



11 of Europe's finest luxury spas

Jo Foley, CNN • Published 12th July 2017

(CNN) — Seekers of the divine, perhaps you've heard -- European Spas are having a resurgence, after playing second fiddle to the pleasure palaces of Asia for the last two decades.

Now revitalized and resplendent, they promise health, fitness and pampering at luxury levels.

While high-end spas dot the coastlines and valleys of the entire continent, here's our pick of the best spas in Europe.

3. Gleneagles, Perthshire, Scotland



When you have had enough of golfing, detox in Gleneagles' stunning spa.

One of the grandest golf resorts on the planet, dotted with three of the most famous courses ever (including the PGA Centenary Course), **Gleneagles** also has the most glamorous spa in the British Isles -- **Espe Spa**.

It's a hedonistic heaven decked out with velvet chaises longue and deep sofas, all in shades of bronze, eggplant and dark chocolate.

One area is flooded with daylight, while the other is dark and dramatic with glowing fires and faux fur throws.

And while there are more than 60 therapies to choose from, there is a more recent addition of a wellness menu -- **Espe Life** -- which provides naturopathy, physiotherapy, fitness assessment, nutrition and acupuncture to deal with problems at a deeper level.

Relax at: *The Gleneagles Hotel, Auchterarder, Perthshire. Tel +44 (0) 1764 662231 (UK only); Tel +44 (0) 1764 662231 (International).*