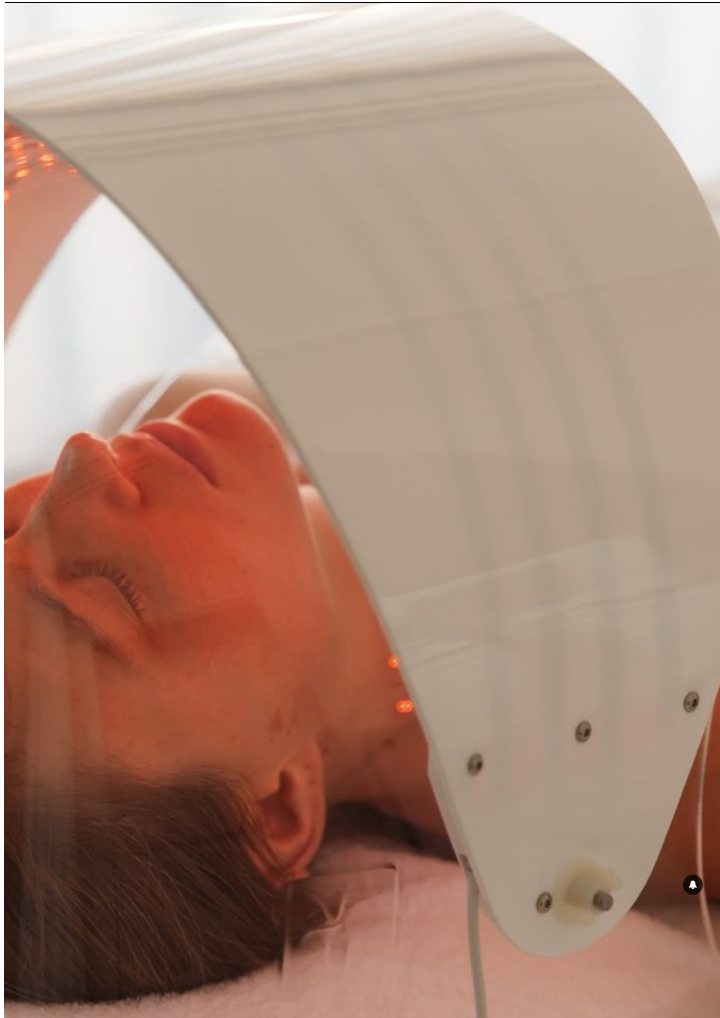
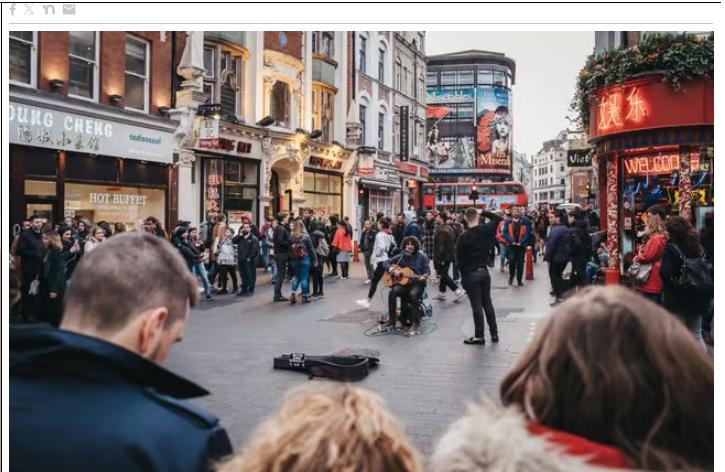




WANT TO
REBOOT IN
STYLE? THE NEW
LUXURY MEDICAL
SPAS YOU NEED
ON YOUR RADAR



TRAVEL

The new breed of medi-spas mix stunning locations with state-of-the-art treatments, promising to leave you rested, revived and (hopefully) 10 years younger

ALICIA MILLER
2 DAYS AGO



Picture a medi-spa, and what do you see? Probably sterile white environs, doctors in lab coats and slimming menus consisting of swamp-coloured juices. But a new generation of retreat couldn't feel further away from this antiseptic cliché.

More holiday than hospital, the next gen of medical spas combine lavish décor, proper food and stimulating surrounds — from beaches to cityscapes — with the latest advancements in curative technology. No longer just the preserve of those in ill health, medi-spas have turned their focus towards preventative medicine, longevity programmes and cosmetic cures. And as a result, they're attracting a young, fit and wealthy crowd. Think biohacking enthusiasts looking to optimise body and mind for the long-haul.

And given the incessant pace of life in 2025, is it any wonder? With burnout, chronic stress and an 'always-on' work culture for high-flyers to contend with, a reboot week which includes vitamin drips and diagnostic scans isn't just more restorative than a basic beach holiday — it's a necessity.

So where are the hottest new destinations for a reboot this year? These are the ones to know, plus forthcoming openings to watch out for in 2026 and beyond. At these retreats, they take health and wellness seriously, but enjoyment too. You'll leave feeling rested, revived and (hopefully) 10 years younger — no swamp-green juices required.

The new next-gen medi-spas

Le Medi-Spa at Royal Mansour Tamuda Bay, Morocco



UNWIND IN LE MEDI-SPA ON THE MOROCCAN COAST

ROYAL MANSOUR TAMUDA BAY

The Royal Mansour has long been Marrakech's most opulent hotel, commissioned by the Moroccan king, built by 1,200 artisans and so discreet that guests don't book rooms — rather, entire private riads. Now it's opened a sister property on a 10-hectare estate in beachy resort enclave Tamuda Bay, with all the same opulent, exclusive energy but boasting a world-leading medi-spa to draw the biohacking set.

GPs, aesthetic medicine pros, ayurvedic therapists — they're all on hand here in the 4,300-square-metre Le Medi-Spa, ready to poke, prod and turn back the years in a space warmed by natural woods and sunlight. But unlike traditional retreats, you don't have to subscribe to a lengthy programme to get the age-defying results. A la carte-style offerings let seasoned spa-goers pick and choose treatments, whether that's acupuncture (to improve energy flow) or cryotherapy (to improve cell regeneration).

When you aren't medi-spa-ing, you can enjoy all the wonder of a Mediterranean coastal break, from soft lapping waves, to sun-drenched loungers under stripey umbrellas and an abundance of dining options, from ribbons of fresh pasta at coddling Coccinella to saffron-fragrance paelas from Michelin-starred chef Quique Dacosta. There's nothing monastic about this.

Details: B&B doubles from £560. A week's spa programme starts from £4,630. royalmansour.com

ZEM Wellness Clinic Altea, Spain

SULTRY RESORT SCENES AT ZEM WELLNESS ALTEA

ZEM WELLNESS CLINIC ALTEA

Swathes of marble, intricate tiling and an unbridled use of gold — no one can accuse ZEM Wellness of being sterile. Just opened this January on the coast outside Alicante, on the surface it ticks the boxes of a classic resort holidays, with coast-facing rooms, plenty of pools and rambling gardens with artsy sculptures.

But underneath the layers of sheen this is a place that really knows its medi-tech. Headed by the former direct of SHA — Spain's original wellness clinic, less than half an hour away — a raft of programmes centre around the health pillars of Balance & Vitality and Longevity. In short, you're here to either address some current issues like weight, stress and body toxins, or to optimise your body and brain to live past 100.

Whatever programme you opt for, things kick off with assessments that detect the roots of health problems before progressing to therapies blending ancestral medicine, lifestyle changes and medical procedures.

Wellness-seekers stretched for time can dip a toe in for a succinct three-day Essential programme, though for real changes you're advised to stay up to 21 nights.

And while we can't promise that green juices won't appear, you've also got the kaleidoscopic bounty of 75,000m² of organic estate farmland, Finca Althaya, to enjoy in the on-site restaurant.

Details: 3 nights from £4,200 per person. zemaltea.com

Six Senses London

THE UNDERGROUND POOL AT THE NEW SIX SENSES LONDON

SIX SENSES LONDON

If it's your first foray into medical retreats, the more hardcore clinics of the world — the Lauscherhofs, Buchinger Wilhelmi — might feel daunting. So ease yourself in with a retreat at the new Six Senses London, opening later in 2025.

Like every Six Senses spa out there, London's branch — which will be set in the historic Whiteley's department store in Bayswater — comes with its signature wellness screening, a quick and non-invasive analysis which maps you based on your own personal feel-good barometer. There's also skin analysis, biohacking treatments and sleep consultations, to supplement a programme of therapies that range from radiofrequency facelifts to an immersive water sound massage.

As for what makes Six Senses London worthwhile for a staycation? Apart from its W2 address a couple of blocks from Kensington Gardens, it'll be the grandiose design with spiralling lobby staircase, Art Deco-inspired interiors and a 20m indoor swimming pool.

Details: Rates to be confirmed. sixsenses.com

Nao at Minos Palace Crete, Greece

BLEEK ARCHITECTURE AT MINOS PALACE ORETE

According to the team at this about-to-open Greek longevity spa, living well and long comes down to four key things: nutrition, sleep, movement and mental fitness. Its these four pillars that drive its prognostics and philosophy, whether you're signing up for a one-day programme to get a snapshot of your metabolic health or a two-weeker designed to lay the foundations for a total lifestyle change.

A science-driven team will prescribe anything from brain gym training session to red light therapy and neuromodulation (tech that acts on the nerves to treat everything from chronic pain to epilepsy) depending on your particular needs.

But here's the most exciting bit: it's set in the plush Minos Palace Hotel on a water-fringed finger of land on the north Crete coast. Adults only and utterly serene, it's a natural place to recharge with morning dips in the turquoise Mediterranean and mai tai-hued sunsets on your balcony. Even without the techy spa, you'd leave here feeling great.

Details: Rooms from £189, one-night programme from £311. minospalace.com

Ones to watch

Lanserhof Marbella at Finca Cortesin, Spain

Slated to open early in 2026, Lanserhof — Austria's renowned holistic health retreat — is going south to the Spanish isle of Marbella. Among the enticing white-washed environs of Finca Cortesin on the Costa del Sol, you'll be able to experience the signature holistic health programme that targets anti-aging via the gut.

Details: Rates TBC, lanserhof.com

Clinique La Prairie Health Resort Amaala, Saudi Arabia

Having done pop-ups abroad at locations as prestigious as North Island in the Seychelles (where Kate and William got hitched), Clinique La Prairie will be putting down new roots in Amaala on the north-western coastline of Saudi Arabia. You'll be able to tackle everything from insomnia to diabetes, or just hone your current state of being for exceptional longevity.

Details: Rates TBC. cliniquelaprairie.com

SHA Emirates, UAE

Spain's SHA is known for combining the latest medical and scientific advancements with nutritional programmes. Hot on the heels of its expansion to Mexico in 2024, it's opening in AlJurf, a man-made island halfway between Dubai and Abu Dhabi.

Details: Rates TBC. shawellness.com

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