

24-HOUR ROOM SERVICE: L'ALBERETA & RESTAURANT GUALTIERO MARCHESI, LOMBARDY, ITALY

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Espace Vitalité Henri Chenot is the epitome of spa culture. It's exclusive, too: this branch at L'Albereta is one of only two in Italy. There are 30 doctors and therapists at work, taking a holistic approach to well-being by combining the principles of Chinese medicine with Western technology. Does it all work? Well, I felt lovely after a six-day break, and for once came back from a holiday without feeling like a liverish experiment in human foie gras.

L'Albereta is in Lombardy, about an hour's drive from Milan. When you first arrive at the hotel you're presented with an itinerary of treatments.



The minute I looked at the list I started cherry-picking things off the à la carte section, and my days inevitably became packed with appointments and procedures.

Some options were baffling. What was "Intraceuticals Oxygen", for example? The brochure posed the question, and provided the answer: "Have you ever wondered how Madonna, in her fabulous fifties, has such perfect skin? We did! And after finding the answer we brought it to the Espace Vitalité."...

