

## TRAVEL DOCTOR

**I am planning a trip to Brazil next year. Any recommendations for a mainly beach holiday?**

*Gemma, Birmingham*

With more than 7,000km of coastline, there's a lot to choose from. The northeast has magnificent beaches such as Muro Alto, popular with surfers, or Jericoacoara, with its awesome sand dunes and kite-surfing. Near Salvador, find a more tranquil experience on the Maraú Peninsula with coral reefs, conservation projects and tiny islands, or consider the colonial harbour town of Parati with its cobbled streets and bay-side

residence, Casa Cairuçu. *Lloyd Boutcher, Sunvil Traveller (www.sunvil.co.uk)*



**I am looking for a holiday to lose weight. I want a nice place with a very efficient weight-loss programme.**

*Helen, Nottingham*

The Absolute Sanctuary in Thailand, a beautiful Moroccan-inspired retreat, offers an efficient and tailored weight-loss programme with personalised fitness sessions, group fitness and yoga classes, slimming treatments,

balanced meals and hands-on cooking lessons, designed to help you reach your ideal weight. Alternatively, the pioneering SHA Wellness Clinic in Spain helps guests to lose weight, keep it off and increase longevity. With a diet designed to balance metabolism, SHA will introduce you to a low-fat macrobiotic meal plan to help get rid of excess fat so you return home feeling positive, healthier and motivated.

*Paul Joseph, co-founder Health and Fitness Travel (www.healthandfitnesstravel.com)*

