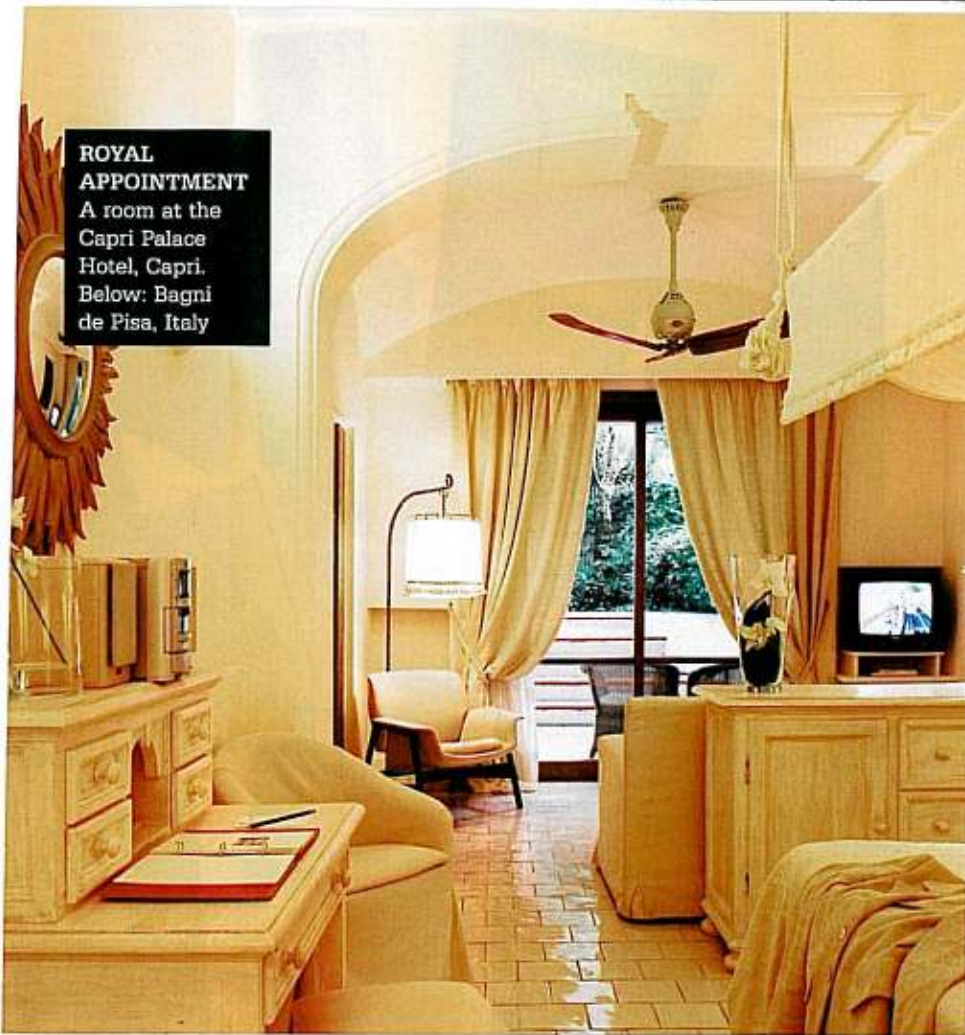


Face & Body

ROYAL APPOINTMENT

A room at the Capri Palace Hotel, Capri. Below: Bagni de Pisa, Italy



CAPRI PALACE HOTEL ANACAPRI, CAPRI

This five-star hotel is situated high above the sea, away from the day-trippers. The spa, the Capri Beauty Farm, has recently introduced a weight-loss programme created by the University of Milan, complete with metabolic testing and dietary analysis.

Highlights The spa is more serious than you expect. A white-coated nutritionist will give your diet a once-over and look at your daily calorie expenditure. There's no guesswork; they will calculate your *exact* body-fat levels and your 'resting' metabolism, which involves lying very still in an astronaut-style mask. You will be sent home with an armband that measures your calorie expenditure – so no fibbing about how active you are.

ONE TO WATCH TERME DI SATURNIA TUSCANY, ITALY

The Limpha di Saturnia programme determines your biological age by testing memory, skin condition and flexibility. Each guest undergoes treatments using the mineral-rich waters of Saturnia.

Terme di Saturnia (+39 056 460 0888; www.termedisaturnia.it). Doubles, from €180 a person a night B&B.

BAGNI DI PISA PISA, ITALY

At the foot of the Tuscan hills overlooking Pisa, is the recently restored Bagni di Pisa. Each bedroom houses a grand bed and marbled floors, and some have frescoed ceilings and views of the famous Leaning Tower. The thermal waters used by the spa convey many therapeutic benefits, and the spa offers osteopathy, dermatology, massage, facials and a number of detox options. There is also a restaurant serving simple, tasty Tuscan dishes and healthy options for those following the nutritional programmes.

Highlights The Granduca's hammam, a steam bath in a small underground grotto, houses an illuminated stone pool with thermal waters at 38 degrees – a good temperature for detoxing and lowering the blood pressure. You can also take a walk through the surrounding olive groves and watch the sun rise over Pisa.

Lowlights The restoration works may interfere with the serenity of your stay.

Insights The hotel is a short distance from the centre of Pisa and is perfect for a relaxing weekend escape.

Bagni di Pisa (+39 050 88501; www.bagnidipisa.com). Three nights B&B costs from £588 a person, including BA flights, with Magic of Italy (0870 888 0228; www.magicofitaly.co.uk).

