

Give yourself a BREAK

Want to escape the stressful, emotional and downright difficult times of life? These retreats will relax your mind and heal your soul...

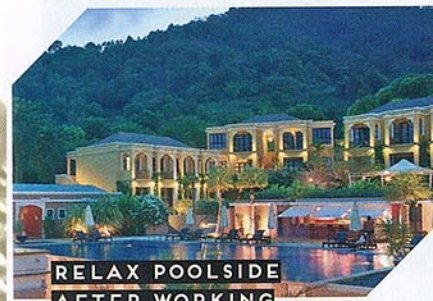
REBOOT YOUR BODY

+ **YOUR SYMPTOMS** You've long fallen off the fitness wagon, your body is sluggish and your mind fuzzy. You want to feel fabulous and get fit – fast.

🥋 **YOUR SOLUTION** If you believe in the philosophy that a healthy body equals a healthy mind, then Absolute Sanctuary Fitness on the island of Koh Samui in Thailand is for you. The beach-based bootcamp is packed with intense exercise sessions including weight training, circuits, Pilates, and Muay Thai kickboxing. Once you've worked out your body, yoga and spa treatments help to melt away stress. The workouts are tough – but make you appreciate the massage at the end of each day even more.

📅 BOOK ME IN!

A 7-night Absolute Sanctuary Fitness (absolutesanctuary.com) retreat costs from £1,870 per person including flights and transfers (healthandfitnesstravel.com, 0845 5441936).



RELAX POOLSIDE
AFTER WORKING
UP A SWEAT