



### Ski and spa

Enjoy a ski and spa break, Swiss-style, in the beautiful mountain village of Leukerbad. Set high above the River Rhône, Leukerbad offers downhill pistes for all levels, thermal baths and much more. Inntravel is offering seven nights half board at the **Parkhotel Quellenhof** from £998, based on two sharing. ■ **Price includes half board accommodation, flights and transfers, see [www.inntravel.co.uk](http://www.inntravel.co.uk)**



### DIARY DATE

● **20-23 NOV** Health Boot Camp, Buckinghamshire  
20-23 November 2011

It's time to up the fitness ante with this four-day retreat at **Stoke Place**, a picturesque retreat in the heart of Buckinghamshire. Focusing on key aspects of health and wellbeing, professional coaches will take you through fitness, nutrition and positive thinking methods to leave you looking and feeling fabulous. ■ **From £595 per person, [www.healthmatters360.co.uk](http://www.healthmatters360.co.uk)**

# Blissful living travel bug

Your passport to dream escapes, suitcase essentials and holiday must-dos

## NEW YORK, NEW YORK

Calling all yoga bunnies! For a stateside sculpting session, head to the Big Apple. **Destination Yoga** is offering a six-day yoga break in Manhattan's Lower East Side from £1,350. Price includes a five-night stay with breakfast at the Hotel On Livingston, plus two yoga classes a day, from 19 November. ■ [www.destinationyoga.co.uk](http://www.destinationyoga.co.uk)

### Buy of the month

Small enough to tuck into your carry-on, **Mary Kay's Mini Compact** contains everything you need to look fabulous on your hols. The refill system means you can mix and match colours and add in applicators for touch-ups on the go.

■ £10, [www.marykay.co.uk](http://www.marykay.co.uk)



Must buy!



### Pillow talk

Filled with real lavender and organic seeds, **Holistic Silk's Lavender Eye Pillow** is the natural way to relax in-flight

■ £30, [www.holisticsilk.com](http://www.holisticsilk.com)



### Top location

If you're sick of hotels hiding gyms in dark, dingy basements, **Lime Wood Hotel** in the New Forest is a refreshing change. The top floor of the hotel's herb house has been made into a top-notch gym, with roof-to-ceiling windows that let you admire the forest views as you sweat it out. ■ **£245 per night (room only), [www.limewoodhotel.co.uk](http://www.limewoodhotel.co.uk)**

