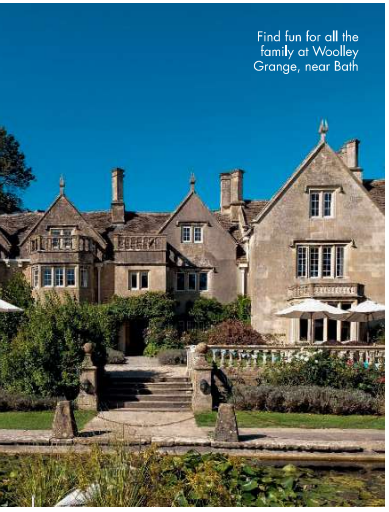
Best for hot spring healing
MEZZATORRE HOTEL & THERMAL SPA, ITALY

The volcanic island of Ischia has been a wellness destination for millennia and went fairly under the radar as one of Italy's best kept secrets until the illustrious Pellicano Group took over the Mezzatorre Hotel in 2019. Now, it's a sweet spot, where fashion, film, the arts and society meet to experience a slice of *la dolce vita*. The hotel is perched on a secluded cliff amongst 17 acres of wild forest, with an imposing 16th-century coral-tinged watchtower at the centre. The horseshoe terrace (now an Instagram star of its own), is lined with scalloped parasols and stripy sunbeds. Both restaurants, one more 'dressy' than the other, serve unfussy, high-quality food using local produce grown in the volcanic soil. In the basement of the hotel, the beautiful deep-green tiled Mezzatorre Spa is host to its own hot springs, pools of mineral-rich water and seawater, hot Kneipp pools and a steam room. The lists of holistic treatments and wellness journeys, involving vats of healing mud, last anywhere from half an hour to six days – perfect for those in need of some curative R&R.
Rooms from £440, mezzatorre.com


Hit the sun terrace for a perfect Insta moment


Find fun for all the family at Woolley Grange, near Bath

Best for outdoor pursuits
WOOLLEY GRANGE, NEAR BATH

Blow off the winter cobwebs and decamp to this 17th-century manor house for a blast of country air. Don't be put off by its Jacobean grandeur, this is the perfect coupling of cosy luxury and wholesome family fun. Go from pottering around the tranquil walled garden, picking pears, pond dipping and exploring the fairy garden, to a private climbing and abseiling experience at nearby Split Rock Quarry. The hotel has teamed up with local adventure tour company Original Wild to offer some exhilarating experiences, as well as a more pedestrian stand-up paddle tour of Bath – a doggy life jacket can be provided for the family pooch! Back at the country pile, there are a raft of childcare options to make sure parents bank some slow mornings and a bit of pampering, including a well-considered breakfast club. And if you fancy dinner à deux, book the little ones in for the high tea – they will marvel at their personalised place settings and the colourful crockery. And, while they tuck in, parents are served aperitifs and nibbles. Lastly, do not be tempted to skip the spa. It's spectacular and the prescriptive Elemis facials are top drawer.
Prices from £119 per night, woolleygrangehotel.co.uk

Best for self discovery
VILA MONTE FARMHOUSE, ALGARVE, PORTUGAL

This boho chic farmhouse is situated in Moncarapacho, surrounded by citrus trees, olive groves, breath-taking gardens and ponds. It is home to two swimming pools, a tennis court, gym and two restaurants and has an abundance of peaceful areas to relax in the sunshine with a book. The 55 rooms and suites are just as tranquil, designed by Vera Lachia who worked with Andy Warhol. The farmhouse has modern whitewashed walls and is styled with natural textures: wood; grass mats and traditional fabrics made by local artisans. The À Terra Restaurant offers regional produce, such as freshly-caught fish from neighbouring villages, all with rustic flavours cooked in a wood-fuelled oven or Josper. But it's the extensive list of activities that make Vila Monte such a unique place to visit. From a trip to the local Olhão market with the chef, to oyster picking in Fuseta, or an afternoon shepherding Algarve goats – you'll be immersed in the local culture and traditions. Join a full-moon hike into the mountains observing the nocturnal wildlife or, for the less adventurous, try a meditation circle guided by the moon's energy. There are also self-discovery experiences to lift your spirits, from flower essence healing in the garden, to reiki, which works on energy flow to restore your spiritual harmony.
Rooms from £110 at low season, vilamonte.com


A traditional Algarve farmhouse with lots of places to relax


A modernist gem with stunning cliff-top views

PHOTOS: JOANN PAI, ENZO RANDO, LUXURY FAMILY HOTELS

Best for coastal adventure
HOTEL VILLA DUBROVNIK, CROATIA

Sea views don't get much better than those from the Hotel Villa Dubrovnik, a cliff-hugging modernist retreat where every room overlooks the glittering Adriatic. There's a laid-back elegance here, with sleek interiors and floor-to-ceiling glass doors that make the most of its prime position. Just a five-minute drive from the famous Ploce Gate (there's a complimentary minibus service), the hotel is the perfect base for exploring Dubrovnik's ancient city. Today, its 13th-century walls, baroque churches and pretty cobble-stoned streets draw in the crowds. But for those in the know, the best way to savour it is from the sea. Pull yourself away from the hotel's Villa Spa and book a guided sea kayaking tour. Marvel at the city walls and dramatic ramparts, then paddle to the mystical island of Lokrum (legends say it's cursed) for a spot of sunbathing on one of its secluded beaches. Finish off your day with a glass of Pošip, the delicious regional wine, and watch the sunset from your terrace – just make sure to book a room with an outdoor jacuzzi.
Prices from £278, sea kayaking £246, villa-dubrovnik.hr