




# Infinity & beyond

*Space-age solutions, from radio waves to the ultimate oxygen boost*

PREIDLHOF  
*South Tyrol, Italy*

This delicious slice of Alpine hospitality has lurked remarkably under the radar for many years – but wellness destinations don't come any more thorough (and divinely wholesome) than Preidlhof. The Ladurner family opened the doors to their South Tyrolean resort more than 50 years ago, turning this sprawling Vinschgau Valley sanctuary into a medical destination to

be reckoned with. Here, you can lose yourself in the views, inhale the mountain air and ramble through orchards, vineyards and winding trails (Nordic walking and biking are as exhilarating as your surroundings). Or you can zone out in the spa – complete with endless pools, saunas (be warned, nudity is mandatory in some) and the cosiest relaxation pods ever. Therapies veer from medical to mindful (the gong meditations are blissful), though most guests visit to lose weight, get fit and recuperate. New is the Dream Well Suite: cleverly crafted with an acoustic ceiling calibrated to reduce reverberation and echo, factors believed to enhance optimal sleep. Set an alarm, because breakfast is a not-to-be-missed affair: vitamin-infused slushies, freshly baked breads, local jams and the most delicious apple strudel (a lighter Vital menu is also available). Restful sleep is addictive and you'll leave feeling recharged – and itching to book next year's visit.

 *Healing Holidays* ([healingholidays.com/tatlerspaguide](http://healingholidays.com/tatlerspaguide); 020 7529 8551) offers a four-night Pampering Spa programme, full board, from £1,300, including flights and transfers.

