

Winter wellbeing

L'Apogée

Courchevel, France

German group Dr Oetker has diversified from foodstuffs into a portfolio that ranges from freight, publishing and banking to hotels. In December the Oetker Collection, the company's luxury hotel arm (room pictured *top left*), opened L'Apogée, a 55-bedroom chalet at the top of the former Olympic ski jump at Courchevel Jardin Alpin. Guests can enjoy Alpine views (even from the bathtubs), ski-in and ski-out facilities and access to the hotel's Sisley spa. Also on offer is a penthouse with terrace jacuzzi and a five-bedroom chalet with a private spa, butler and chef. — GL

lapogeecourchevel.com

Lonhea Alpine Clinic

Villars-sur-Ollon, Switzerland

Located in Villars-sur-Ollon in west Switzerland, Lonhea Alpine Clinic's (pictured *above and*



top right) four, simple Alpine-style chalets accommodate up to nine guests and each stay is designed to reboot your body and nurture wellbeing. The clinic's team of chiropractors, massage therapists and nutritionists focus on long-term health under the eye

of Dr Michel Golay, former chiropractor to the Swiss Olympic team. Unlike other clinics, mealtimes are a flavour-filled affair thanks to Portuguese cook Pedro Alexandre and guests are even allowed a glass or two of red wine with dinner. — AK
lonnhea.com