

Lily of the Valley

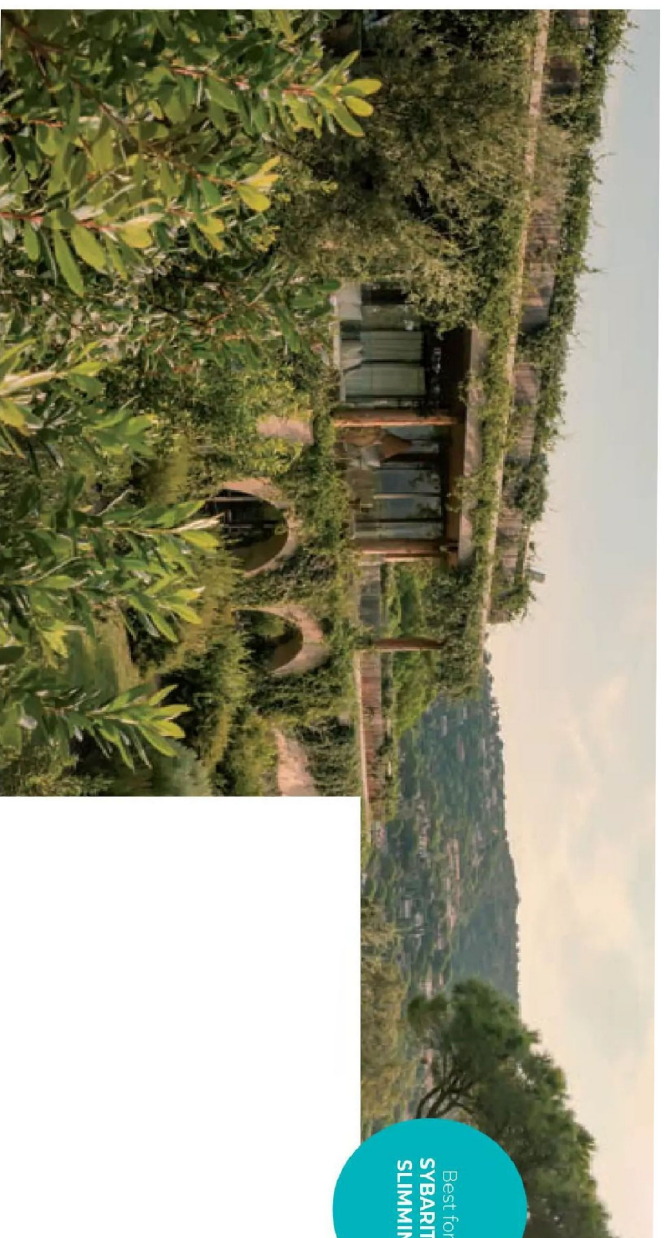
LA CROIX-VALMER, FRANCE

Upon entering the grounds on a cool late summer's day, it isn't the meditative thrum of a gong bath or an 'on' that greets me, but the roaring purr of a vintage Porsche and the refined yap of a prize-winning chihuahua. Lily of the Valley is everything you want rolled into one. Housing some of the most cutting-edge treatments in the South of France, it is known for its detox and better ageing programmes. Alongside this, it offers one of the most exquisite low-calorie menus (I still dream about my morning turmeric omelette with garden veg). For non-dieting pals – and sybaritic locals or holidaymakers – the wine list stretches all the way to a 2005 Le Pin. The 2,000 sq/m spa is also to be taken

seriously. After a consultation, I begin a bespoke three-day programme of high intensity exercise, treatments such as Indiba body sculpting for weight loss, and drop-in classes including the rather eccentric but circulation-boosting sea wading (I choose to take the coastal path for a lung-blasting ramble on an ciderdown of pine). Philippe Starck-designed warm white rooms with wooden accents make it one of the least institutional retreats. If you are the type who needs thimblefuls of broth with no other temptations, this is not the place for you (the regular menu features the full gallie spread, from caviar to cognac-flambéed beef). But where else can you seamlessly mix mobility training with Montrachet? I raise a glass to that.

even if it is just Voss Gazeuse. *Jemma Sissons*
BOOK IT: Four-day Discover detox programme
€2,500, plus accommodation from €450 per
night. lilyofthevalley.com

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Best for...
SYBARITIC
SLIMMING