

# VOGUE

INDIA

JAN 2011  
₹100

**PADMA  
LAKSHMI**

Baby, body,  
beauty, brand

**NEW YEAR,  
NEW YOU**

The best boot  
camps and  
detox spas

## THE SHAPE ISSUE

**FIT IS FABULOUS!**

- Secrets of the best bodies
- The new bust, waist and leg
- Fashion for every figure

**PLUS:  
ANNE  
HATHAWAY  
RAHUL KHANNA  
SONAKSHI  
SINHA  
CHRISTOPHER  
KANE**

# WELLNESS

(regenerative and relaxing foot massage), Kalari (massage with herbal oils), Vishesh (deep, vigorous oil massage) cleansing herbal steam baths, gentle internal detoxification and vegetarian food.

**PRICE:** ₹1,29,800 for 10 days

## FOR HOLISTIC HEALTH

### The Beach House, Goa

**WHAT:** A boutique wellness retreat situated on one of Goa's more secluded beaches.

**VOGUE RECOMMENDS:** The seven-day Total Body Rebalance Retreat Yoga, personal Neuro-Linguistic Programming (NLP) with trained therapists, hypnotherapy sessions and daily massages will help you delve deep to release emotional and physical baggage. Begin with Beach House's signature 360-degree Screening Process, which includes a comprehensive wellness and medical assessment, doctor's consultation, an Ayurvedic assessment including diagnosis and body constitution profile (Vata, Pitta, Kapha) so your programme is customised.

**PRICE:** ₹1,41,425 for eight days

### Kangaroo Island Health Retreat, Australia

**WHAT:** A retreat house in secluded Emu Bay with only six guests per programme.

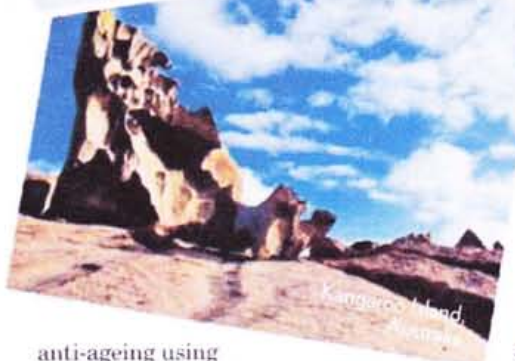
**VOGUE RECOMMENDS:** The Dynamic Detoxification programme. It works on body and soul cleansing. Starting at 7am with water therapy and skin brushing, a typical day would include a sunrise walk, yoga, Pilates, chakra rebalancing, walks on the beach, swimming in the ocean, relaxing massages and a sunset walk, finally ending at 8pm with a meditation session. The beautiful location only adds to mental rejuvenation.

**PRICE:** ₹1,13,780 for seven days

### Sha Wellness Clinic, Spain

**WHAT:** A macrobiotic wellness clinic—winner of the 2010 *Condé Nast Traveller Readers' Spa* award for 'Best Medical, Thermal and Natural Spa'.

**VOGUE RECOMMENDS:** The 14-day weight-loss programme, which includes a fusion of Oriental disciplines and Western techniques. The clinic specialises in natural health and



anti-ageing using acupuncture, lymphatic drainage, hydro-colon therapy, Turkish baths, a floatarium, yoga, t'ai chi and chi kung. The centre's aqua lab circuit and a special macrobiotic diet are designed to balance metabolism, reduce blood sugar and eliminate excess fat. The plus: follow up coaching via e-mail for two months after the programme is completed.

**PRICE:** ₹1,62,930 for 14 days

## FOR BOOT CAMPS

### The New You Boot Camp, Portugal

**WHAT:** A military-style fitness programme run by trainers of the British Armed forces.

**VOGUE RECOMMENDS:** The one-week intensive boot camp, based near the fishing village of Carvoeiro. A typical day (starting at 5am) will take you through a series of activities including wake-up physical training, log runs, command tasks, leopard crawling, parade, team games, body pump (weight-training), skipping, boxing, scramble net-obstacle courses, circuit and core training by the hour. Throw in longer sessions of mountain biking, hiking along the Algarve Coast and mountain climbing, and your week is likely to fly past even as your body pushes hard to keep up. If that doesn't sound like enough, then there's a nutrition squad making sure you toe the diet line. But don't worry, they won't starve you.

**PRICE:** ₹1,30,770 for eight days

### Mountain Trek Fitness Retreat and Health Spa, British Columbia

**WHAT:** A boot camp in the Canadian Rockies focused on hiking, with additional fitness, nutrition, detox and stress-management programmes.

**VOGUE RECOMMENDS:**

The Kick Start Fitness and Weight-Loss Camp. Designed for maximum weight loss, the day starts with hatha yoga, focused on lengthening muscles, followed by daily three- to four-hour hikes on trails of varying levels of difficulty, resistance training with free weights and Cybex machines, and fitness classes like spinning, salsa, circuit training and aerobics. Expect calorie-controlled wheat, sugar- and dairy-free organic cuisine, therapeutic massages, steam, mineral hot spring dips and infrared sauna sessions to balance out the gruelling activities.

**PRICE:** ₹1,60,850 for eight days

### NuBeginnings, Devon, UK

**WHAT:** A boutique boot camp with only nine guests per week.

**VOGUE RECOMMENDS:** The four-week intensive programme. Your day starts at 7am with 45 minutes of Pilates, followed by a half-hour fitness talk with personal trainers, an hour of circuit training (which includes cross trainers, exercise bikes and rowing machines), one-and-a-half hours of boxercise, another hour-and-a-half of jogging or brisk walking, one hour of Qigong (from China) and one hour of group acupuncture. Just when you thought it was all over, there's a session of salsa dancing to keep your metabolism revved up. The programme also includes six-hour hikes coupled with individual therapies and deep-tissue massages.

**PRICE:** ₹6,00,000 for 30 days ■

NuBeginnings, Devon, UK

