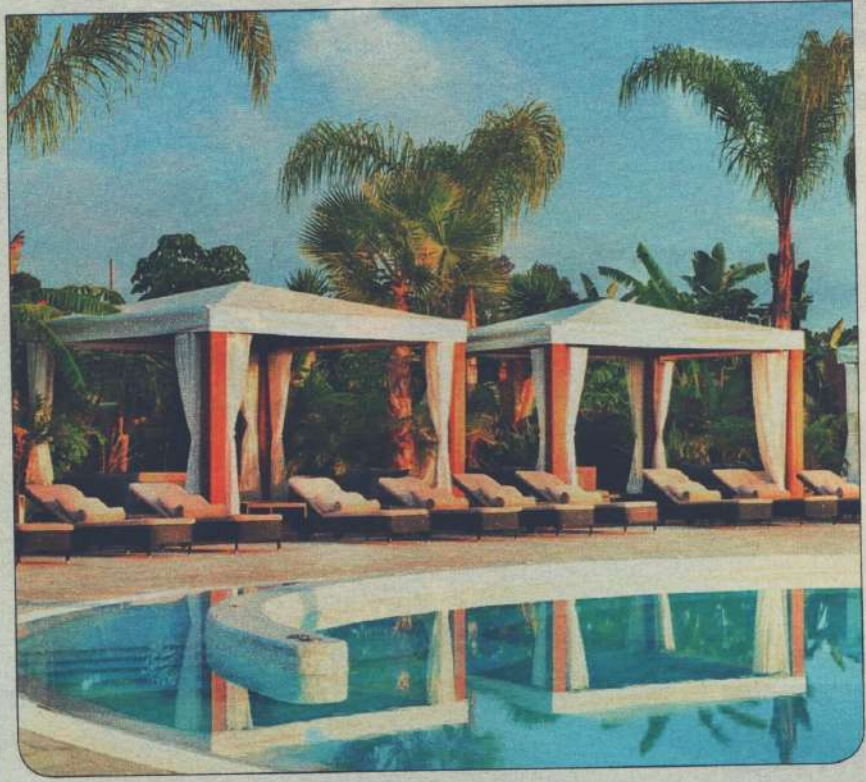


Quilted robe, £36, **Next** (next.co.uk)



Raffia slides, £109, **Essen** (essenthe label.com)

For more hotel reviews, see [telegraph.co.uk/hotels](http://telegraph.co.uk/hotels)



### Conrad Algarve Portugal

**Best for... wellness worshippers** This luxurious hotel should carry a warning: you'll dread checking out. There are reasons to stray - guided nature walks, miles of sandy beaches, golf courses galore. There are reasons to stay - chic spa, infinity pools, Pilates and yoga classes, amazing aromatherapy massages. And there are definitely reasons to eat: hello, Michelin-starred *Gusto* by Heinz Beck. You've been warned... *From £158 b&b; conradalgarve.com*



### Es Princep Palma, Mallorca

**Best for... city and spa** This modern, buzzy beachfront hotel offers the best of both worlds. The spectacular *Coco* basement spa offers treatments by French brand *Anne Semonin*, known for its smart-ageing essential-oil method. Try the *Tip to Toe* treatment, which combines a nourishing facial and body massage. *From £210 b&b; esprincep.com*



### Borgo Santo Pietro Tuscany

**Best for... laid-back romance** From the moment you arrive at this palatial villa the emphasis is on making you feel at home rather than on holiday. Spend your days riding one of the estate's *Vespas* or at its skincare laboratory, which produces its own *Seed to Skin* product line, before having supper at the Michelin-starred organic *Meo Modo*. *From £495 b&b; borgosantopietro.com*

creative

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