



Miraval

LOSE
WEIGHT!

ARIZONA, USA

Hit the destination spa experience at full throttle. There's a gung-ho/do-it-all American attitude to the multitude of activities at Miraval: tightrope walking, rock-climbing, the famed equine experience (with horse whisperer Wyatt – this is cowboy country after all), the palm-sweating a Swing & a Prayer (launch yourself from a 35-foot pole in front of cheering fellow guests) and lectures hilariously called things like 'Where's My Waist Gone?' Then there are the treatments, the outdoor pools, the comfy beds and staff who remember your name. Makes other spas look like a wet flannel. **Website** miravalresort.com. **UK reservations** Cleveland Collection (tel: 0845 450 5732). **Rates** Double, from £1,005, full board.