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# Cheshire Life

May 2016

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Relaxation room at Hye House, overlooking the pool

# THE HYE LIFE

*Louise Allen-Taylor survives four challenging days at a detoxing retreat*

LIKE many of us, I over-indulge on the pies and pasties in winter, so when an invitation came to sample Slimmeria detoxing retreat in a country house, I had no excuse.

Galia Grainger, the owner of Hye House and a devotee of healthy living, has many stories to her credit of guests who've embraced the course, lost the weight and kept it off.

There are plenty who visit a couple of times a year for - as one lady who flew in from Dubai told me - 'a regular kick up the bottom to put me back on track'. She loses 7-8lbs in one week at Slimmeria but admits once she's back home she can't live on a diet of mainly fruit, vegetables and no treats.

Guests also visit to tackle problems like heart conditions, diabetes, sugar addiction, depression and headaches.

A young Danish couple, who were not particularly weighty, just wanted to bring exercise into their sedentary lives. She was also determined to kick her cigarette habit.

If there is a place to be tired and hungry for hours and even days on end, then this is the place. Hye House is a Grade 11 listed Georgian country house in the pretty countryside of Battle in East Sussex. Galia is a force of nature! She transformed this place from its former run-down state, retaining the best original features and dressing it up with lavish curtains, gorgeous antique furniture and modern exercise studios. The lady has taste as well as dynamism and energy.

I arrived at teatime on a Sunday evening. My meal was a vegetable soup - basically warm and watery with cauliflower, tomatoes and red peppers. Lights go out early here as relaxation for a calm state of mind is valued. That was fine by me - my bedroom was beautiful and I read for hours enjoying the quietness.



Healthy food - and nothing else - on the Slimmeria menu at Hye House



Elegant Hye House is set in lovely grounds

Next morning, a gong was banged signalling it was time to head downstairs to the dining room for a glass of warm water with lemon before heading out on a brisk hour-and-a-half walk up hill and down dale. On return we had breakfast: a glass of water and a smoothie of carrot juice, apple, orange, celery and ginger. Mmm, a hearty snack to keep me going throughout the morning fitness class before... lunch, a mound of grated carrots and cabbage with tomato water! We had motivational talks and lively chats with professional counsellors about attitudes to healthy living and a couple of hours free in the evening after our dinner, which was a tasty vegetable stew and a fruit salad.

Tuesday involved another early four-mile walk, followed by breakfast - a refreshing grapefruit and orange smoothie. Then we had a fun Boxercise class, followed by a blissful hour of yoga. No-one needed any persuasion to lie down and relaaaaax.

After lunch came a big treat. Hye House's spa is in the cellars and all the more comforting for that. I enjoyed a fabulous exfoliating massage with warm honey, and then a muscle soak in a hip bath. But I had to fight to stay awake and not slip below the water. Eating only around 500 calories a day makes you tired.

But I enjoyed Slimmeria and would go again. My fellow campers were great fun and everyone supports each other. I didn't have much weight to lose but had shed three pounds at the end of my four-day break. ♦

*Slimmeria Retreat, Hye House, Royal Oak Lane, Crowhurst, Battle, East Sussex, TN33 9BX. Prices range from £725 - £1,195 for a seven day package and from £325 to £455 for a short stay break.*

Tel: 01424 830153 [www.slimmeria.co.uk](http://www.slimmeria.co.uk)