

Top treatments, bottom prices

Luxury spas don't have to clean out your wallet. **Susan d'Arcy** has eight pampering bargains

ATZARO, IBIZA Week from £349pp

It's more yummy yogi than party animal at this family-run farmhouse in an orange grove in the northeast of Ibiza. The ambience is slow-paced, but things speed up in the new fitness club – it offers free high-intensity interval training

and muscle building, as well as gentler classes such as yoga and stretching. The Balinese day beds dotted through the vast gardens are ideal for a post-workout snooze. Or you can snore your way through a massage at the alfresco spa for an extra charge. And it won't all go wrong at meal times – La Veranda restaurant serves

nutritionally balanced, locally sourced dishes.

A week starts at £349pp, B&B, including fitness classes and use of the sauna and hammam (00 34 971 338838, atzaro.com). Fly to Ibiza with British Airways or Ryanair

LA MANGA CLUB, SPAIN Week from £569pp

Europe's best-known sports resort is a favourite of Premier League teams, but La Manga, an hour outside Alicante, still scores for value, particularly if you stay in one of its smart apartments, rather than the main hotel. Your room key gives access to a fitness centre,

sauna and steam rooms, three golf courses, 28 tennis courts and eight football pitches, where elite players including David Beckham have trained. Lovely hill walking, wide beaches and a saltwater lagoon are all nearby, too. *A week starts at £569pp, half-board, including flights from London and a daily*

activity or treatment, with Spa Breaks (0800 043 6600, spabreaks.com)

ZENING, CYPRUS Week from £575pp

Hatha, ashtanga, kundalini, patanjali, kripalu, sahaja and nidra – this yoga resort knows a thing or two about

variation. It's commendably inclusive, too, holding community sessions where locals can join in free – you might find yourself doing the warrior next to a local grandma who doesn't know her om from her iyengar. As for design, Zening keeps it simple, dotting 135 unfussy rooms through its 60 acres

