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BEST FOR... THE RECOVERY

Winner: Bodyism, Notting Hill

Bodyism's secret power lies in making its clientele into stronger, happier, more mindful versions of themselves (thanks go to the smiley staff, the chlorophyll-infused water and the excellent buckwheat pancakes). And classes follow suit. Step-ball-change and hip-wiggle in Sculpt with Deanna (a high-energy dance class, with a gruelling lower-body section – your glutes will thank you) and emerge from Suzie's YogaSculpt with weary limbs and a blissful sense of wellbeing (minute pulses, ankle weights and Indian music combine in a tough yet profoundly healing hour). Then disappear to the downstairs treatment rooms, where facialist Tarryn Warren will strap you into her brilliant Body Balancer (compression-based trousers, which encourage lymphatic drainage) and administer a skin-clarifying and mood-brightening facial. Good vibes all around.

Classes from £130 a month; facials from £245. bodyism.com