

Me time

Best for:

TOTAL DETOX £395

Slimmeria, Sussex

- » Stay overnight: **Yes** (minimum two nights)
- » Food: **Vegetarian only**
- » Visit: **slimmeria.com**
- » Price: **From £395**

Need a break from too much booze and processed food? Slimmeria is for you!

Offering a residential boot camp from two to seven nights, it promises to help you lose 7-14lb a week.

Its founder Gaila Grainger began the retreat after moving over from Russia and piling on four stone indulging in unhealthy British food. She understands how hard it is to stay on the right track, so has made it easy to eat and exercise in a realistic, enjoyable way.

There's no burpees — just yoga, walks and fitness classes, as well as a spa treatment included in the price.

Staying in a beautiful Georgian house in the idyllic Sussex countryside, guests are re-educated on the impact of processed food, and how it affects our diet, weight and wellbeing.



Re-boot in the Sussex countryside

READER REVIEW

Jeni, 54, says: 'Slimmeria is a great place for me to re-boot my body every year. When I arrive, I look tired and lack energy. By the time I leave, I feel energised and healthy. The hard work is worth it and I couldn't do it on my own!'

Kick-start YOUR FITNESS

No need to splash out on expensive annual gym membership or personal trainers when these affordable boot camps can set you on the right path instead...

FROM
£20

Real Women Real Results

Simply You

BRAND NEW MONTHLY
July 2018



BE THE BEST YOU
With these **SUPER TIPS** *cape optional

PASS THE CUPCAKES!

Secret ways to stay **HEALTHY** in the **OFFICE**

BLOATED TO BOMBSHELL



How my nagging sister transformed me

+ Brain-training PUZZLES IMPROVE YOUR MEMORY



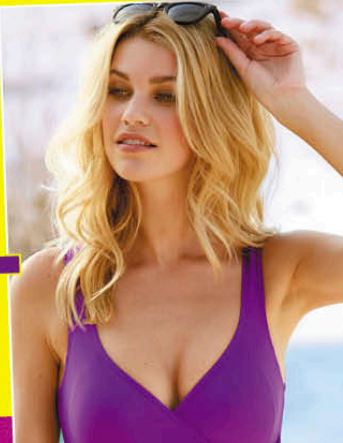
WHEELIE FUN! I got hubby to **CYCLE** me around the **WORLD**



PERK UP YOUR PICNIC from 136 cals



GET HAPPY! Top 5 life-enhancing apps



SLIM YOUR FACE IN SECONDS With our **EXPERT** advice



SUITS YOU! Swimwear to flatter **ANY** shape

PLUS LOTS MORE

+ WINE O'CLOCK 13 of the BEST guilt-free TIPPLES