

GREAT ESCAPES

Spoil yourself: detox in style at these fabulous yoga-inspired retreats



ADVENTURES IN DETOX – ADVENTUREYOGI

There's something for everyone on Adventure Yogi's Sussex detox retreats. The five-day programme is pretty intense with nutritional therapy consultations, talks about how to introduce clean foods into your diet and healthy snacks on the run. Expect colonics, supportive herbs and supplements, raw juices, a range of therapies such as massage, lymph drainage, acupuncture, naturopathy, plus yoga. The three-day option is more of a gentle introduction, with plenty of healthy raw foods. You'll also find a wood-fired hot tub with Epsom salts and an infra red sauna to help the detoxification process. Now that we can do! **Next dates: February 15-18; and March 29-April 3.**

Cost: from £345pp (three days); from £745pp (five days)
adventureyogi.com

GO WEST – THE SANCTUARY SOMERSET

Head out west to The Sanctuary Somerset retreat centre which runs monthly week-long fasts. Set in 23 acres of mature grounds, the location is stunning and the perfect setting to relax, unwind and get away from it all. Coupled with the daily yoga and additional therapies on offer throughout the week, the experience can quite literally be transformational.

Cost: from £800 to £1,450 depending on accommodation (each room is uniquely and luxuriously decorated)
thesanctuarysomerset.co.uk



LIFE CHANGING – KALIYOGA

A Kaliyoga detox can be nothing short of life-changing, where losing weight (if that's what you're after) will be the least you'll achieve. Spoil yourself during your detox with a choice of holidays in either France or Spain. The Kaliyoga detox gives you time and space to assess your life and rediscover what you are really looking for. Feelings of mental clarity, self-love and open-heartedness are some of the wonderful 'side effects' that come from detoxing. Read more about Kaliyoga's new French retreat on page 124.

kaliyoga.com

REVITALISE DETOX – SALLYPARKESYOGA

Head down to the luxurious Brooklands Barn in Arundel, West Sussex, for a total detox experience with Sally Parkes Yoga. Great for increased energy and weight loss. If you are tired of being tired and are feeling bloated and heavy, then this is the retreat for you, says Parkes. "With our proven approach of yoga, pilates and effective nutritional plan, our detox retreat will restore your vitality and enthusiasm for life," she says. Small groups only and beginners welcome. At the end, you'll be given a recipe booklet to inspire you in the kitchen back home, plus a goodie bag. **Next dates: January 25-27; February 8-10; March 22-24.**

£337 twin room share; £387 single room
sallyparkesyoga.com

