

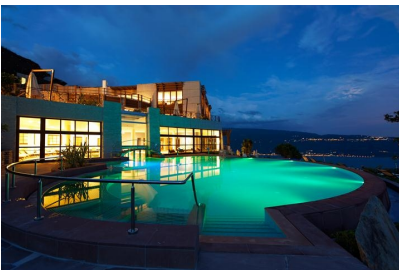
# Latest Spa Treatments in Good Old Europe

When the world discovered the posh spas of the Americas and the exotic techniques of Asia, Europe has slowly gone out of flavor. What is left in the places for health treatment that were once the forefront of wellness and medical resorts were old fashioned establishments. Looking shabby and outmoded, the spas were only kept alive by the elderly and those who are dependent on health insurance. But something initiated a change and most of these resorts have had their much needed facelifts. They are now ready for the 21st century. This does not refer to their change of looks but also to their improved techniques and new research.

## **Schloss Elmau Luxury Spa and Cultural Hideaway**

Nestled in Germany's highest mountains, this Bavarian hideaway offers a refuge for the body and the mind. Schloss Elmau Luxury Spa and Cultural Hideaway is just an hour-and-a-half drive from Munich. This health treatment center is where books, lectures and concerts meet yoga, skiing, cycling, golf and hiking.

The resort has four spas, six restaurants, a concert hall and two libraries. It takes pride in the Schloss Elmau Special Blend. It is a type of massage that uses hot stones, warm oils and other techniques from Thailand and Hawaii.



## **LeFay Resort and Spa**

More than the breathtaking view of Lake Garda in Italy, which is surrounded by lemon and olive groves on a parkland that expands 27 acres, LeFay Resort and Spa offers the best of modern western research and the best of traditional Chinese medicine. There are other options to pamper yourself while you are in LeFay. You can switch between its five different saunas, therapeutic gardens and a circuit of wellness path.

LeFay offers their exclusive SPA Method programs. To avail one of them, you will have to stay for seven days. You can choose among the following treatments – sports procedure, anti-aging, slimming, and anti-stress.



### **Grand Resort Bad Ragaz**

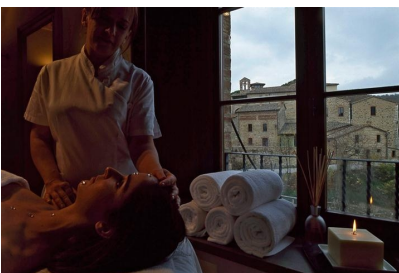
Grand Resort Bad Ragaz has recently undergone a \$200 million renovation. It offers the most luxurious spa suites in the continent, two hotels, and a medical health center managed by 70 specialists. It also has a golf course, and a thermal area with cutting edge technology. And if that doesn't excite you then you should take note that this resort is located in the valleys of eastern Switzerland.

The resort specializes in treating athletes. Take advantage of their knowledge about your body, so that you can have it repaired before you immerse yourself in the hustle and bustle of the city.

### **SHA Wellness Clinic**

If you have the affinity to things that are chic, the SHA Wellness Clinic in Alicante, Spain is the best medical spa for you. SHA devoted itself to harnessing the benefits of macrobiotic diet, wellness and anti-aging. You will find serenity as soon as you enter this series of ultramodern buildings. Before pampering yourself, you will have to see your macrobiotic consultant, doctor and agenda coordinator. They will help create a specific program for you.

The signature treatment of SHA is their 14-day total rejuvenation program. When renowned acupuncturist John Tsagaris visits, you can also avail the signature facial treatment.



### **Castel Monastero**

In Siena, Italy you will find an 11th century structure converted into a special spa. Pamper yourself inside the castle suites, walk around the courtyards and visit the cottages. Castel Monastero serves food by Gordon Ramsay and offers packages and treatments designed by Mosaraf Ali, MD. Doctor Ali is a physician to Claudia Schiffer, Tommy Hilfiger and Prince Charles. You have the option to take the seven or three-day programs that targets revitalizing, detox and slimming.

The signature treatment offered by Castel Monastelo is a combination of different massages formulated by Dr. Ali. It is specifically designed for detox and takes a minimum of three days. You will also be given a low-calorie and low-carbohydrate diet and a bitter detoxifying tea.

The facelift that European spas have undergone is more than renovating their facilities. As you see, their techniques have improved and are designed to bring a specific benefit. There are more spas in Europe waiting to be discovered. So if you are looking for a specific method for a specific cure, you will certainly find the right spa for you.

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