

# The Truth About Beauty

*Be beautiful, but be informed.*

## Health Matters 360 at Rou Estate, Corfu

by ALY HAZLEWOOD on JUNE 15, 2011

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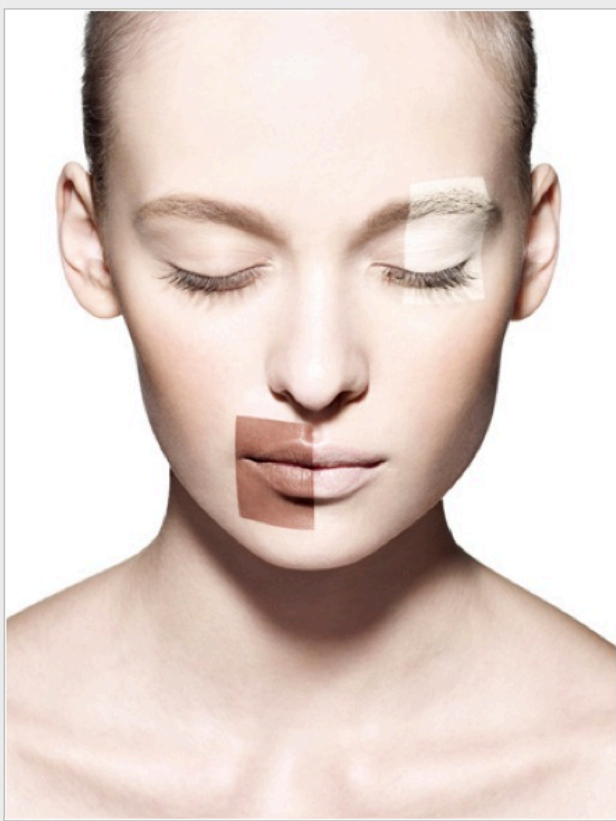
So, dear readers, I must apologise wholeheartedly for the lack of posts over recent weeks, a combination of work pressures and a holiday have rendered it virtually impossible to sit down and write.

I'm currently on day two of my trip to the stunning [Rou Estate](#) in Corfu. The view is breath-taking, there are butterflies everywhere, and it's so still you could hear a pin drop. That is apart from the gentle thrum of the cicadas. I'm here to take part in a health and well-being programme run by the brilliant team at [Health Matters 360](#), but I probably let myself get a bit too run down as the trip approached. I've been quite poorly with a chest AND bladder infection, with the backdrop of my ever-present sciatic condition, so the poor team here are having an uphill struggle with me. Anti-biotics and pain killers have left my stomach in a pitiful state and I'm so exhausted it's a struggle to wake in time for the early morning yoga sessions.



However, I am learning some very valuable nutrition and well-being advice, we are being fed local, seasonal, organic produce which is absolutely delicious, and gradually I'm starting to unwind.

There are many thoughtful touches provided by the Health Matters 360 team, and I will be writing in much greater detail about the entire experience for Yoga magazine, but what I will say now that this is one of the most beautiful places I have ever had the good fortune to be. The attention to detail is second-to-none, and I already know how reluctant I'm going to be when it comes to leaving.



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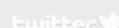
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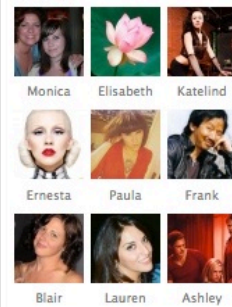
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