

## I want to... start a fitness journey

TRY: THE BODY HOLIDAY

This five-star wellness resort on the island of St Lucia, is a legendary spa and fitness hub favoured by the A-list. Their BodyAware programme will overhaul your lifestyle, eating and exercise habits. A four or seven-night stay includes consultations with wellness experts, PT sessions, and a take-home health plan so you can keep up your good habits back home.

**DIY:** Nadya Fairweather, Founder and Trainer at U-Shape<sup>†</sup>, recommends downloading a fitness app. “*Couch to 5K* is perfect for beginners as it will build up your cardiovascular fitness very gently and achievably,” she says. “Or if you’re nervous about leaving the comfort of home, join an online group with a live instructor who can see what you’re doing and encourage you to keep going.”



The FiiT app, a favourite of celebs like Giovanna Fletcher and Fearne Cotton, has hundreds of live group workouts and training plans for all levels of fitness. Sync with a fitness tracker, like the **Fitbit Versa 2 in Copper Rose**, £149.99/14,999 points.

“I’d also recommend signing up for a class or activity with a friend,” suggests Nadya. “You’re more likely to stay motivated and go the distance if you’re catching up with a mate each week.”

For better eating habits, allocating an hour or two a week to batch cook means you’ve always got a healthy meal to hand. Things that freeze well are winners; think stews, soups, chillis, and curries. For lunch on-the-go, **Chilly’s Reuse Food Pot in Black or Pastel Pink**, £22/2,200 points (500ml), is a sustainable way to keep your food hot or cold for up to six hours.

The Body Holiday starts from £287 per person, per night. For more information, visit [thebodyholiday.com](http://thebodyholiday.com)



# Breaks with benefits

*Fancy more than a suntan from your getaway?  
Read our guide to the best wellness retreats, and  
how to recreate the experience yourself at home\**



*Making Relationships Work costs £995 per couple, including the course, accommodation, meals, and use of the facilities. For more information, visit [retreat.fr](http://retreat.fr)*

## I want to... reconnect with my partner

### TRY: THE FRENCH RETREAT

The French Retreat is a holistic centre in southwest rural France, where couples can spend time by the pool while also learning new things about each other. Their three-day couples' retreats, Making Relationships Work, will teach you better communication skills, how to let go of grievances, and visioning a positive future together.

**DIY:** According to relationship charity Relate, it's easy to feel disconnected from your partner if you aren't regularly talking about the things you like and don't like about your relationship. Relate relationship counsellor, Peter Saddington, recommends keeping the conversation going. "Express gratitude for the things your partner does and bring up anything that's bothering you before

resentment builds up."

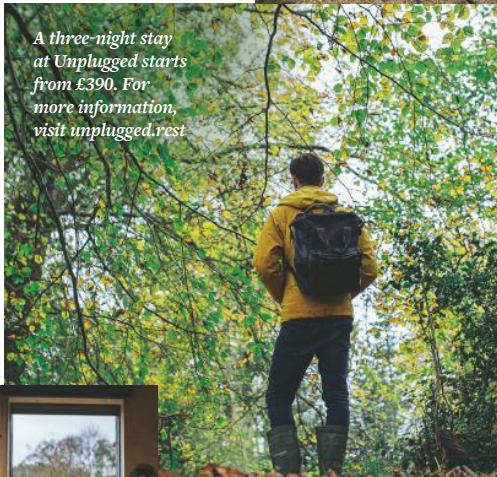
He also suggests putting aside a few hours a week to reconnect and check in with how each other is doing. That might mean going on the odd date night or having a quality hour at home together.

"Making the effort to do this allows you to enjoy each other like you might at the start of the relationship – and remember what it is you like about your partner," he adds.

To help you unwind together, **This Works Love Sleep Pillow Spray**, £30/3,000 points (50ml), contains sensual ylang ylang and patchouli which you spray on your bed linen, or get hands on with **My Viv Bergamot Massage Oil**, £12/1,200 points (100ml). →



WELLNESS/  
TRAVEL



A three-night stay at Unplugged starts from £390. For more information, visit [unplugged.rest](http://unplugged.rest)



## I want to... have a digital detox

TRY: UNPLUGGED

The Unplugged retreat offers a three-day digital detox, where you can recharge your batteries at an off-grid cabin, an hour or so outside London. Gadgets are locked in a box, and your time is your own – whether you want to spend it tucked up in bed staring out the window, reading, or going for a walk.

**DIY:** With UK adults spending on average three and a half hours online a day\*\*, many of us could do with logging off more often. “The solution is to aim for tech-life balance,” says Tanya Goodin, author of *My Brain Has Too Many Tabs Open*.

“Our brains need periods of downtime to recharge,” she explains. “The key is to de-sensitise yourself in small stages. Start by planning a quick trip to the shop, or a walk on your lunch break, and leave your phone behind. Then build up to longer digi-free excursions.”



She also recommends turning off social media and news notifications to help you disconnect. Missing your phone alarm? Try the Lumie Sunrise Alarm, £39.99/39,000 points, which wakes you up slowly with light that simulates the sun rising.

## I want to... heal from heartbreak

TRY: RENEW BREAKUP BOOTCAMP

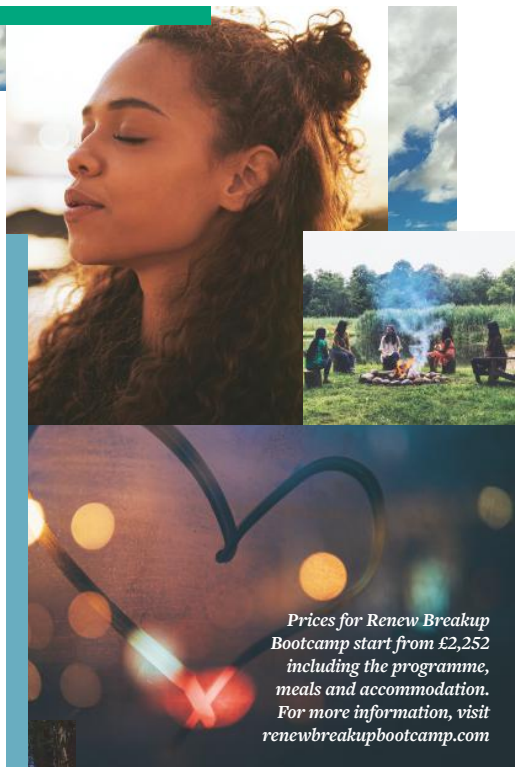
This New York retreat is a space for anyone going through a breakup to get over their ex. The line-up of experts on hand for four days of coaching includes psychologists, relationship experts, sex therapists, gong bath practitioners and hypnotherapists. Currently a women-only retreat (with plans to set up a men's version in the future), it's also an opportunity to connect with other women at a similar life-stage.

**DIY:** To soothe heartbreak closer to home, a host of apps have been designed to help you work through a breakup. Speak to others in the same boat with Halmos, a social network for sharing



breakup experiences. The No Contact Rule stops you contacting your ex for 30 days, while Mend's audio guides are written by mental health and wellness experts.

Getting over a split means self-care is a must. Nourish your body with Cowshed Intense Sleep Therapy Bath Oil, £30/3,000 points (100ml), a mix of essential oils designed to help reduce feelings of anxiety and stress. Follow with Sanctuary Spa De-Stress Warming Body Balm, £10/1,000 points (150ml), a restorative self-heating treatment with ginger and rosemary oil to help you relax. Massage onto tense areas before bed.



Prices for Renew Breakup Bootcamp start from £2,252 including the programme, meals and accommodation. For more information, visit [renewbreakupbootcamp.com](http://renewbreakupbootcamp.com)

Words: Andrea Leebody. Photographs: Getty Images, Ibrahim Rifath/Unsplash, Kenrick Mills/Unsplash, Michael Fenton/Unsplash, Allyson Beaucourt/Unsplash, Kate Hlitznitsova/Unsplash, Pasco Photography. \*Please check local government guidelines before travelling. †u-shape.co.uk @ushapelondon. \*\*Ofcom communications market report 2021



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