

# THE STARS

We've eaten our body weight in chocolate and turkey, but now it's time to shift the Christmas bulge – celebrity style

**Writer Olivia Adams survived three days at the gruelling Slimmeria Retreat in East Sussex**

**Celebrity visitors:** Gemma Collins and Lydia Bright

**A typical day:** Each day I woke up at 7.15am and had a hot water and lemon. At 8.10 we would take a hike before a breakfast of fresh juice at 10am. This was followed by two 45-minute fitness classes, including legs, bums and tums, Boxercise and circuits. At 12pm we took a one-hour yoga class followed by lunch, which was raw vegetables. The afternoons are usually free, but it is advised you do another hike. Afternoon tea is between 3pm and 4pm and dinner is served at 6.30pm. Zumba classes take place in the evenings.

**The food:** It's a specific diet of raw vegetarian food (think root vegetables, onions, cabbage, lemons and apples) to help rid

the body of toxins. You consume the food in a raw state so it retains all of its nutritional benefit, which is usually destroyed during the cooking process. I liked the afternoon tea, which included a selection of fresh fruit each day. You eat around 400 to 500 calories a day, so it's tough.

**Accommodation:** The retreat is held in a beautiful Grade II listed Georgian country house in Crowhurst, Battle, in East Sussex. The rooms were cosy and the spa facilities were brilliant – I enjoyed a hot stone massage, full-body exfoliation, a muscle soak bath and a detox fruit facial mask – although it took some serious willpower not to lick the kiwi off my face!

**The results:** I lost nearly 3lbs. Unbelievably, I didn't feel that hungry, and after the first two days of

feeling lethargic while my body was detoxing, I felt energised, strong and lean. I also noticed clearer skin, improved digestion and a mood boost.

**Booking:** Prices range from £595 to £995 for seven days. Call 01424 830153 or visit [Slimmeria.com](http://Slimmeria.com) for more info.



The Grade II listed building



The food is vegetarian



We loved the grand bedrooms



Lydia has worked out here