

DRASTIC DETOX

Be brave – these are the places that make you starve



SHA WELLNESS CLINIC

Alicante, Spain **LOSE WEIGHT!**

One of the most exciting arrivals to hit the spa scene last year. This space-age health clinic has quickly established itself as the HQ for macrobiotics – the cleansing diet favoured by the likes of Sting and Gwyneth. Check ahead to see if world expert Dr Michio Kushi will be in residence during your stay. There's a supportive clutch of classes in yoga, meditation, qi gong and cooking, lots of zen natural therapies and a tea lounge with an oxygen bar. And if you want to take things further, they also offer cutting-edge cosmetic surgery that's still unavailable in the UK. In short: science meets ancient wisdom and near-guaranteed sunshine. **Website** shawellnessclinic.com **Book it** Wellbeing Escapes (tel: 0845 602 6202) offers four nights from £1,300, including flights, transfers and treatments.



PALACE MERANO

Merano, Italy **LOSE WEIGHT!**

Like an obscure former royal palace/detox detention centre. In the tiled basement, you're hosed down daily and weighed, starkers, under concentration-camp bright lighting. And you'll need a sense of humour to fill you up as you endure a punishing 800 calories of alkaline-forming food a day. European A-listers pad around sporting follicle-boosting foil caps and looking like baked potatoes. These disciples of the cult of Chenot gulp endless magnums of cider-vinegar water, queue for colonics, take laxatives off silver trays and have more volts charged through them than an electric fence (organs are stimulated daily via tiny pulses), then rebook every year. There's Nordic walking (if you've the strength to stand up), Power Plates and every conceivable bio-energetic beauty treatment. The sect-like vibe is rather shattered by Russians screeching into mobiles and fashionistas frantically puffing ciggies in the garden. Meridian clearing in mountainous Merano is no mean feat, but the energy surge is theoretic. **Website** palace.it **Book it** Bellini Travel (tel: 020 7602 7602) offers seven nights from £3,800, full board, including flights and treatments.

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THE BEACH HOUSE

Goa, India **LOSE WEIGHT!**

The finest new retreat in southern India, exactly where the hippie within you wants it to be: on a palm-fringed beach in Goa. This is a complete body MOT that gets results through a practical but achievable programme that is supported by an on-site doctor, hypnotist, nutritionist and yoga instructor. The strict liquid diet is surprisingly delicious, and a continuous supply of fresh juices and broths keeps pangs at bay. A combination of supplements and wheatgrass and aloe vera shots replace essential nutrients that your body loses as it purges. But that ain't the half of it – most alarming are the twice-daily enemas. Meanwhile, delicious ayurvedic and Balinese therapies performed in huts on the beach use local fruits such as papaya, coconut and cucumber. (What a shame you can't eat them.) Sleep deeply in four-poster beds (the Beach suites are the nicest), and leave feeling practically perfect in every way. **Website** thebeachhousegoa.com **Tel** 00 91832 669 7733 **Book it** Double, from £1,000 for seven nights, full board.



OUR SEASONS ANDAA GIRAAVARU

Andaa Giraavaru, Maldives **LOSE WEIGHT!**

One of the best and easiest detoxes out there – not least because you're allowed real food. The fact that a branded, mainstream hotel has garnered a left-field team of geniuses to offer not just a good spa but a unique week of ayurvedic immersion is reason to rejoice. Eat well (spicy quinoa, crab salad and buckwheat muffins); liberate your computer shoulders (private yoga with Rajanish is marvellously motivating); avoid too much booze; and succumb to a series of treatments using buttermilk, coconut oil, hibiscus, rock salt and herbal presses. Stay in water villas with glass bottoms, revel in the bliss of making every decision made for you, and end your day meditating over the ocean. Blows fresh air into your body and mind and leaves you ready to return to the office with gusto. **Website** fourseasons.com **Book it** Seasons (tel: 01244 202000) offers seven nights from £2,875, including flights, transfers and breakfast.



DETOX INTERNATIONAL

Malaga, Spain **LOSE WEIGHT!**

Sluggish? Waddling through mud? Desperate for a major turnaround? Created by nutritionist and healer Midi Fairgrieve, these places run seven-day challenging-but-not-horrific holistic retreats in both Spain and Portugal. Expect an all-fun cast of juice-fasting, enemas and health talks. It's a step too far for many spa-goers, but one that the spa junkies love – largely because you feel about 10 years younger and many pounds lighter at the finishing line. An absurd amount of supplements, juices and a revolting war-like broth will see you through it – the upside is that you're so full of liquid muck you'll never feel weak or hungry. Clever. The group hugs and chats about your childhood, however, are an acquired taste. If you can handle it, you'll feel a colossal sense of achievement. **Website** detox-international.com **Book it** Lotus Journeys (tel: 0845 170 1747) offers seven nights in Spain from £1,150, full board, including treatments. >



DON'T MISS: The four-night anti-stress programme at Lefay Resort, in Italy, which regulates

emotions and energy levels with massage, reflexology and herbal remedies. Visit lefoyresorts.com