

# SHA Wellness Clinic

Alicante, Spain

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**W**hen it comes to looking after your behind, SHA clinical spa – a modern medical marvel set between the Mediterranean and the rugged mountains near Alicante – is the bottom line in efficiency. Colonic hydrotherapy spares no blushes as your bowel is flushed out; daily personal training goes for the glutes; and yoga and sunrise Nordic walks target firmness and tone. Once you've unpacked in your coolly minimalist room, head off to see the nurse, who'll take your blood to get a snapshot of your health. A hot-off-the-press personal programme, mixing conventional modern medicine with therapies from the East, might make it back to your room before you do. Treatments can include an underwater massage to reduce tension, bloating and puffiness, or a VelaShape III session, which promises to contour and slim using infrared light and radiofrequency. And then there is the food: reduced-calorie diets and menus that follow macrobiotic principles. You might – hold on to your Spanx – lose six pounds in three days.



**BOOK IT** Healing Holidays ([healingholidays.co.uk/tatlerspaguide](http://healingholidays.co.uk/tatlerspaguide); 020 7529 8551) offers the seven-night Essence programme from £3,595, full board, including flights, transfers, activities and treatments.

Receive a 10 per cent discount on accommodation when you book more than 45 days in advance.

## HEADS UP

*The clinic has some cracking recipes on its website, as well as its own cookbook, so you can recreate its anti-ageing dishes back home.*

