

# Fresh Start

By Matet Lester, Manager at Flight Centre Hong Kong

“New Year, New You” seems to be the mantra at this time of year. After a month of overindulging, for most of us a detox is definitely on the cards. What better way to combat the festive weight gain and also the post-holiday blues by taking a ‘lifestyle’ holiday, where health and wellness are the focus.

While most of us live a fast-paced life in Hong Kong, working long hours and maintaining a hectic social schedule, when we go on holiday we want to come back refreshed and refocused. How many times have you come back from a holiday, feeling like you needed a holiday?

In the travel industry we are seeing a growing trend towards health and wellness holidays. Specialised boutique resorts offering nutritionists, personal trainers and yoga gurus are becoming favoured over crowded beaches or cocktails by the pool in large chain hotels & resorts.

One of the great things about these lifestyle holidays is that they have a wide range of flexible programs that can be tailor-made to meet your specific needs. Whether your goal is to detox, rejuvenate or lose weight, these resorts have professional specialists onsite to support you in achieving your goals. Most importantly, you return from your holiday feeling recharged, taking away with you a new education on how to maintain this healthy lifestyle.

With convenient direct short-haul flights to all these properties, your detox has never been so easy!



## Absolute Sanctuary, Koh Samui

This stunning, Moroccan-inspired boutique resort is a haven to those seeking a journey back to balance, rejuvenation and a healthy lifestyle. Their detox programs are tailored for those wanting a complete overhaul, healthwise, offering a range of programs from The Ultimate Detox, The Living Foods Detox and The Vegetarian Detox. Each is a comprehensive and holistic option encompassing daily colon hydrotherapy sessions, high grade nutritional supplements, special Detox massages and yoga exercises to help you clean inside and out, and begin anew.



## The Farm, San Benito

This property is a centre for holistic healing and wellness where people balance their mind, body and spirit with nourishing live foods in an eco-friendly place. They provide a healing journey, to help recharge your mental, physical, and spiritual state. Committed to educating their guests in the ways of proper nutrition and lifestyle, they aim for you to leave with a renewed perception of your health and to have formed new habits to take better care of your body.

At Flight Centre we will always go out of our way to find you the perfect trip at a great price. Talk to our health and wellness experts today and take off on that holiday you need to give your new year a boost!



## Chiva-Som, Hua Hin

Chiva-Som meaning the “Haven of Life” offers a secluded world of beauty and serenity, nestled within seven acres of lush tropical gardens in Hua Hin, a few hours south of Bangkok. Whether you are experienced or you are starting out with a fitness and exercise program, their Fitness Retreat will help inspire, motivate and educate you to achieve all of your desired goals. With the nurturing support of internationally qualified, extensively experienced trainers they will take into account your goals, health history and lifestyle to develop an all-round fitness programme for you.

To make a booking or for more information please contact Matet Lester on 2830 2837 or email [matet.lester@flightcentre.com.hk](mailto:matet.lester@flightcentre.com.hk)