

Detox Retreats...



NEW LEAF DETOX is a place for real people who want real results. It is a garden bungalow style resort located meters from beautiful Lamai Beach on the Thailand Island of Koh Samui. They have helped hundreds of people from all over the world get lasting weight reduction results whilst being on their programmes. Mention Vogue for a reader discount. Book online at www.newleafdetoxsamui.com or call +66 816 262 770.



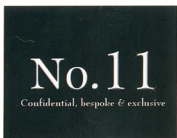
VITAL DETOX RETREATS provide the ideal environment in which to cleanse your body and mind. They specialise in emotional health as well as physical so that you can give yourself the ultimate gift of health and happiness. This Detox Retreat is an informative, luxurious, fun, weight loss spa holiday in stunning surroundings. They ensure that you will go home looking and feeling amazing as well as energised and completely re-charged. Visit www.VitalDetox.com call 01373 467668 or email info@VitalDetox.com to find out more.



SALLY PARKES YOGA offer unique Detox, Yoga and Pilates weekends in the UK and week long retreats in Spain for anyone needing to recharge and rejuvenate in beautiful surroundings. Expert teaching, divine holistic treatments, healthy food and detox juices will leave you feeling lighter and stress free. Private tuition in London is also available. Visit www.sallyparkesyoga.com or call direct on 07967 388363.



THE BUDDHA HOUSE Set in the midst of a protected natural zone with stunning views, perfect to recover your balance through fasting and detoxing purifying body and mind. The complex, with its ethnic furnishing and imaginative design, is a centre of well-being throughout the year. A wonderful rejuvenation, guaranteed new energies, simple purification for the body and the senses. Beautiful, love yourself! Call (+34) 606 967 097 or visit www.buddha-house-ibiza.com for more information.



NO. 11 is London's finest bespoke treatment centre, situated in a luxury four bedroom house. Providing an exclusive programme of care to meet the needs of high profile individuals and executives from across the globe. Each patient's programme is individual, focussing on the key areas of mind, body and soul, with consultant therapists are selected for their suitability and expertise. Confidential, bespoke and exclusive. Call 0845 056317 or visit www.no11clinic.com to find out more.



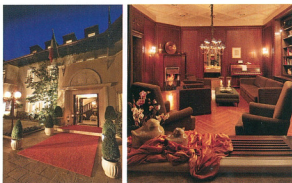
HOMEFIELD GRANGE is an established residential health spa, offering exclusive weight loss, detox and fitness holidays. Voted Best Weight Loss Retreat by the Daily Mail, you can look forward to being nurtured and guided in diet, lifestyle and wellbeing by qualified practitioners just one hour from London. Packages start from £395. Call 01536 712219 or visit www.homefieldgrangeretreat.co.uk for more information.



YOGA ION Imagine peace and tranquility, surrounded by the most beautiful settings of Portugal and you have Yogaion. Here they offer a variety of retreats like: Yoga&Detox, Waves Within Retreat (Yoga&Surf) and Yoga Tasters all at stunning locations on the West Coast of the Algarve. There you will eat healthy food based on a light detox and macrobiotic diet, prepared by their cook Neelam and relish in the feeling of being rejuvenated and revived when you leave. Call 00 35 1910 809732 or visit the website www.yogaion.com to book a retreat.



BAGUS JATI, Bali's premier Health and Wellbeing Spa Retreat, is set amongst the lush tropical forests in the mountains of Ubud. This serene hideaway provides a global palate of world class health and wellbeing programs, covering: nutrition, Detox, Yoga, Meditation, stress relief, Anti-aging programs, nature trekking and healthy cooking workshops. Call 00 62 361 901888 or visit www.bagusjati.com for more information.



VILLA EDEN invites you to regain your natural balance and a physical and inner state of well-being. This exclusive Health Spa is designed to improve your quality of life, making it healthier, happier and more enriched.

Choose from weekly programmes tackling problems such as weight gain, stress, and a variety of aesthetic problems in a positive way with a thorough medical consultation, targeted therapies and treatments to guarantee a process of regeneration paired with healthy nutrition. Try the "Remise en forme": a highly recommended weekly programme where the main objective is efficient detoxification and regeneration of the body to regain vibrant health and beauty. There are also short programmes for guests without time to spare, wishing to sample the philosophy of Villa Eden, for moments of pure relaxation in the splendid setting of our Health Spa. Visit www.villa-eden.com to find out more, or call 00 39 0473 23 65 83 to book.



LOTUS BLOOMING YOGA AND AYURVEDA RETREAT is located in the beautiful Andalusia region of southern Spain, nestled between the mountains and the Mediterranean Sea. A small luxury retreat accommodating up to 10 people, to ensure each person gets sufficient personal guidance and attention. While the holiday is deeply focused around yoga and its traditions, it is by no means a boot camp and still has that wonderful holiday feel with all the enhancements and benefits of yoga practices. Inspirato and founder Caroline Millott, a far cry from your average hostess, welcomes you - email her at caroline@lotusblooming.com, call 0034 952 810 026 or visit www.lotusbloomingyogaretreat.co.uk to find out more.

