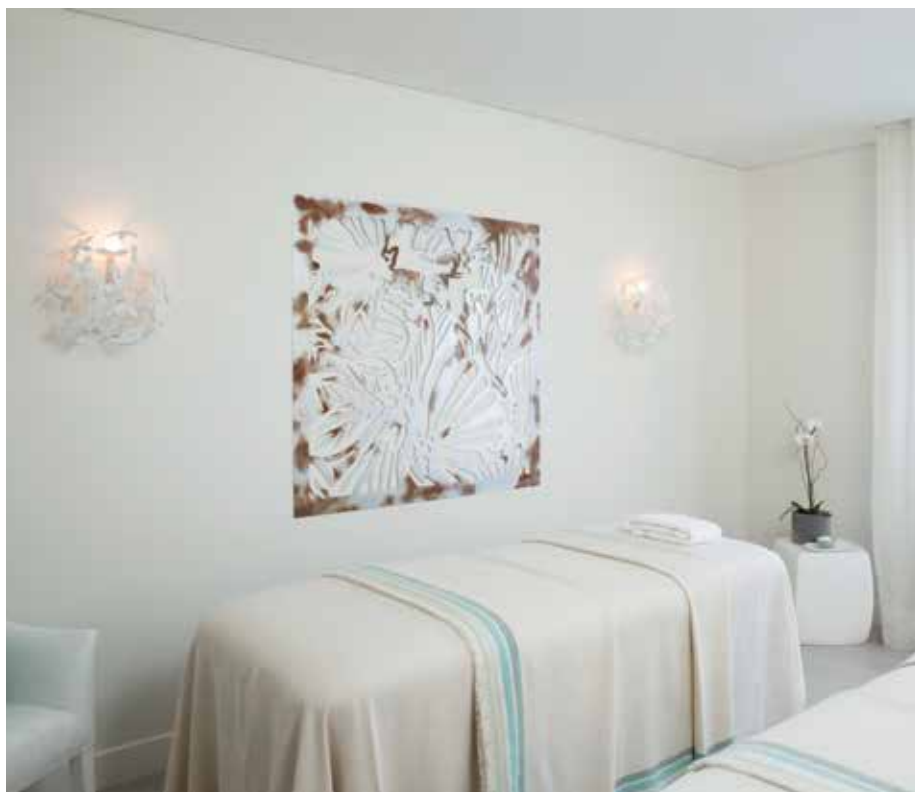


TANGO FOR WELLNESS IN ARGENTINA

With glaciers in the south, the Andes in the west, the cosmopolitan Buenos Aires on the Atlantic Ocean side and a host of unexplored regions in the north, the country has everything a wellness seeker could ask for

Writer Daniel Scheffler



PREVIOUS PAGE: Correntoso Lake & River Hotel offers gorgeous lake views. THIS PAGE CLOCKWISE FROM ABOVE: Elegant treatment room at the Spa at Four Seasons Hotel Buenos Aires; experience the six-stage heat and water circuit at Entre Cielos; enjoy an array of soothing treatments at the Spa at Llao Llao Hotel

Argentina, country of tango and incredible meat, might not be top of mind when it comes to wellness but with a new government finally, a steady recovery which includes investment in infrastructure and their 'Authentic Argentina' campaign, things are steadily changing. With access to the finest mineral salts and endless amounts of clean air, this might just become one of the hottest luxury destinations for wellness: with state-of-the-art spa facilities at properties dotted everywhere, thermal spas (with volcanic, magmatic or telluric origins) to discover, open spaces and of course plenty of untouched gaucho lands for retreat.

SOME OF THE COUNTRY'S BEST WE'VE UNCOVERED: SPA & HAMMAM AT ENTRE CIELOS, MENDOZA

Hidden in the centre of Mendoza's best Malbec region Lujan de Cuyo, Entre Cielos awaits on eight acres of beautiful land. The hotel has a mere 16 rooms, including a

'vineyard loft' with outdoor Jacuzzi – perfect for stargazing or post-treatment relaxation. Here they pride themselves on being "the first traditional spa and hammam in Latin America" and have taken this 1,000-year-old commitment seriously. For detox and relaxation, they have devised a six-stage circuit that combines heat and water plus massage. After this circuit the spa has an array of vinotherapy (using grapes from the surrounding vineyards of course) treatments that include grape seed exfoliation and grape extract wine baths. They also have traditional massages with natural oils and aromatherapy treatments. www.entrecielos.com

SPA AT LLAO LLAO HOTEL & RESORT • GOLF • SPA, BARILOCHE
In the extraordinary Patagonia area of Argentina is where Llao Llao Hotel & Resort takes care of all your wellness needs, with an 18-hole golf course, surrounded by incredible natural beauty – Cerro Lopez and Tronador mountain peaks and the Moreno and Nahuel Huapi lakes. And so on this 15-hectare piece of land is where they host



43 suites, and most importantly, the spa with sauna.

Besides the array of massages and aqua therapies, their specialty is Smart Dren Treatments. This includes Edematous Fibrosclerotic Panniculopathy (for cellulitis this treatment improves micro-circulating body conditions through the mobilisation of adipose tissue and lymphatic drainage), adiposity (to reduce the volume of localised adipose tissue), stretch marks (the treatment is based on skin toning, drainage and micro-massage through ultrasound and drainage) and post-cosmetic surgery (with a focus on rehabilitation, eliminating edema, stimulating skin toning and preventative

scarring). Be sure to check in with their in-house nutrition expert while you're here. www.llaollao.com

SPA AT FOUR SEASONS HOTEL BUENOS AIRES

Madonna, who's renowned for taking wellness seriously, stayed here while shooting *Evita*. Suites have beautiful views over the city, but for something a little more exclusive, The Mansion next door lets you create your own wellness retreat with all the bells and whistles.

The Four Seasons takes their spa seriously, and has a full-day retreat. The signature treatment, the Porteño Tango



(*porteño* meaning 'locals'), uses music to guide the massage, while Argentinian hot stones, grape oil and mineral salts, plus algae from the southern part of the country, deliver a boost of antioxidants. There's a personal trainer on hand at all times if you want to work up a sweat in the gym, and they are more than willing to bring in any kind of wellness expert you might require including nutrition and fitness maestros.
www.fourseasons.com

HERBAL HAMMAM & SPA AT CORRENTOSO LAKE & RIVER HOTEL, VILLA LA ANGOSTURA

If you're interested in being near water for its natural healing powers, head to the Nahuel Huapi Lake where the Andean



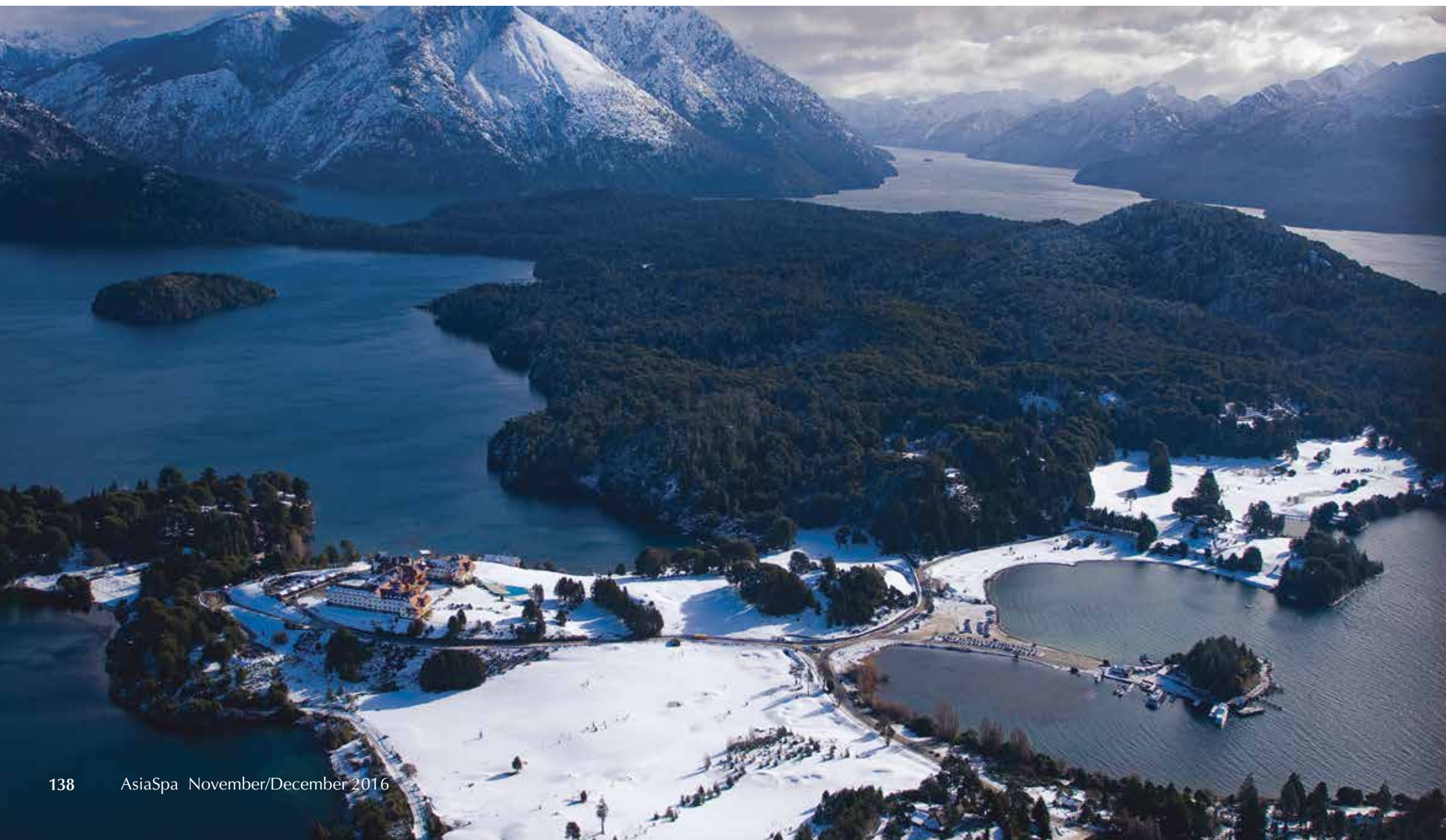
Patagonia is most beautiful. The peaceful hotel itself is celebrating 100 years in 2017, as a historic retreat for nature lovers and guests looking for a low-key escape. The property is perfectly placed for snow, forest, water escapes, and that includes fly-fishing, trekking, horse riding and all kinds of winter sports.

The highlights are the herbal hammam and spa. Here they tap into the ancient art of herbs and the focus of treatments is the basic massage. But getting that right, with some of the best therapists in the country is an art in itself. Complement a daily massage and working out the body's kinks with the surrounding mountains and water yoga classes (with views) which are offered a few times a day.

www.correntoso.com



OPPOSITE PAGE: House of Jasmines' vast open spaces make it a great place for relaxation; Llaolao Hotel is surrounded by incredible natural beauty. THIS PAGE: Park Hyatt Buenos Aires is located in an old palace



AHÍN WELLNESS & SPA AT PALACIO DUHAU – PARK HYATT BUENOS AIRES

Located in an old palace, the Park Hyatt was able to maintain the regal attitude but with all the amenities required by a 21st-century traveller. The older part of the hotel has fireplaces and exquisite chandeliers which means you might decide to move in and take over the kingdom. The Spa, Ahín, signifies a welcoming ceremony for an honorary visitor in the native Mapuche language; and that's exactly how it feels.

It's all belle époque grandeur, even in the spa. They have two private suites with special tubs which is the ideal place for treatments fit for a Queen or King. Their special programmes, often catering for newly-weds, can span a few hours – the Renew Ritual Remodeller for instance lasts four hours which includes a massage, a scrub, a detox mud treatment, facial with special attention paid to the hands and feet. After treatments having tea, under the trees, in the courtyard is where the most peace could ever be found in this city. buenosaires.park.hyatt.com

SPA AT HOUSE OF JASMINES, SALTA

Originally owned by actor Robert Duvall, this boutique property is a Relais & Chateaux finery. With a new owner, an aesthete, the laid-back country living energy comes through strongly. Located on Rancho Estancia near the Chilean border on the west of the country, it has just seven suites and endless access to nature. But it is really the vast open spaces, and those Eucalyptus trees, that make it a place to spend a whole lot of time in. The spa, their pride and joy, includes a hammam, sauna and three treatment cabins. The treatments here include a House of Jasmines full-body relaxing massage, with a wide range of aromatic essential oils; Lymphatic Drainage, a sedative massage that helps eliminate body liquids and toxins; a hot stone massage; reflexology or a Thai Massage. Spend the morning biking around the area and then relaxing in the spa for the rest of the day is the Argentine way of life.

www.houseofjasmines.com



OPPOSITE PAGE: The Faena Spa is an oasis of holistic therapies. THIS PAGE: Los Cauquenes Resort & Spa offers private access to the Beagle Channel Beach; immerse yourself in the healing power of water at Correntoso Lake & River Hotel

SPA AT LOS CAUQUENES RESORT & SPA, TIERRA DEL FUEGO

Close to the southernmost tip of the country is where Los Cauquenes welcomes seekers of fresh air and beauty. The only high-end hotel on the Beagle Channel Beach (with snowy Andes in the distance) offers 54 rooms and suites with private access to the beach. Besides the usual snow activities that they are known for, the spa (“the spa at the end of the world” as they call themselves)

takes ancestral techniques into account along with the latest in health and wellness trends. They have 24 treatments but their most unique experience is a spa circuit which comprises sauna, hydrotherapy, a facial, a massage, finishing up with time to relax in their unique indoor-outdoor heated pool with panoramic views of the Beagle Channel and extraordinary mountain range. It’s simple, as nature intended.

www.loscauquenes.com



FAENA SPA AT FAENA HOTEL, BUENOS AIRES

What the hotel calls an “oasis of holistic therapies” is exactly what the mind, body and spirit ordered. The Faena Spa, near the water in the capital city, blends ancient healing rituals from around the globe and stresses the importance of firstly, awakening a new consciousness, and secondly, restoring well-being fully. No small feat, but they’re up to the task.

The spa offers a package for every chakra – the crown, the throat, the heart, the solar plexus, the sexual and the basic chakra. The solar plexus chakra’s treatment for instance comprises a yoga session followed by sauna and time in the hammam, a Biologique Recherche facial (plus head massage) and then a healthy lunch and pranic healing. The treatment ends off with a ‘Twin Hearts’ meditation which cleanses, aligns and energises the chakras, believed to leave one feeling at peace and joyous. The sessions are usually four to six hours long, a commitment, but the results are evident. If you’re staying longer in Buenos Aires, you can join one of their courses specialising in pranic energy. The teachings are about techniques to deal with energy dysfunctions, perceiving the aura and chakras and then developing the ability to clean and energise them. Here, it’s about learning to self-heal.

www.faena.com