

GRAZIA

QAR15

ARABIA
MARCH 2016

**FRENCH
FRONTIERS**

Paule Ka and
new directions

THE
SPRING
FASHION
ISSUE

**COLOUR
ME BEAUTIFUL**

GET GLOWING
WITH NARS' DIRECTOR
OF GLOBAL ARTISTRY

EXCLUSIVE

So haute right now!
Ashi Studio in Doha

RITA ORA

*Meet a thoroughly
modern muse*

**COOUTURE
SPECIAL**

**GRAZIA X
ADIDAS**

Inside Qatar's biggest
ever yoga event

FROM RALPH & RUSSO TO VALENTINO

DISCOVER A NEW LANDSCAPE

OF LUXURY IN PARIS

**NEW SEASON
HEALTH:
RETREATS TO
TRY NOW**



AN ITP CONSUMER
PUBLICATION
VOLUME 3, ISSUE 16

MONTH IN MONTH OUT

Feeling overworked or overweight? Make a change this month with the *Grazia* guide to global retreats. Whether you need a spa detox or a military-style bootcamp, it's time to get back to your best



Located in the UK's East Sussex, Slimmeria is focused on detoxing



RETREATS TO TRY THIS YEAR

SLIMMERIA

If it's no-nonsense weight loss you are after, then Slimmeria is the retreat for you. Offering a raw vegan diet to encourage the body to detox; long, bracing walks in the UK countryside; exercise classes and motivational talks, you are, quite simply, guaranteed to lose weight. The website asks visitors to "Forget Pizzeria – visit Slimmeria for all your weight loss solutions," and, though tongue-in-cheek, it gives an apt overview of what to expect.

Housed in a charming Grade II listed Georgian country house and nestled in the beautiful and historic location of Crowhurst in East Sussex, the scenery is charming and makes the two hour daily treks a highlight of the day.

Locally sourced produce is used to create raw vegetables juices and soups that aim to rid the body of toxins and stimulate



Slimmeria offers exercise, relaxation and a raw, vegan diet designed to rid the body of toxins

the slimming process. It's not an easy, or a particularly enjoyable diet, but combined with the daily exercise regime, it will yield rapid results.

For those looking to lose those extra pounds ahead of a red carpet event or wedding, or trying to get beach ready after months away from the gym, Slimmeria works wonders. A one week stint for *Grazia* yielded an incredible ten pounds weight loss

and several inches from the hips and waist so that the results were really visible.

For those that wish to dedicate their afternoons to spa treatments – and believe us, you'll want to – the retreat offers a range of massages, facials and alternative therapies including birch whipping. The therapists are excellent and the treatments are specifically designed to help the detoxing and weight loss process.

You'll need to be tough to survive the third-day headaches and tiredness; natural symptoms of detoxing. But for those willing to give it a go, you'll be glad you did. And, with lights out at 9pm and plenty of time to relax in the afternoons, you'll return home refreshed, renewed and noticeably lighter.

NEED TO KNOW

Opt for the Garden Suite; a private room with its own garden and luxury bathroom. For prices and to book, visit: www.slimmeria.com