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Spa

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Secrets

for

body & soul




travel



the **cool** list



In the first of our regular features, **Jo Gardner** seeks
out the world's coolest cities, retreats, hotels
and spas





8. THE HEALTH RETREAT: Parkhotel Igls, Innsbruck, Austria

Where do celebs go when they need to squeeze into that Armani dress for the red carpet event of the year? *Spa Secrets Magazine* knows: Parkhotel Igls — a hotel offering treatments based on the Mayr Medicine theory of wellbeing. Here the focus is on the regeneration of the digestive system, based on an early diagnosis favoured by F.X. Mayr. Treatments on offer include the Mayr-intensive programme, musculoskeletal system, heart and circulation and metabolism and detoxification. Comprehensive regeneration of the hotel attached to the health centre was completed in October with two brand new suites; a new spa with pool, sauna and steam bath; and a park with ancient lime trees, birches and spruces, ideal for an afternoon amble. You'll be in that dress in no time — just don't tell everybody! www.parkhotel-igls.at

Parents-to-be are opting for their last chance to holiday alone as a couple. Join the 'babymooners' [set and relax.](#)

9. THE ASTROLOGY LOVER'S BREAK

Do you choose your girlfriends and boyfriends based on your star-sign compatibility? Do you make a point of reading your daily horoscope? Then a few days at Champneys Forest Mere may be just the ticket. Designed to help you explore life's purpose with the help of tarot card reader and astrologer Toni Allen, the break offers a series of workshops and one-to-one sessions on how to be happier and healthier. www.champneys.com >