

22 Travel

4 Kamalaya Fusion Fitness Holiday Thailand

Lose weight at one of the world's best holistic spas, set beside a private lagoon at the quiet end of Koh Samui. A Fusion Fitness holiday helps you to improve strength, flexibility and balance, as well as reach your ideal weight, with a healthy diet and physical activities and treatments to tone your body and boost your metabolism. Choose from Muay Thai boxing, TRX suspension training, yoga, meditation or ayurveda. **Details** From £2,595pp for seven nights, full board, including Fusion Fitness activities, flights and transfers with Health and Fitness Travel (020-3397 8891, healthandfitnesstravel.com)

5 in:spa various locations

In:spa weeks in Spain, France and Morocco combine deliciously light detox food and supportive personal trainers to ensure short and long-term weight loss. Blissful yoga and massage sessions ensure you return home re-energised. The most popular venue is an exotic villa in Marrakesh; the next retreat runs from January 30 to February 6. **Details** From £1,895pp for seven nights in Marrakesh, including meals, fitness, yoga, hiking, two massages plus airport transfers (0845 4580723, inspa.co.uk)

6 Grayshott Health Regime Surrey

With slow, sensible weight loss on a mainly paleo diet (steak, smoked salmon and Parma ham), expect stern rather than sybaritic treatments — castor oil liver packs and abdominal massage — plus lectures and lots of consultations. **Details** From £1,495 for seven nights, full board, and inclusive of consultations and six prescribed treatments (01428 602020, grayshottspa.com)



Get fit

7 The Fitness Renaissance Siena, Italy

This is an intensive break run by the Welsh personal trainer Drew Perrott at Villa di Geggiano, an elegant 18th-century summer villa in the foothills of Siena. Expect a powerful mix of running, circuits, boxing, core work, weights and immune-boosting dips in a “cool pool”, all softened by holistic treatments with Drew's mother, Christine Perrott, and the healthy side of Italian cuisine. **Details** From £1,900pp per week, including all meals, activities and four treatments (07976 619374, drewperrott.co.uk)

8 Wilderness SUP Retreats Baia Formosa, Brazil

On these stand-up paddleboarding (SUP) weeks at an upmarket *pousada*, you can do yoga at sunrise, go paddling through mangroves and learn the art of getting fit through capoeira. There are fresh juices, organic spa treatments and plenty of hammock time, too. Similar

retreats are offered in Costa Rica, Montenegro and Scotland. The next trip to Brazil is January 11-18. **Details** From £1,350pp per week, all-inclusive (0131-208 1154, wildernesssup.co/retreats)

9 Soul and Surf Kerala, India

You'll work out without even realising it at this laid-back clifftop hotel. Josh leads guided surf safaris, while sunset vinyasa flow yoga sessions with Lucy take place on a rooftop overlooking the Arabian Sea. The vibe is sociable, and the Soul Food Café serves masala dosas, Thai noodle salads and wood-fired pizza. **Details** From £189pp per week, B&B; daily yoga and surf lessons are from £130pp per week (soulandsurf.com)

10 Flipper Camp at Anassa Cyprus

The Anassa resort in western Cyprus is modelled on a traditional Cypriot village with its own stretch of beach, a huge spa and an array of fitness and sports activities. The five-day Flipper Camp allows you to choose from a wide range of watersports, to which you add sessions of aqua yoga and aqua gym, and top off with some excellent thalassotherapy treatments. Teenagers will love it. **Details** From £682pp for five days based on four participating, including all activities, two lunches and half a day of spa treatments; double rooms from £265 per night, B&B (0035 726 888000, anassa.com.cy)



11 The Body Retreat various locations

Whether you choose detox, weight-loss, fitness or de-stress on these friendly women-only retreats in the UK and southern Spain, you'll lose weight through sensible eating, smart exercise and clever psychology. The aim is to kick-start habits you continue at home. **Details** From £1,050 for six nights, including all meals and activities, plus one massage; weekends from £495 (020-3701 1603, thebodyretreat.co.uk)

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PARADISE LODGES OF BELIZE

Indulge in one of film-director Francis Ford Coppola's stylish lodges, the perfect base to see Belize's coral reefs and lush rainforest. Explore jungle-clad ancient Mayan ruins and blissful Caribbean isles, then kick back by your private pool to the sound of waterfalls, wildlife or waves breaking on a palm-fringed beach.



CHARM OF COLONIAL CARTAGENA, COLOMBIA

Unwind in one of the most graceful and atmospheric cities in the world. With its honey-stoned colonial architecture and cobbled alleyways flanked by flower-filled balconies, creative shops and Caribbean-fusion restaurants, Cartagena's old walled city is a delight to explore on foot.



VINEYARDS OF CHILE & ARGENTINA

Stroll through sun-kissed vineyards with the snow capped Andes as the backdrop, taste award-winning wines, enjoy gourmet cuisine and be pampered from head-to-toe in the spa; just some of the experiences awaiting you in some of South America's finest wineries.