



# PRISON BREAK

If you were one of *Skinny Bitch's* legions of devoted readers, you'll appreciate Galia Grainger's similar tough-talking, no nonsense training approach at her East Sussex-based Slimmeria retreat. Having seen more than 3,000 A-list graduates lose an average of 12 pounds in seven days, guests will leave with their minds trained to understand what to eat and what to leave on the supermarket shelves. Set in a beautiful

Georgian house, 'inmates' are put through a mix of fasting and raw vegetarian detox diets, hikes along beaches and late-night belly dancing, while Grainger shouts insults to get you into shape. She's our kind of thinspiration.



**Week retreats from £575 per person, where guests can enjoy a seven-night stay including spa treatments, educational talks, fitness and meal plans**  
[slimmeria.com](http://slimmeria.com)