

# Hip and Healthy

The online magazine that will inspire you to be the healthiest and happiest version of yourself, wherever you are in the world.

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## The 360 approach to Health: These holidays will restore mind, body and soul in no time...

By admin — April 17, 2012

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### The 360 approach to Health

The Luxurious Rou Estate



It is always particularly inspiring when you come across a company that has a personal struggle or moving journey at its roots, and Health Matters 360 is no exception. Created by husband and wife team Sarah Morgan and Ian Freeman, it was when Sarah was battling with a diagnosis of cervical cancer alongside a serious emotional burn-out from a high-powered, stressful job that she decided to rediscover her health. Along the journey, after turning to so many different health professionals and feeling swamped by impractical and unsustainable information, she came to realise that the most powerful combination for sustaining good health is getting the right balance of physical, nutritional and psychological wellbeing. This balance that she began to achieve was in fact so successful that it meant Sarah fall pregnant for the first time – after previously being told she was very unlikely to ever have children.

This 360 approach is the basis and heart of the company – aiming to help other people who are struggling with any aspect of their life to find this equality to their lifestyles. They offer 1-2-1 programmes, perfect if you are looking for something more bespoke or long term, they also offer in-house company workshops, encouraging health to employees over 'lunch & learn' or a 'healthy meeting', brilliant for boosting morale in business.

We however were most excited about their 'Heath Hubs' which offer packages to escape fully from your normal routine in true luxurious style in two UK locations or glamorous Corfu. Not to be confused with hardcore bootcamps or detox breaks, 'Heath Hubs' are ideally suited for those who want or need to make changes to their lifestyles but often struggle with consistency. Hip and Healthy discovered what these relaxing retreats entail:

#### The Rou Estate – Corfu.

All Health Hubs focus on the three core beliefs of the company: Nutrition Matters, Mind Matters and Physical Matters and all these beliefs are practiced throughout sessions on the 3, 4 or 7 day long retreats. The Rou Estate in Corfu was certainly our favourite, not least because the almost guaranteed vitamin D from the glorious weather is sure to be a great start to your journey! A peaceful haven nestled within an olive grove and flanked by rolling hills, it has spectacular views of the Ionian Sea from its privileged mountain setting. With its own Spa for body and beauty treatments and top of the range health facilities such as hydrotherapy tubs, steam and sauna and a gym and yoga platform, it is easy to see why this is one of the most popular of the Health Hubs. Hip and Healthy Readers can stay from £1,295 per person per person for a 7 day full board retreat inclusive of an extensive programme of physical, nutritional and mind matters coaching, you can be sure you will return feeling revived and refreshed and most importantly ready to embrace a new pace of life. This is a saving of £700 per person!

#### Voltaire & Burggraaf Barns – 'Stay in Style' Dorset



Stay in Style in Dorset

If you are fan of a boutique barn conversion then this should be the Health Hub of your choice. Situated among the enchanting Dorset countryside and designed with luxury and comfort in mind these two quirkily named barns will sleep up to 12 people – so it's perfect if you want to book with a group of friends who are all looking to enrich both body and soul. It has unrivalled facilities with a private indoor swimming pool, sauna, steam room, outdoor cedar hot tub, gym, games, room, spa treatment room and perfectly sculptured landscaped gardens. To top it all off the superbly appointed Kitchen and Dining Room ensures that you are able to enjoy your surroundings whilst eating those nutrition rich meals. The package is of course on a full board basis, with a one-to-one nutritional consultation included. After a one-to-one session, the nutrition workshops begin and will focus on what, how and when people eat – aiming to re-educate guests on their eating habits and ensuring that they attain and sustain their new found nutritional balance.

#### Stoke Place – Buckinghamshire



Stoke Place

A restored 17<sup>th</sup> Century mansion, Stoke Place is one of England's most idyllic country house hotels. Featuring 40 stylish, boutique bedrooms, each room has a stunning view overlooking the 26 acres of beautifully manicured grounds – perfect inspiration to get out there every morning and be greeted by your personal trainer's fully bespoke exercise programme. These exercises will be easy enough that you will be able to fit them into your daily routine back home, yet hard enough that you should quickly notice a difference in core strength, fitness and energy levels. However, it is very difficult to add this physical aspect to your life without being encouraged to open up your mind and analyse your behaviour towards physical activities first. This is where the 'Mind Matters' phase comes in, you will receive life coaching from a fully qualified coach who will equip you with the confidence to continue the physical training once you have left the Health Hub, as well as relaxation tips to ensure you remain in control in your everyday life. Stoke Place is especially perfect if you live in London and need a quick break as it is only 15 minutes from Paddington. Book from £835 per person based on four days and three nights.

For further information on Health Matters 360, please visit [www.healthmatters360.co.uk](http://www.healthmatters360.co.uk) or phone 0800 1588 360.