

sessions, which check your balance and mobility. The evaluation is like a workout: 45 minutes on a treadmill controlled by your therapist, French climber Xavier Gerfaud-Valentin; balance challenges on a wooden board with your eyes closed; toe-touches with one leg in the air; core- and lumber- strength assessments and, weirdest of all, a halo of wires (developed by NASA) that is placed on your head to determine the adaptive and visual capacity of your motor system. And the aforementioned heart monitor must be worn throughout your stay, even while you sleep, in order for your body and brain function to be studied. The results determine your tailored programme, which is likely to include a cardio blast at 7am (Xavier has a steely determination, so excuses are not tolerated), a mid-morning personal-training session (squats, weights, resistance training and Power Plate), a quick lunch and a two-hour afternoon hike, followed by yoga. It's exhausting. But all this hardship is cushioned by fantastic food, which isn't too strictly monitored. Breakfast consists of ham, eggs and strong coffee (yes, it is allowed), with lunches such as roast beetroot with sheep's cheese, followed by poached pear and melted chocolate, then a dinner that is light on carbs – perhaps chicken and fennel salad. Downtime is spent in the spa, which has an infrared sauna, a steam room, a Turkish bath and a bubbling hot tub where you can soak tired limbs. Before you leave, there's a final consultation and treatment with Dr Golay, who cracks and crunches your bones, gives you a vigorous abdominal massage and uses a suction pump on your muscles to release toxins. Lonhea is not necessarily for those who need to rest, but it's terrific if you like a daily challenge. And there's no better motivation than hearing the truth about your physical and mental health and wellbeing from a scientific standpoint.

**INSIDER TIP** Physiotherapist and yoga teacher Rose Caseley offers cranial osteopathy, which involves poking your skull with a plastic prong that's a bit like a crochet needle. This is not exactly relaxing, but afterwards the world seems sharper and your vision actually clearer.

**BOOK IT** Healing Holidays (+44 20 7843 3592; [www.healingholidays.co.uk/condenast](http://www.healingholidays.co.uk/condenast)) offers a six-night package from £4,590 full board, including flights, train transfers, full health analysis, all treatments and therapies according to a tailor-made programme, and fortnightly follow-ups for four months.