

On a  
budget



## White Calm Retreats

If you don't have the money or the time for a long break, why not try a one-day relaxation experience? White Calm Retreats has several programmes offering a perfect escape without having to pack an overnight bag – there's even a new Women's Wellness Day for pre- and post-menopausal women. Retreats take place in locations around Surrey and Essex and, whichever one you chose, you'll spend a whole day – starting at 10am and finishing at 6pm – in beautiful calming surroundings.

A qualified instructor will start the day with a deep relaxation session followed by an essential oils workshop. You'll then have a healthy lunch and lots of time to switch off in the spa. If you're feeling totally exhausted, you could try one of the new Signature Revive and Rejuvenate days, which are mindfulness based, but include a goal-setting resilience workshop and techniques aimed at re-energising and invigorating.

● Prices from £99 for a Relax & Spa Day. Visit [Whitecalmretreats.com](http://Whitecalmretreats.com)



## Slimmeria Retreat, Ilfracombe, Devon

This brand-new Weight Loss and Rejuvenation six-day detox retreat is specially designed to help you lose up to 10lbs and develop a healthier relationship with food. Your weight-loss journey takes place in beautiful surroundings – Merlin Court is a converted Gothic mansion set in stunning grounds, and only a few steps from the sea.

As well as losing weight, this retreat also promises to help you find a fitness formula that works for your lifestyle. You will eat a locally sourced vegan diet of special salads, chunky vegetable broths and tailor-made juices full of antioxidants.

There are daily invigorating coastal walks, fitness and dance classes and lots of yoga – all aimed at toning your body and

curbing stress.

Want to switch off completely? Spend time in a beautiful white relaxation room where guests are encouraged to remain silent. If you want some pampering there's a complimentary spa treatment.

● Prices from £795 for a six-day retreat. Visit [Slimmeria.com](http://Slimmeria.com)

● The hotel is owned by celebrity weight-loss expert Galia Grainger who starred in last year's Channel 4 *Extreme Diet Hotel*. Celebrity fans include Lisa Riley, Bianca Gascoigne and Jennifer Ellison.



Great  
for your  
gut

## The Clover Mill, Malvern, Worcestershire

This luxury boutique spa bases its retreats on Ayurvedic principles – the ancient Indian philosophy of holistic healing. Guests stay in eco-lodges set in breathtaking grounds with their own deck, garden and lake view.

There are three different retreats all involving lots of yoga and meditation, but the one we like the sound of is the six-day Rest & Digest Healthy Gut option, which is good for weight loss or for anyone suffering from gluten-

intolerance, digestive issues, stress, anxiety, depression, sugar cravings or skin issues. You'll eat vegetarian meals packed with pro- and pre-biotics to balance gut bacteria and strengthen the immune system. The retreat also includes an abdominal massage using healing oils, workshops to teach you more about Ayurveda, plus a personalised goody box containing yoga tips, massage oils, recipes and spices mixed for your body type, so that you continue the good work at home.

● Prices from £1,795 for the Rest & Digest Healthy Gut retreat. Visit [Theclovermill.com](http://Theclovermill.com)