

Harpers's BAZAAR

June 2012 £4.20
www.harpersbazaar.co.uk

SIMPLE
SEXY
CHIC...

EFFORTLESS
SUMMER
STYLE
FROM CITY
to BEACH

CAMERON
DIAZ

the
SECRET
TO THAT
BODY

white
MISCHIEF

GET
GLOWING
SKIN
NOW

ALL ABOUT
MY MOTHER
A STORY OF
TOUGH LOVE

By Jeanette Winterson

THE NEW
BOUTIQUE
BOOT
CAMPS





Boutique bootcamps

Looking for something more substantial than a spa weekend, but don't have time for a full week away? Now there's something in between: learn how to eat better, get fit or deal with stress on a life-changing long weekend **BY KATY YOUNG**

1 THE EMOTIONAL DETOX

Don't underestimate the power of your breath, because even one session of transformational breathing can leave you feeling more grounded, energised and focused. The idea is that controlling your breath can control your mood - and it works, as proved by these retreats led by 'breath guru' Alan Dolan at his beautiful house in Lanzarote. The stays are extremely personalised (you can arrive when you like, and what you do with your spare time - whether it's volcanic trekking or surfing - is up to you). In two one-to-one sessions a day with Dolan, you'll learn how to switch from stress-related shallow breathing to calm, grounding deep breathing. Combined with intensive massage and acupressure (at an extra cost of £70), you'll let go of physical and emotional tension - and all in a strangely detached way, so you don't have to revisit whatever is causing the pain, stress or worry. It sounds alternative, but is in fact an incredibly fast, practical remedy for unwinding. Best of all, you learn how to keep up the good work at home with 10-minute DIY sessions for long-term change - or you can sign up to Dolan's three-hour workshops in the UK.

Breathing Space Retreats in Lanzarote, from £590 for three nights all-inclusive (www.breathguru.com).

2 THE OUTDOOR BOOTCAMP

If you're looking to pack a punch with body-changing workouts (there are at least three a day), motivating classes and practical tips on how to keep fit once you get home - all without that sergeant-major approach - try a Wildfitness beach-based retreat. The exercises, from circuits in the meadows and gentle running along the seashore to woodland walks, are doable for any level, and the healthy menu won't be a struggle to follow once you get home (there's a cooking lesson to make it easy). Yes, it's tough and yes, you'll see a difference (to your shape, fitness and energy levels), but this is more about making long-term changes.

www.harpersbazaar.co.uk

Plus, if you do want to set off at a slower pace, there are massages, meditation and one-to-ones with coaches, too.

From £690 for three nights all-inclusive on the Isle of Wight (020 3286 4886; www.wildfitness.com).

3 THE YOGA RETREAT

This is the yoga lover's retreat of choice, and also one for complete beginners - because the teachers are that good, and you can make it exactly as body- and mind-challenging as you want. 'People let go of everything, emotionally and physically, in different ways,' says founder Lucia Cockcroft. Whether you choose a weekend in Morocco, France or Suffolk (where the focus is more on meditation and mind, rather than body stretching), staff at YA Retreats promise that the two 90-minute sessions of yoga (usually vinyasa, or flow yoga, in the morning and meditative in the evening) will have you feeling changes in one day. No wonder businesswomen use this as the great mobile-free escape. Cockcroft describes her yin-yang retreats as the antithesis of the bootcamp: 'There are no eating, exercise or activity rules, and spare time is your own' - making this practical, user-friendly yoga at its mind-and-body-releasing best.

From £295 full board for three days in Suffolk (www.ya-retreats.co.uk).

4 THE MIND DECELERATOR

This gentle mind retreat is the modern-office antidote. It's like an emergency service for your head; you can make a call from your desk and check in the next morning, leaving your iPhone and BlackBerry at the door. The retreat starts with a test designed to measure stress-related hormones that might be causing fatigue, depression, anxiety and insomnia - in essence, that vicious cycle. The ensuing therapy comes in whatever form you like. Daily counselling and psychotherapy, food and nutrition seminars and personal training are included, as well as three sessions of

acupuncture, reflexology or shiatsu massage that simply allow you to stop and reset your energy levels. However, these are totally personal retreats: you can turn up and sign up to what you want, when you want. If you want to switch off and just go to yoga and meditation, that's fine: ultimately, this is about slowing down to set your own new pace.

Burnout Recovery at Grayshott Spa, from £1,150 for four nights, based on two people sharing (www.grayshottspa.com).

5 SLEEP WELL

Bad sleep is a modern-day ailment (80 per cent of us are thought to suffer), and how to cure it is the new big question. So, if you've exhausted your supply of supplements, pills and even exercises and still haven't found the answer, check in to see the Sleep Guru, who holds sleep retreats at Treia in Le Marche, Italy. A trained hypnotherapist, Anandi uses a natural approach of relaxation, breathing, ayurvedic techniques, meditation and yoga (which she's also trained to teach), and will assess your diet if she thinks it's necessary. But this is designed to be more than a remedy for your sleep - it will also unravel the stress, worries or triggers behind the problem. Not simply a lesson in the basics of how to get a good night's sleep (no napping, TV or exercise before bed), this retreat gives you the tools to create a calming headspace again and train your mind to switch off and sleep well. *From £1,095 full board for three nights in Italy, not including flights (www.thesleepguru.co.uk).*

6 EAT CLEAN

Macrobiotics, the Eastern-inspired, energy-boosting way of eating, has come a long way since it sprouted in the Seventies, with its almost cult-like status and yoga-practising celebrity following. The basic philosophy - that natural, organic, locally sourced food is the best supply of healthy energy - makes it a great contemporary solution too, and nowhere more so than at Sha. This sleek and chic hotel perched atop Spain's Sierra Helada hills is a world away from run-of-the-mill health farms: lying by an infinity pool in between medical check-ups and treatments (which include shiatsu, reiki and massages), enjoying yoga, personal training and delicious, plentiful meals, you could mistake this for a luxury summer holiday. You'll notice changes to your sleep, shape and energy in three days, but, thanks to the brilliant lectures, talks and cookery classes, it's the lessons in eating that will ensure long-term good health. *Sha Discovery Programme, about £750 for four days, plus about £180 a night for accommodation (www.shawellnessclinic.com).* □