

Bazaar

Harper's

AR

ARABIA

STRONG
NOT SKINNY:
**YOUR
BEST
EVER**
ARMS, ABS
& LEGS

ANNE V
WEARS DOLCE
& GABBANA

BODY SPECIAL

The BIG REVEAL

SCULPT A SUPERMODEL SHAPE

236
**BEACH
BUYS**

THE ULTIMATE
HOT HOLIDAY
SHOPPING LIST

DIOR
ROMANCES
MONACO
SUMMER OF LOVE

BAZAAR'S
STARS OF
SOCIAL
MEDIA



JUNE 2013
Dhs20

The Bliss of
Absolute Sanctuary



ABSOLUTE SANCTUARY

Koh Samui, Thailand

TRIED
&
TESTED

WHO: Kate Goodwin,
Dubai-based founder of
Illumin8 Make-up Studio

WHY: I've been to this spa a
few times because it has such
a relaxing energy and I love
Thailand. The retreat's up in
the mountains, so it's
absolutely chilled and the
perfect place to completely
switch off, gather your

thoughts and reconnect. Plus, it's renowned for
its yoga training, with people coming from all over
the world to train and become instructors here.

WHAT: I recently did an ultimate cleanse with a
10-day Juice Fast Programme and colonics. When
you cleanse you are clearing out unwanted toxins
that live in the body and cause ailments, so
I wanted to rebalance my mind, body and soul.
Also to gain clarity and feel lighter on all levels, as
the spa focuses on cleansing both the body and
mind, so it can be a pretty emotional first few days.

HOW: The first drink of the day is at 7am,
cucumber, husk and clay – yum! At 8am, you have
a group meditation session, then spend the rest of
the day doing yoga and activities, taking
supplements and drinking three more detox juices
or vegetable broth at set intervals. I would also have
a daily colonic irrigation, which helps to clear the
toxins out of your system. I also somehow had to
squeeze in an hour detox massage or Thai stretch.
By 9pm, I would be fast asleep! You can't believe
how fast the day goes or how relaxed you are.

RESULTS: After four days my body started to feel
alive, rejuvenated and energised, while my mind felt
completely alert and focused. The first few days
I felt weak and a little down but

once you get past that first phase,
you feel amazing – toned, glowing,
bright-eyed and totally destressed.

USPs: Juice Fast is excellent as you
get much faster results, because
your body doesn't have to digest
any food it goes straight into
cleansing mode. I keep coming back
to Absolute because they use the
correct high-tech equipment, the
staff know what they're doing and
I feel comfortable with them and
the advice they give. I'm also very
spiritual so I like the fact that there is also a very
holistic side to the retreat.

VERDICT: It's ideal for anyone willing to take the
challenge, and I haven't yet met anyone who hasn't
wanted to come back. We all need to rebalance
our mind, body and soul every so often and
Absolute helps you fully switch off and rejuvenate.

10 Day Juice Fast Programme, Dhs11,499;

Absolutesanctuary.com



Kate mid detox at
Absolute Sanctuary



Early bedtimes
at Absolute