

SEEKING SANCTUARY

BEAT THE BULGE AND BECOME MORE ZEN AT THESE RETREATS



Relax in super-style

MIC's Ollie has visited

SLIMMERIA RETREAT AT HYE HOUSE, EAST SUSSEX

Celeb fans: Ollie Locke filmed his experience here for *Made In Chelsea*.

The setting: A secluded hideaway near Hastings, Slimmeria (www.slimmeria.co.uk) offers boutique-style accommodation in a converted Grade-II Georgian mansion.

The inspiration: To lose weight, detox and restore natural energy levels while shutting yourself off from TV and the internet. Guests lose an average of 12lbs in seven days.

The action: You start your day at 7.20am with a detox tonic before going on a two-to-three-hour fast walk. After breakfast, you take part in fitness classes ranging from boxercise to circuits, followed by an hour of yoga. You're encouraged to take a second walk in the afternoon followed by a spa treatment. Evenings involve another exercise class, such as dancing, or talks on nutrition.

The fuel: A detox fasting diet of fruit and veg juice for breakfast, salads for lunch and vegetable broths for dinner. In emergencies, you can have two raisins for a natural sugar boost! All caffeine and alcohol is banned.

The damage: A week costs from £575 including treatments, workouts and meals.

EKIES ALL SENSES RESORT, SITHONIA, HALKIDIKI

Celeb fans: Brangelina holidayed here.

The setting: Located in Vourvourou Bay, Ekies (www.ekies.gr) boasts a white-sand beach lapped by the turquoise Aegean Sea.

The inspiration: This eco-friendly resort offers a peaceful setting for a weight-loss-inducing detox and yoga experience.

The action: You'll do yoga for around an hour and a half, twice a day. There are tailored individual or group classes that include hatha with anusara elements, vinyasa flow yoga with deep relaxation and meditation (yoga nidra) so you can tone your body and balance your mind.

The fuel: You'll be living on an alkaline diet of fruit and veg, olive oil-based food and fresh juices. Meat and alcohol are out.

The damage: The yoga retreat package costs from £218 for three days or £569 for seven, including food, detox treatments and meditation massages. Double rooms are extra and start at around £92 per night.

Getting there: British Airways (www.britishairways.com) has return flights to Thessaloniki from London, from £200.



The Jolie-Pitts have sailed around the island



Halkidiki's peaceful shores