

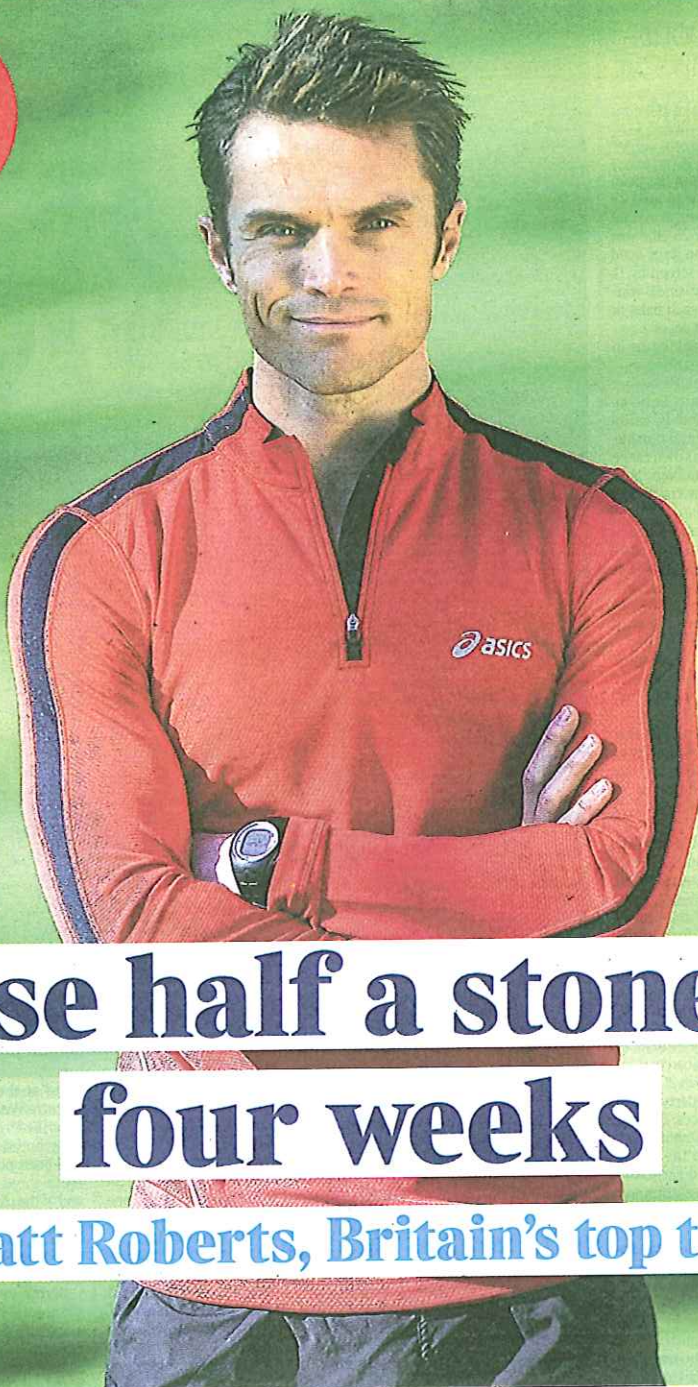


50 best spas in the world From bootcamps on the beach to detox in the mountains

Weekend

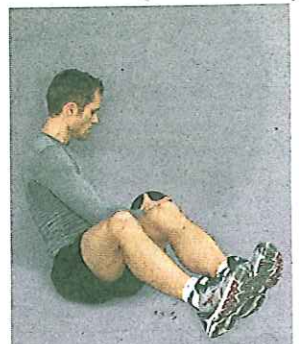
Travel starts on page 21

Fitness special

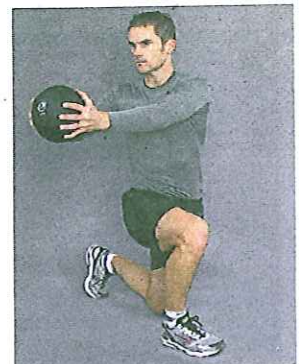


Lose half a stone in four weeks

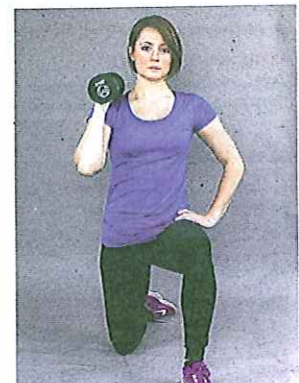
By Matt Roberts, Britain's top trainer



Day 1 of our week-long series



The fat-burning exercises



How to make sure the weight stays off

22 Travel



4 The Elite You at Dewsall Court Herefordshire

Starting February 1, Floyd Woodrow, MBE, an ex-SAS soldier and motivational guru, will run a weekly "healthy coaching" weekend at Dewsall Court, a new ten-bedroom boutique retreat. There will be yoga, sound therapy, massages and cooking demonstrations.

Details Two nights, all-inclusive, is from £590pp (01432 276724, dewscourt.com)

5 Reclaim Yourself Mind Spa Tuscany

This four-night retreat combines coaching, cooking and pampering in the hills of northern Tuscany. Stay at a restored 17th-century Baroque villa with a walled garden, and experience one-to-one sessions with coach Stephen Yates, a qualified NLP practitioner.

Details The next Mind Spa is September 11-15, from £450pp for four nights all-inclusive (020-8350 8943, reclaimyourself.co.uk)

6 Retreat at Witherdens Hall Kent

This retreat in east Kent is run by Louise Cox Chester, a former investment analyst who provides personal coaching for the workplace. There's a two-hour session called 'What's Your Purpose?' in which she'll help you to clarify the over-riding purpose in your life.

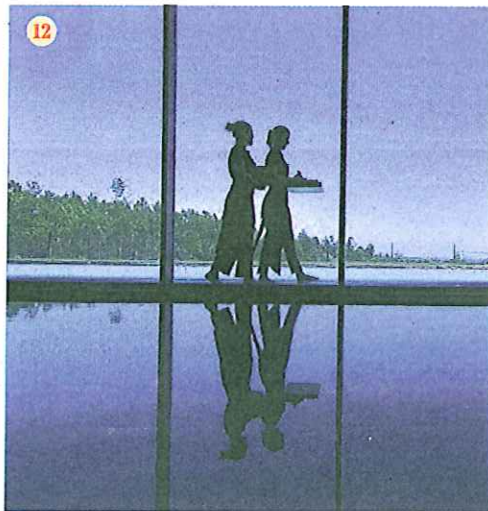
Details Two nights from £25pp, coaching sessions from £100, treatments from £40 (01227 720543, witherdenshall.co.uk)

7 Revive at Hotel Tresanton Cornwall

Olga Polizzi's coastal hotel in St Mawes runs an annual Revive week with talks and medical consultations by Dr Mariano Spiezia, an Italian doctor, homeopath and herbalist, and the founder of InLight organic skincare. You'll have four treatments over the week along with an exercise routine. **Details** February 24 to March 3, from £2,975pp all-inclusive (01326 270055, tresanton.com)

8 Personal Breakthrough Retreat, Lux* Grand Gaube Mauritius

Change your life while enjoying island living at this peaceful resort which runs



seven or ten-day Personal Breakthrough Retreats throughout the year. After the daily five hours of life coaching workshops, you can kick back and enjoy the spa.

Details From £3,250pp for seven nights alone (020-8968 0501, thehealthyholidaycompany.co.uk)

Detox your body

9 Method Putkisto Turkey

If you have a body issue or isolated area of pain, Marja Putkisto, a Finnish dance and movement teacher, has developed a series of exercises designed to give you a functional, stable body. Courses take place at the canyon-top holiday resort Dionysos Estate.

Details The next triple leaves on May 4, from £1,350pp for seven nights, if booked before January 31, including flights and transfers (020-8605 3500, exclusiveescapes.co.uk)

10 Essential Ayurveda Lincolnshire

Ayurvedic (traditional Hindu medicine) practitioners Andy and Laura Shakeshaft have created a haven of calm at their Lincolnshire home. Cleanse your body and mind with daily massages and steam therapy, one-to-one yoga and qigong sessions, optional craniosacral sessions, personal dietary advice, ayurvedic counselling, and cooking demos, simple meals — and total peace.

Details A three-day retreat is from £825pp (01754 830559, essentialayurveda.co.uk)

11 Tree-top detox Chewton Glen Hampshire

Five-day "Detox in the Trees" retreats, based at the treehouses in the hotel's grounds, start next week. One-day



emotional detox retreats can also be booked throughout the year. After some Nordic walking, a detoxifying scrub, marine flora facial and a spell in the spa you should be ready to face the world again.

Details Emotional Detoxes £250pp for the day, five-day Detox in the Trees is from £2,750pp (01425 275341, chewtonglen.com)

12 Longevity Men Mid-Life Rebalance Portugal

This resort on the Algarve has a new seven-night break to treat and replenish stressed, over-worked businessmen. You'll have health consultations, a stress management session, muscular endurance training sessions, ozone therapy and a session with an osteopath.

Details From €3,649 pp for seven nights (00351 282 240 100, longevitywellnessresort.com)

13 Mayr Retreat at Parkhotel Igls Austria

A stay at this health retreat is like being at a benign school, where there are no decisions to be made and you're led along by trusted teachers. Go to fix any issue, from diabetes to insomnia or burnout. Tailored programmes overseen by the in-house doctor are based on modern Mayr medicine, which focuses on intestinal cleansing.

Details From €1,070pp for a seven-night Mayr Classic programme. Accommodation from €139 per night (0043 0 512 377 305, parkhotel-igls.at)

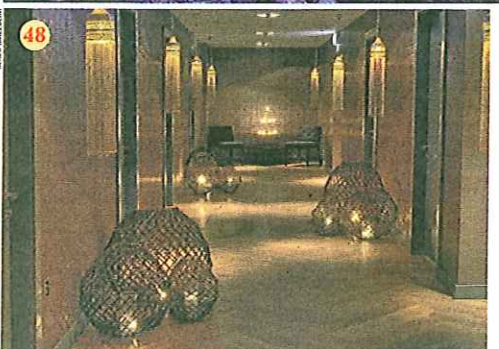
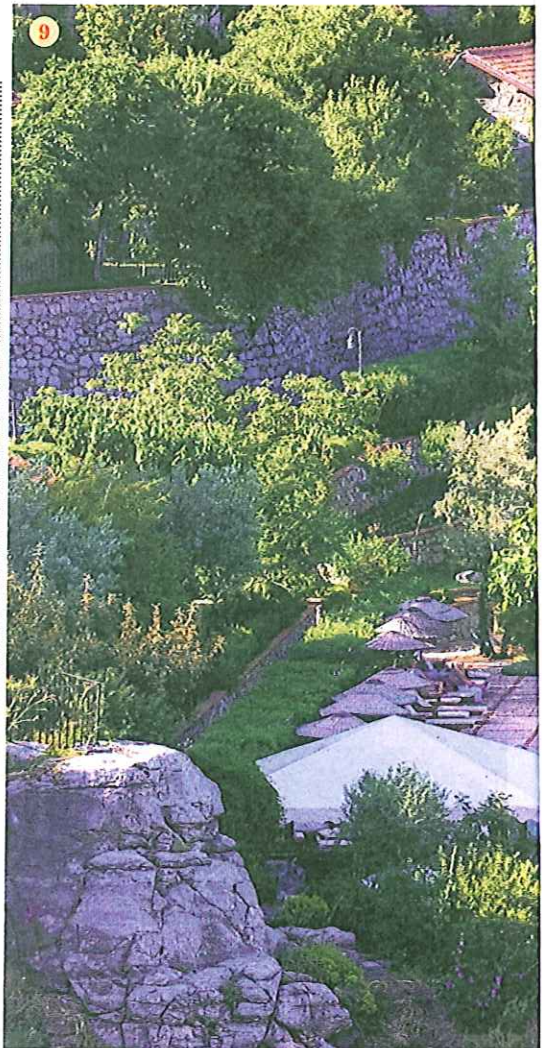
14 Raw food detox at Village Barn Gloucestershire

The nutritionist Catherine Chichester runs raw food and juicing detoxes for up to 12 people in Bledington, with talks and classes in her converted stone barn. Accommodation is at the Kings Head Inn near by. There is a mix of nutrition and lifestyle lectures, yoga and life coaching.

Details The next detox is January 28-February 1, from £1,499pp for accommodation and activities. Treatments from £45 (07813 182651, village-barn.com)

15 Mini detox at Life House Essex

The mini detoxes at this spa are devised by the nutritionist Sue Davis. Rather than



hard-core starvation, expect a regimen of superfood salads, juices and soups. Three treatments are included in the two-night breaks. Relax in the steam room, then bed down with a coconut milk nightcap.

Details A two-night Express Detox is from £499pp (0845 1701747, lotusjourneys.com)

16 Raw food retreat, Ti Sana Italy

This small retreat is set in an 18th-century courtyard building in a village near Milan. Expect a diet of raw foods and juices, jogging along the River Adda, an infra-red sauna, a state-of-the-art colonic machine and a series of talks and classes.

Details Ti Sana reopens on February 14. From £1,929 pp for seven nights (0845 6026202, wellbeingescapes.co.uk)