

Plus style tips, beauty advice, travel & more

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November 2010 Issue 2

GoodTaste

AGE-DELAY TACTICS

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tips for looking younger

Exclusive! MERYL STREEP

on new challenges
and her career
goals after 60

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Get ready to
run, our experts
show you how

WHAT'S YOUR NUMBER?

What your birth order
reveals about you

Dress for your shape

SIX STYLE IDEAS FOR
EACH BODY TYPE

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WITH A
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on his latest
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Delicious
cheesecakes
to make
at home



CHEFS' RECIPES



INDIAN FLAVOURS



**Diwali Food
SPECIAL!**
RESTAURANTS, RECIPES & MORE

The holiday that changed my life

You don't need a year off or a book deal to **eat, pray, love** and have a life-changing holiday. For three women, a short break changed their lives



Kim's story

Kim Grant took a sabbatical that led her from Dubai to enlightenment via the UK, the US and the Caribbean

This year, I took an extended summer break with a friend, travelling to the UK, then on to Miami and the Caribbean, and back again. It sounds lavish, but in fact, I used my father's air miles and was mostly staying with friends. Leaving for my vacation, I was tired and worried about finances – with the recession biting it certainly hasn't been my best year.

In the UK, I bumped into the cousin of an old friend. He told me that two years previously he'd been in a police line-up and a newspaper had printed his picture in connection with the crime by mistake. Despite his innocence, this mistake almost ruined his life – he was receiving death threats! Almost 18 months later he was financially compensated and spent some of the money on a posh cruise and designer suits, something he had only ever dreamt of before, but he felt so uncomfortable with his new lavish lifestyle that he cut the cruise short, got off the ship in Miami and

gave away the suits to homeless people. Ever since then, he's spent three months a year in Miami helping the homeless and feels truly enriched as a result. What a coincidence, I thought, as I was flying out to Miami the next day.

In Miami we met lots of great people, and one particularly upbeat and friendly guy called Cole told us all the best places to go. Three days later we left for the Caribbean to stay with a friend. The Virgin Islands are like paradise on earth and our friend's family is so spiritual we felt uplifted and blessed to be around them in this wonderful place.

Ten days later, on our return to Miami, we met up with Cole again. He wasn't expecting to see us and we weren't expecting what we discovered! Cole was in fact homeless. We'd had no idea; he didn't act or dress in the stereotype of a homeless person. He was articulate and presentable, save for the holes in his shoes, which I then

spotted. He'd simply hit hard times and lost everything, but despite the burdening depression of his circumstances, his spirit was so positive. We spoke at length and he told me that he had a belief in the power of the universe and that it would bring him what he needed.

There are a lot of hustlers in this world, but I had no doubt he was for real. I couldn't explain it, but I was compelled not to walk away. I decided to forfeit the Miami shopping spree I'd planned, and used the money to get Cole an apartment for one month, as well as some new shoes, food and phone credit. Somehow I related to his struggles which I believe was all he needed to give him the strength to regain his dignity and confidence. He found the motivation to get a job and was able to pay his second month's rent himself, and has even returned the small amount of money I gave him. He insists I saved his life!"

HELPING HAND
Kim's holiday encounter was an opportunity to help someone less fortunate



Ambika's story

When Ambika Vohra's health started to suffer, she knew she needed to get away from it all and thankfully, she found the perfect sanctuary

I was at a point in my life where I was feeling unfit and unhealthy. My weight had always been constant up until that point, and I'd always been quite active, going off without the family on rafting and trekking holidays, and taking regular walks around Safa Park, which is next to where I live.

Then, just as I turned 50, I lost motivation. My family thought I was having a mid-life crisis, but age had never been an issue for me. I'd just didn't want to do anything. I'd gotten into a bad cycle of coming home each night and sitting in front of the TV.

Naturally, I started to put on lots of weight. I didn't feel attractive anymore and my clothes didn't fit. This led to me becoming even more reclusive because I had nothing to wear to go out in. Then my daughter spotted a 'health tourism' holiday online – it was a detox centre in Koh Samui, Thailand, called Absolute Sanctuary, and we decided to book ourselves in for 10 days.

Absolute Sanctuary is a beautiful resort with the most friendly and capable team of experts. The resort is beautifully designed and has great energy, and our room had stunning views of the pool and lush gardens. The programme we'd decided to take was comprehensive and holistic in its approach. Each day we had meditation classes, yoga, special detox massages, colon hydrotherapy, juices and nutritional supplements – other than that we ate nothing in order to cleanse our systems. I was worried about the colon hydrotherapy, but my therapist was awesome. During the fast, I didn't feel hungry at all. I gave it 100 per cent, attending all the classes and sometimes two yoga classes a day, as did my daughter, the experience really brought us closer together.

I came back from the holiday 2.7kg lighter and, to paraphrase Elizabeth Gilbert, I learnt to eat, pray and love the right way. Today, I'm far more aware of the importance of living a healthy life. I've hired a personal trainer, who encourages me to put into practice all that I learnt on the trip. He's an integral part of my life and Absolute Sanctuary provided me with the much-needed impetus to make this change a part of my new lifestyle."

For more on Absolute Sanctuary, see www.absolutesanctuary.com

ON REFLECTION

Ambika made the most of a 10-day retreat to revitalise her lifestyle and rediscover purpose