

Atrium Spa, Posthotel Resort & Spa Achenkirch, Tyrol, Austria by Annabelle Hood

What do you get if you mix high-calibre treatments and facilities, elegant decor, family-run warmth, chirpy staff, free daily activities, wholesome food and a picture-perfect alpine setting? Something close to this Tyrolean secret's charms. An hour's drive from Innsbruck, Posthotel attracts repeat guests from all over the world.

The Atrium Spa was light, pretty and peaceful, offering an impressive list of treatments, from St Barths products to Tyrolean rock oil. Austrians have no qualms about stripping off, and in the mystical Sunken Temple spa, birthday suits are obligatory.

This amazing underground labyrinth houses a Chinese-styled sauna with serpents spitting steam and a circular, blue-lit solarium with private relaxation pods.

Within the hour I was planning my return: three days didn't feel long enough to sample the indoor and outdoor thalasso pools, diverse saunas and the multitude of treatments. With the opportunity of meditating with its resident Shaolin monk or riding its Lippizaner horses, you're never be bored. And did I mention the Nordic walks, boating on the lakes or skiing in the alpine hills? >

IN THE KNOW

► **On the menu:** A huge list of face and body treatments, from alpine herb baths to lomilomi, Ayurveda and alternative therapies.

► **Signature treatment:** Trigger-point full-body massages.

► **Cost:** From €51 (£45) for 40 minutes.

► **Verdict:** 10/10

► **Contact:** www.posthotel.at