

SUSSEX *style*

BE INSPIRED
SEPTEMBER 2017 | £3.65
sussexstyle.co.uk

WHY YOU'LL LOVE
LEWES

EXCLUSIVE

**CLEO ROCOS &
LESLEY JOSEPH**
CAMP IT UP

JOHN MINTON
THE TROUBLED GENIUS OF
POST-WAR BRITISH ART

IT'S **WINE O'CLOCK**
IN SUSSEX

**SCHOOLS OF
DISTINCTION**

We look at some of the top
schools in the county

**A TASTE
OF INDIA**
WITH RECIPES FROM
ANJUM ANAND



promotion



Treat yourself to a dose of 'Slimmeria magic'

Set aside in the idyllic East Sussex countryside is a tranquil detox haven offering even the busiest minds a moment of peace and relaxation

S

limmeria at Hye House is a beautiful Grade II* Listed Georgian manor in Crowhurst which was established in 2010 and since has become Britain's best detox retreat, specifically tailored for guests to shed up to 12lb on average in one week. Each year thousands of new and returning guests walk through the gates to take on the challenge, and it is no surprise that celebrities are also knocking on the door for a dose of the 'Slimmeria magic'.

Let the warm and friendly staff welcome you as you embrace your personal journey to a better 'you' in peaceful and private surroundings. The retreat will soothe away the stress of everyday life and help you with your overall body and mind transformation, and teach you the importance of healthy eating.

The programme is a mix of detox, fitness and weight loss. Guests start their day with a lemon tonic and slice of apple, followed by a stunning countryside walk. Race back for



your breakfast juice before you jump straight into a fitness class or boxercise, followed by a calming yoga practice. Lunch is then served which is always a delicious raw vegan meal sourced locally. The afternoons are left for relaxation, spa treatments or an optional second countryside walk, with afternoon tea being served in the dining room. A warm vegan meal is served for dinner by the housekeeper along with a locally-sourced fresh herbal tea, and then an evening activity wraps up the day.

The diet at Slimmeria is designed for a natural detox and fasting in mind, with each meal stimulating the metabolism and speeding up the slimming process in a healthy and moderated way. Meals include salads, soups, juices and vegetables all bursting with antioxidants. This on average guarantees a 12lb weight loss in one week, without resorting to extremes.

The fitness classes and walks are designed for people of all ages, sizes and stamina. The wonderful team are there to push you to your limits to achieve your goals.

Activities in the evening range from Zumba, belly dancing, dancercise and nutritional and motivational workshops. If this doesn't sound like you, then you are not alone. Enjoy the laugh and giggles and fun with the rest of the group as you attempt to make it through the session.

Complement your stay with a selection of spa treatments in the retreat's in-house spa room. Whether you choose a

Deep Tissue Massage, Relaxation Massage or Honey Detox Massage to rid the toxins, your body will be in heaven as you escape from everyday life to relax. Or if you prefer a bit of grooming, the in-house therapists also offer indulgent manicures, pedicures and various indulgent facials to get you ready for life after the retreat.

Lastly, fight temptation and refrain from the hectic world of social media, television and phones. Why not enjoy a new book as you lay back and relax in the retreat's 'White Room'. This is a purely silent area to help take you to that moment of calm or meditation.

Slimmeria at Hye House is the best detox and weight loss programme as it is unique in its simplicity, remarkable in its effectiveness, and is aimed to create an effect of total wellness, making the fasting experience enjoyable. We look forward to welcoming you soon for your mind, body and soul MOT. ■

INFO

Seven-day fully inclusive retreats start from £895. For bookings and enquiries email info@slimmeria.com and visit slimmeria.com for the latest special offers.