

Travel + Fun + Adventure + Escape

# trip

## 25 SPA SPECIAL tastes of heaven

### WIN A fabulous adventure break to Western Australia

IT'S GETTING HOT IN HERE ...

Brrrrr-illiant ideas on how to escape the deep freeze

MOZAMBIQUE

Get there while this steamy destination is still so cool

world's 5 best shopping hotels

SLEEPING AND SPENDING WHAT MORE DO YOU WANT



SNOW PATROL  
Our celeb spotter guide to the most blinging resorts

PIRATES, JUNGLE TREKKING AND LEARNING KUNG-FU IN CHINA

5 TOP SPOTS TO SAY I LOVE YOU PLUS READER GIVEAWAY

Petra » Rio de Janeiro » Nevis » Malaysia » Antarctica » Mexico » Paris

FEB 20 ISS £3

TIROL SPA SPECIAL

## Good vibrations

You can shake away the flab in a fabulous new treatment at an Austrian Tirol spa. But don't worry, it doesn't involve rubber bands, reassures Mari Nicholson

IT WAS THE THOUGHT OF THE vibrating bed and the very special oil extracted from the shale-mines in Pertisau that had me hot-footing it from my base at Innsbruck, up into the snow-capped Karwendel mountains in the Austrian Tirol. Well, maybe "hot-footing" is a bit of an exaggeration. I made a detour to the little town of Landeck to sample the chocolate of Hansjörg Haag, which is made from milk and cream produced by local cows plus the best cocoa butter available. (Just in case I lost my way in the mountains and needed sustenance, you understand.)

Then it was on to Jenbach where I boarded the 100-year-old rack and pinion steam train that chugged uphill for 45 minutes before depositing me at Seesplitz on the beautiful Achensee Lake. There, I connected with an elegant boat which ferried me across the green waters of this Tyrolean "fjord" to Pertisau. A short walk past typical wooden houses sitting in buttercup-

and harebell-filled meadows and I was at the Spa Hotel Wiesenhof, home to that vibrating bed treatment.

I had expected a soft cushioned pallet but I found myself lying on a scented wooden table while my therapist softly plucked the 52 zither strings that hugged its underside, each one tuned to the sound of the Earth. At first nothing, then ever so gently, I began to feel a slight tingling as the deep sounds eased my body.

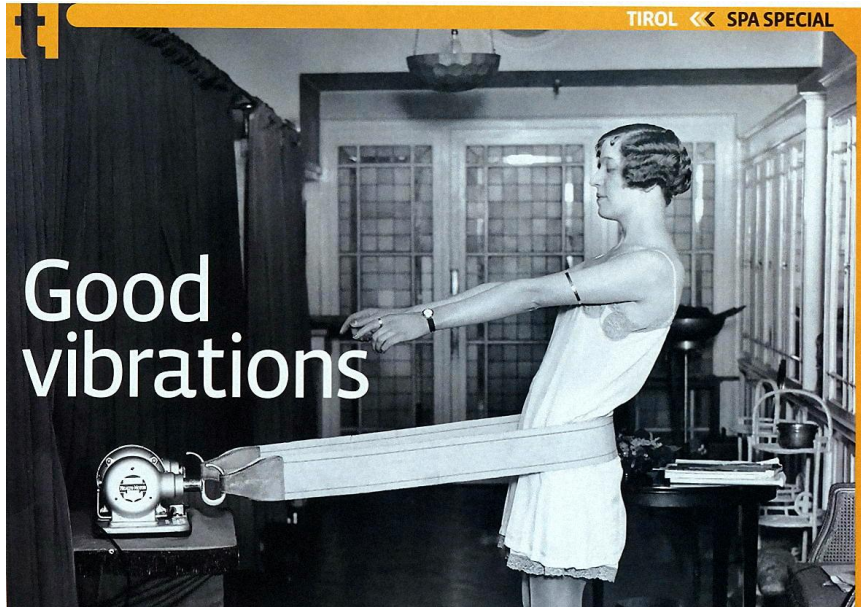
"The Resonance Bed is a very good treatment to have with your partner," the therapist said. "The sounds connect you to the oscillation of the earth to harmonise body and soul." I tried to work this out but the effort was too much, so I allowed myself to slip into a trance-like state through which I dimly heard a voice telling me to relax.

Shortly afterwards, I was led into a room perfumed with alpine and meadow scents for my whirlpool herb bath. It had been a toss-up between

the meadow flower bath, the milk and honey bath, the hay bath in which the body is wrapped in steam-heated alpine hay, or the steindl soft-pack bed.

With a cup of delicious herb tea from the wide selection they carry, I was tempted to cancel all further treatments and just gaze on the scenery while I wallowed in my fluffy bathrobe.

But although I am truly indolent, the clean, fresh, mountain air and the breathtaking scenery of the Austrian Tyrol had me walking and cycling to exercise off the pounds.



### GET UP AND GO

Austrian Airlines fly non-stop from London Gatwick to Innsbruck 3 times a week (Wed, Sat, Sun). Fares from £103 including taxes.

Hotel Wiesenhof Spa, 6213 Pertisau, Austria. Tel +43 5243 5246 e-mail: info@wiesenhof.at website: www.wiesenhof.at

Vibrating bed treatment, €25 Body Massage (50 minutes) €51

Package deals to Innsbruck available from major travel agents.

Information on the Austrian Tyrol: www.tyrol.com, e-mail info@tyrol.at

