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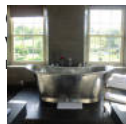
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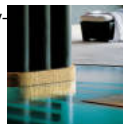
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LA RESERVE, SWITZERLAND

Best European spa for nutrition and health

Dr Michel Golay is a former professional footballer who, following a car accident, became a chiropractor to Swiss tennis and athletic champions. For 25 years he has been developing his health programme, which is about aligning the 'digestive brain' with the 'encephalic' or 'reptilian brain'. In layman's terms, this means eat well, exercise well, and you can help the self to overcome afflictions of the modern age (conditions such as IBS and arthritis can be alleviated after two weeks here).

I prefer my spa retreats to veer on the medicinal, practical side, and welcomed the thorough lifestyle assessment with its series of health tests and fitness analyses. The results were used to tailor a programme of treatments, exercises and diet.

Be prepared for a protein-rich breakfast and lunch menu (smoked salmon, kefir bircher, wakame and black-radish salad, or shrimp curry with green beans) and an evening meal light in carbs. Your treatment continues long after you leave, as you are continually reassessed for four months via remote consultations. This is a serious health commitment that would suit sports enthusiasts who want to improve performance, and those wishing to change their lifestyle and tackle health issues.

A seven-night package at Lonhea Alpine Clinic (+4124 495 38 88; www.lonhea.com) costs from about £5,100 a person full board, including four months of follow-up consultations.

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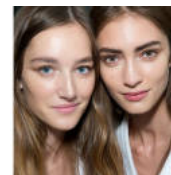
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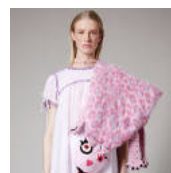
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