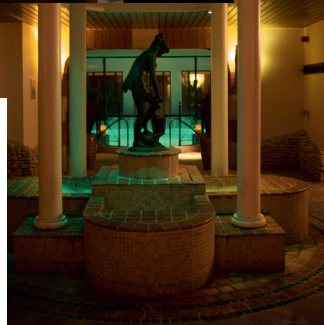




## FOREST RETREAT

Hidden in the middle of gorgeous woodland, away from any hustle and bustle, Center Parc's Aqua Sana Spa is the perfect retreat. We loved the meditation room and the revitalisation sanctuary! This will make for a very luxurious minimoon or chilled-out hen do. [aquasana.co.uk](http://aquasana.co.uk)



# LOVE YOUR BODY

It's time to get fit and feel amazing!



IMAGES: GETTY IMAGES



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## AAAND BREATHE...

Wedding planning got you feeling stressed out? Take a deep breath with the Elemis Life Elixirs range which provides a route to total relaxation. Ranging from candles to shower gels, these beauties are designed for physical and mental wellness, and most importantly to bring your focus back to yourself.



IMAGES: GETTY IMAGES. \*RESEARCH BY VIRGIN ACTIVE 2017

## DID YOU KNOW...

Age 32 is when Brits start exercising for their health rather than their looks, while over half of under 25s say their motivation is 'looking good'.\* Umm guys, have you not heard of killing two birds with one stone?!

## IT'S IN THE GENES

Want to find a wellbeing plan that works for you? FitnessGenes analyses how more than 40 of your genes react to fitness, health and food. These traits give a clearer view on how your body responds to diet and exercise!

VISIT [FITNESSGENES.COM](http://FITNESSGENES.COM) FOR MORE INFO



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