

# WHERE

*...For fabulous food (that*  
*Are you*

YES

*Keen to work up a sweat?*

YES



## *Vicki Edgson Vital Energy*

IBIZA, SPAIN

*What's it all about?*

Soak up the relaxed Ibiza vibe in a beautiful villa while your body reboots.

Meals follow an alkaline philosophy – mainly organic, vegetarian and fish. You'll feast on freshly caught dorada, nutty granola with almond milk, roasted aubergine with sumac and tahini dressing and sensational salads drizzled with oil from the farm next door. And here's what's amazing: you eat as much as you like but your tummy remains flat.

*Why come here?*

Nourishing meals, healthy snacks and power smoothies will set you up for the bevy of activities on offer on land and sea, such as t'ai chi, swimming, kayaking and hiking in the pine forests. Plus there's yoga and restorative treatments.

*Any good?*

The combination of a detoxifying diet, blissful sun and proper exercise will leave you glowing with sanctimonious smugger. You'll lose pounds and gain the willpower to stay on the wagon once home.

*Added extra*

Vicki's approach is focused but laidback – if you crack and ask for a glass of wine, you'll get it (but shhhhh, you didn't hear it from us).

### BOOK IT

Seven nights from £1,895, full board, including all activities ([vickiedgson.com](http://vickiedgson.com))

NO



## *Masseria San Domenico*

PUGLIA, ITALY

*What's it all about?*

Understated Italian glamour: a restored 15th-century fortified farmhouse set 500 yards from the rugged Puglian coast, surrounded by shimmering olive groves. The whitewashed thalassotherapy centre is clinical but the hotel's handpicked antiques and local fabrics give a real sense of place.

*Why come here?*

Menus are devised by nutritionist Dr Grassi: protein-rich breakfasts and lunches followed by carb-heavy dinners for a guaranteed soporific effect. Thalassotherapy sessions take advantage of the seawater lapping the nearby shores and are fabulously invigorating.

The marine-cold facial uses pongy, purifying, fish-based goo and the hypothermal marine treatment (a cold-bandage wrap) leaves legs feeling zingy for hours.

*Any good?*

Remarkable results: a pound melted away on a recent visit – and that was despite hoovering up plates of *la cucina pugliese* as quick as a horse with a nosebag. Under-eye circles fade, pins slim and cellulite softens.

*Added extra*

Blissfully child-free, so you can enjoy the outdoor pool in peace.

### BOOK IT

Six nights from £1,024, full board, including thalassotherapy treatments ([masseriasandomenico.com](http://masseriasandomenico.com))