

HELLO!

THE ULTIMATE TRAVEL GUIDE 2010

GLAMOROUS TRAVEL GETAWAYS

**JET AROUND THE GLOBE AND ENJOY THE WORLD'S MOST
LUXURIOUS ESCAPES FROM THE MIDDLE EAST TO NEW YORK**

Destination detox

The A-list know how to holiday the health-conscious way. HELLO! heads to the sun-drenched sanctuary of Koh Samui, Thailand to experience the celebrity-favoured detox holiday

TRAVEL



Gwyneth Paltrow and Beyoncé are both firm fans of the detox. Beyoncé famously lost 9kgs on the Master Cleanse programme in preparation for her *Dreamgirls* role, a plan Gwyneth describes as "not what you would characterise as pretty. Or easy"

Gwyneth Paltrow and Anne Hathaway are among the svelte celebrities who swear by the benefits of the elusive detox. A beauty buzz word touted by many, but genuinely experienced by few, detoxing on plans such as the Master Cleanse – the liquid diet of cayenne pepper and lemon juice concoctions notoriously responsible for trimming Beyoncé's curves for her role in *Dreamgirls* – has increasingly become a trendy quick-fix option for those looking to start afresh with their figure.

So what if you could combine blitzing your body with a trip to paradise? Absolute Sanctuary in Koh Samui, Thailand, is a complete detox and yoga retreat, with everything

in place to offer you the healthiest holiday you have ever experienced.

The intimate Moroccan-inspired resort, hidden amid the stunning landscape of Koh Samui, comprises of 38 rooms, a Detox Centre, yoga studio, infinity pool, juice bar and Love Kitchen – which is pretty much all you need en route to destination detox.

Here you will embark on one of many programmes, depending on the results you are hoping to achieve. Those seeking primarily relaxation and rejuvenation can opt for one of the easy-going programmes – which include unlimited yoga classes, daily massages and healthy meals, and are perfect for a guilt-free girly getaway. And then there is The Ultimate

Detox – a three, five or seven-day stretch where you will consume nothing but cocktails of pineapple or watermelon fruit juice mixed with psyllium husks and bentonite clay; broth and a barrage of herbal nutritional supplements – as well as indulging in daily colonic hydrotherapy sessions. Not for the faint-hearted, this is a serious programme that produces serious bodily reactions, which is why it is best carried out under the supervision of the expert team of medical professionals on hand at Absolute Sanctuary.

Day one begins with a trip to the doctor, where detoxers are weighed and blood pressure, body fat and water levels taken, before they are given a full explanation of what they

are doing and why they are doing it.

Warnings are given about nausea in the first few days and a crash in energy levels that could make even yoga classes too strenuous and afternoon naps a must. It is stressed that the pros of The Ultimate Detox far outweigh the cons, however, with the promise of an average 3-5kg weight loss on the seven-day programme, along with improved digestion – as colon hydrotherapy progressively removes years of toxins and impacted waste from the body – and a significant improvement in everything from skin to your sense of well-being.

The proof is in the pudding, of course, which is why HELLO! signed up for detox week first-hand – and we certainly couldn't fault the

accurate predictions we were given of what was in store.

Days two and three resembled a bout of food poisoning, with movements being restricted to bed-juice bar-sunlounger for the most part. Energy went up for day three, when even an intensive 90-minute Bikram yoga class carried out in a studio heated to 40°C was manageable.

By day five, you are a colonic expert, and the process is so second nature and freeing for the body that you'll be promising to make them a permanent fixture of your health and beauty regime right there and then.

Day six, and the end is in sight. Hunger is refreshingly irrelevant, as the body has



Moroccan-themed Absolute Sanctuary is the perfect place for those in search of calm



Experience an authentic Thai massage under the stars at the Detox Centre's tranquil spa



Venture off-site for a few hours to experience the beautiful sandy beaches of Koh Samui. Cheongmon is a perfect 10-minute stroll from Absolute Sanctuary (below)



become used to receiving purely what it needs to survive. It is natural to be looking forward to a return to food – but it's also likely you will be drawn to healthy options as a result of your newly heightened awareness of nutrition and cold turkey-inspired commitment to clean living.

Crossing the finish line feels fabulous. Tanned from a steady stream of Koh Samui sunshine; toned and tamed from challenging yoga classes, and with a definite knowledge you are now lighter around the middle – the results are undeniably impressive.

The exit stats provided refreshing confirmation of our hard work. With a personal 4kg weight loss, two per cent decrease in body fat and two per cent increase in hydration to take home as a souvenir – it is easy to see why the A-listers make the detox holiday a firm fixture in their red carpet calendar.

Fact File

- Absolute Sanctuary, Koh Samui, Thailand. www.absolutesanctuary.com
- Emirates flies to Bangkok from Middle Eastern destinations including Dubai. www.flyemirates.com
- Bangkok Air offers several daily flights from Bangkok to Koh Samui. www.bangkokair.com

The Detoxer's Day



- 7am: 1st detox drink (pineapple or watermelon) at the poolside juice bar
- 8am: Meditation in the yoga studio
- 9am: Nutritional supplements
- 10am: Colonic Hydrotherapy session at the Detox Centre
- 11am: 2nd detox drink and coconut juice if desired
- 1pm: Nutritional supplements
- 3pm: 3rd detox drink
- 4pm: Yoga class and/or massage
- 5pm: Nutritional supplements
- 7pm: 4th detox drink and broth at the Love Kitchen restaurant
- 8pm: Watch a movie in the theatre
- 9pm: Final nutritional supplements before bed

WORDS: SARAH WALKER. PHOTOS: ISTOCK PHOTO. GALLO/GETTY IMAGES. GRESTONLINE