

Slimmeria

A holiday with a twist



Recharge your batteries and achieve your goals during a stay at this relaxing retreat

Located in the beautiful coastal town of Ilfracombe, Slimmeria (slimmeria.com) is a retreat like no other, as it nourishes the mind, body and soul. For many of us, our health and wellbeing can often be shifted to the back-burner, which is exactly why Slimmeria teaches guests to put their overall wellness at the top of their priority list. Guests follow a daily routine which includes a fun exercise regime, brisk walks and a

relaxing spa treatment, all of which have been especially designed to complement the low-calorie food plan. Both their Devon and Sussex retreats have been paired with a specific detox programme to deliver weight loss, while making the fasting experience enjoyable.

The delicious vegan-friendly menu is high in antioxidants and showcases raw or semi-cooked vegetables to

ensure every dish retains as many vitamins and minerals as possible. It has been carefully crafted to work alongside the fitness programme – only fresh, locally source produce is used to help stimulate the slimming process and ensure the food tastes as good as it looks.

The beautiful gothic house overlooking the sea has recently been renovated, and includes features >

such as a relaxation room to offer a tranquil space for guests to unwind and a beautiful terrace to soak up the Devon sun.

Situated moments from the harbour, guests will have the chance to wander the quaint town and explore 'Temptation Street' or walk along the coastal paths. The programme has been created so it can be easily adapted to suit those with different levels of stamina, making it inclusive to every fitness level. The walks have been designed to not only get your heart-pumping and promote weight-loss, but to help connect your mind

to the outdoors so you can relieve yourself from everyday stresses. To complement this lifestyle, modern distractions such as mobile phone usage, TV and the internet are limited in public areas.

During your stay, you'll be supported by a friendly team of experts who will help motivate and guide you towards your goals, including fitness and yoga instructors, massage and beauty therapists, nutritionists and personal trainers. Although the team will help you see the results you want fast, they also understand the importance of relaxation, which is why each guest

will get 'alternative' or soothing spa treatments during their stay. Being surrounded by a friendly professional team, and other like-minded guests who are serious about achieving their health and wellbeing goals, helps to create a supportive and motivating atmosphere.

So, is a staycation at Slimmeria for you? If you're looking to lose up to 10lbs in 6 days in a supportive environment, eat delicious vegan food, clear your mind and feel good about yourself, then yes, it is! ■

Daily Diary

- 7.15am: Wake up
- 7.45am: Detox tonic and apple slice
- 8.00am: 7 mile walk
- 10.00am: Breakfast
- 10.30am: Group fitness class
- 11.30am: Yoga
- 12.30pm: Lunch
- 1.30pm: Spa treatments (if applicable or booked)
- 3.30pm: Afternoon tea
- 6.30pm: Dinner
- 7.15pm: Motivation workshop, Dance class or Nutrition class
- 9.00pm: Lights out



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