

HEALTH MATTERS 360

CORFU, GREECE LOSE WEIGHT!

Ever feel pumped up with good intentions, only to lapse pathetically with the first offer of a second bottle of wine? These retreats attempt to unlock what lies beneath that lack of resolve by addressing your attitude to life in general. Sound horribly worthy? Don't worry, there's style as well as substance. These new group 'health hubs' are based in an ancient mountain village where simple shepherds' homes have been transformed into chic villa-sanctuaries. The views over the sparkling Ionian, spliced with gnarly outcrops of Albania and the distant promise of Italy, are sensational. Segue from early-morning power walks and yoga to enlightening nutrition classes, brilliant behaviour-coaching workshops, resistance-training workouts and relaxation sessions – and finish the day with wholesome suppers created by Michelin-starred Adam Simmonds. There are no touchy-feely hugs or pressure to 'share'. Instead, you write down responses to questions such as: 'What is a limiting belief that you would like to shift?' It all follows an intelligent path and is startlingly effective.

Website healthmatters360.co.uk **Tel** 0800 1588 360 **Book it** Six nights from £1,795, full board, including all consultations and activities.

