

REBOOT YOUR BODY

+ **YOUR SYMPTOMS** You've long fallen off the fitness wagon, your body is sluggish and your mind fuzzy. You want to feel fabulous and get fit – fast.

+ **YOUR SOLUTION** If you believe in the philosophy that a healthy body equals a healthy mind, then Absolute Sanctuary Fitness on the island of Koh Samui in Thailand is for you. The beach-based bootcamp is packed with intense exercise sessions including weight training, circuits, Pilates, and Muay Thai kickboxing. Once you've worked out your body, yoga and spa treatments help to melt away stress. The workouts are tough – but make you appreciate the massage at the end of each day even more.

+ **BOOK ME IN!**

A 7-night Absolute Sanctuary Fitness (absolutesanctuary.com) retreat costs from £1,870 per person including flights and transfers (healthandfitnesstravel.com, 0845 5441936).



RELAX POOLSIDE
AFTER WORKING
UP A SWEAT

HEAL YOUR EMOTIONS

+ **YOUR SYMPTOMS** If you're feeling emotionally drained, you need to let it all out so you can relax and get happy.

+ **YOUR SOLUTION** Simply stepping inside Dewesall Court, a luxurious grade II listed building in the secluded Herefordshire countryside, creates the feeling that you're leaving the cares of the world behind. But the real healing begins during a soul-baring one-to-one with programme leader, psychotherapist Fiona Arrigo. This is followed by a biodynamic therapy session, which works on the mind and body to free trapped energy and suppressed feelings. 'Transformational' chats around a roaring fire and Shamanic healing are all designed to aid your emotional recovery. Dewesall has a nurturing, calming air and you'll be surprised at how quickly your innermost troubles surface. Highly effective in encouraging the most fragile of personalities to lay their souls bare, in no time at all you'll be on track to rediscovering positivity and peace of mind. But be warned, leave the mascara at home as this retreat is guaranteed to open the emotional floodgates!

+ **BOOK ME IN!** £600 full board per night including consultations and treatments, (thearrigoprogramme.com). Direct trains from London Paddington to Hereford from £52 off-peak.

130 zest.co.uk



THE LUXE LIFE AUDIT

+ **YOUR SYMPTOMS** You can't relax unless you're in control and know exactly what's going on. You also love a bit of luxury!

+ **YOUR SOLUTION** The five-star Buccament Bay Resort (buccamentbay.com) in St Vincent & The Grenadines, with its miles of dazzling white sand and pure azure shores, feels like a truly indulgent escape. Which it is, but this luxury getaway – an A-list favourite – has the added bonus of providing you with your own tailor-made wellness programme. Take a cutting-edge fitness test or a lifestyle

consultation which tackles issues from sleep deprivation to stress. Then plan your own daily exercise plans, choosing from options including Pilates, yoga, kickboxing, aqua-fitness and running. Plus,



BUCCAMENT
BAY IS AN
A-LISTER FAVE