



These are the Condé Nast Traveller Spa Awards 2019 winners: the top-level retreats and medi-clinics, the most-results-driven health centres and the slickest spas. Here is this year's run of the best of the best



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1. GOLDEN DOOR, CALIFORNIA, USA

BEST FOR: ENDURING EXCELLENCE

A west coast classic that shines on supremely

The most legendary health retreat in all America, if not the world. When it opened in the 1950s, Golden Door positioned itself as the glamorous younger sister to Rancho La Puerta (born from the same parents and located just across the border in Mexico). While Rancho La Puerta was modelled more on hippie commune-style living, Golden Door swiftly garnered a star following, with Elizabeth Taylor and Zsa Zsa Gabor enjoying its stratospheric levels of comfort, privacy and bespoke care. Individual attention is still the aim of the game, or at least as much as possible within the confines of a group retreat. Forty cocooning bedrooms are home to alpha females travelling solo (although the co-ed and men's camps are also book-ahead popular), and each night a personal schedule has suggestions to nudge guests out of their comfort zone...

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CREDIT: AMY DICKERSON