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# Spa Guide 2013

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## MONASTERO SANTA ROSA

Weekend Breaks | Italy

The latest addition to the Amalfi Coast is timeless and sublime. The panorama of mountains tumbling into the sea, the pretty terraced gardens, the sweep of the infinity pool – all these are to be expected. What is irresistible is that this is a converted 17th-century former convent, where the walls are steeped in prayer. The tranquillity knocks you out like a stun gun. Inside, all is monastic chic with original confessionals and coveted religious iconography. Only 20 rooms and twice the staff means you are wonderfully mollycoddled. Food is bang-on organic yumminess (the olive oil is orgasmic). The spa, with its original vaulted ceilings, is the closest you'll come to having a massage in a chapel. Santa Maria Novella products include healing balms made to the recipes of 13th-century monks. Pre-treatment, sip the 'anti-hysteria' elixir, an ancient version of Rescue Remedy. And, boy, do you feel calm. Therapists have a nurturing touch, while the whole hotel vibe, post-nuns, remains one of purity and devotion. Happily, it's couple-centric – children are discouraged because of perilous steps and cliff edges – so there is nothing to disturb the reflective calm but the whisper as you count your blessings.

<b>Location</b>	Amalfi Coast, Italy
<b>Reservations</b>	00 39 0898 321199
<b>Rates</b>	Double from £300, including breakfast.
<b>Winner</b>	BEST NEWCOMER
<b>Website</b>	<a href="http://monasterosantarosa.com">monasterosantarosa.com</a>



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