TATLER

November 2026

POLO!
PASSION!
PARTIES!

HAYLEY ATWELL RETURNS WITH RIVALS

PLUS
THE FASHION BILLIONAIRE WHO FELL OFF A CLIFF

FREE TATLER SPA GUIDE INSIDE

The Cotswolds Special!

WHO TO KNOW, WHERE TO GO AND HOW TO GET AHEAD

TATLER

FINE-TUNED
THE BEST CLINICS FOR BIOHACKING, DETOX AND DIAGNOSTICS

CHECKED OUT
A WEEK AT THE MOST BESPOKE RETREAT ON THE PLANET

Spa Guide 2026

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TATLER SPA GUIDE 2026

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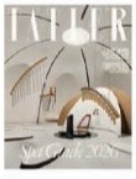
TIME TO REFLECT
Brenners Park-Hotel & Spa, set amid the thermal springs of Baden-Baden in Germany, specialises in integrative medicine



ON THE COVER
TULÀH CLINICAL WELLNESS, INDIA
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THE PENINSULA LONDON

London, UK

The Peninsula does nothing by halves: just look at its forecourt, where a fleet of gleaming vintage cars is parked under the eyes of liveried doormen – a nod to owner Sir Michael Kadoorie's collector's habit. Hyde Park unfurls just beyond the traffic lanes of Knightsbridge yet, inside, the hum of vehicles around Wellington Arch is entirely absent. Below stairs, Peter Marino's spa is a world tailor-made for individual choice: two subterranean floors that were laid out with the guidance of a feng shui master; the showpiece is a 25-metre pool beneath a faux skylight (its shifting illumination mimics daylight), fitted with speakers below the surface. Seven treatment rooms host exclusive partnerships: for instance, Margy's Monte Carlo – the Monaco-based line beloved of Princess Charlene – with a 24-carat gold mask and muscle-stimulating facial that co-opts microcurrent technology; or Subtle Energies, whose Ayurvedic Blissful Marma Massage relaxes and recalibrates. For something more tailored still, join the Masters in Residence programme, with trainers, osteopaths, acupuncturists and yoga teachers and sessions built around what your body needs that day. *Doubles from £1,300, including breakfast (peninsula.com).*

A spot of detail therapy: panels over the spa pool underground at The Peninsula London emulate the cycle of natural daylight

Rooted deeply in the landscape, The Rooster's House of Healing spa leads guests towards finding the best form of slow living

THE ROOSTER *Antiparos, Greece*

Welcome to an individualistic and atmospheric haven, with a spa that promises to restore your balance in the most nonprescriptive way. Start the day with sun salutations by the still sea, ending it with meditation and in between simply relishing the peace of the wild, windswept beach. Everything has a wonderful flow, in a hippy-luxe kind of way, from the villas' faultless architecture to the highly original, transformative space that is the spa. The Rooster is the vision of its owner, spa obsessive Athanasia Comninos, who has gathered all her enthusiasms in one place. For the guest it's a holistic wonderland staffed by exceptional therapists. You can partake in full-moon ceremonies and have a smudge of your root chakra with a Himalayan smoke ritual; or perhaps an equally powerful clearing delivered by an incomparable abdominal massage. Thereafter the parasympathetic nervous system can be rebooted via an ayurvedic Shirodhara treatment – best at the end of the day when, as dusk falls, you can unwind while your head and third eye are drizzled with warm sesame oil and the hands of the therapist sedate you, like Xanax for the soul. Extend the bliss with an outdoor shower under the starriest of Cycladic skies. *Doubles from £767, including breakfast (theroosterantiparos.com).*