



'EACH PROGRAMME WILL TAKE YOUR MIND, BODY AND SOUL AND GIVE THEM ALL A THOROUGH CLEANSE'

The Beach House, Goa

Leave the bright lights of Dubai, your frenetic lifestyle and your love of ladies' nights behind and book yourself into The Beach House. Nestled at the end of a rustic lane, neatly positioned on the sand in beautifully manicured private gardens, this health retreat with a touch of posh holds a plethora of different lifestyle packages and will tailor schedules to suit your specific needs. Whether you want to learn how to manage your weight, de-stress, kick start your exercise routine or if you simply need time to think, each of their programmes will take your mind, body and soul and give them all a thorough cleanse, wipe down and cuddle leaving you ready to start anew. The team of lovely staff start working on you before you even arrive, asking you to fill out an extensive questionnaire that gives them an insight into your life and the changes that need to be made. Upon arrival you'll begin with a medical examination where you'll find out your 'real age' (scary stuff!), and then ensues a mix of yoga by the sea, healthy juices, spa treatments (the ayurveda massage is out of this world), therapy sessions, exercise classes and mini-lectures on all different aspects of health from looking after your liver to how to meditate to the science of happiness. You'll leave lighter, brighter, filled with positive energy and with a packed folder of all that you've learnt. Bliss.

Book it: Retreats at The Beach House start at Dhs2,764. Air Arabia flies to Dabolim from Sharjah from Dhs2,329. Log onto thebeachhousegoa.com

Feel good factor: 10/10



Ed Jo feels cleansed inside and out at The Beach House