

3 OF THE BEST UK RETREATS



1 With two special wellness breaks available, Gaia Spa in Devon offers ultimate peace and relaxation. boringdonhall.co.uk



2 Set in the Dorset countryside, Middle Piccadilly provides a rustic escape from planning stress. middlepiccadilly.com



3 The Malabar offers an Indian 'Living Yoga and Meditation Retreat' in their Lake District setting. themalabar.co.uk



RECHARGE, RESTORE

FOR MORE INFO, VISIT NAOMIS.KITCHEN

WE ALL KNOW W-DAY PLANNING CAN TAKE ITS TOLL. ADAPTOGENS ARE THE LATEST WAY TO BEAT THE STRESS – DERIVED FROM ANCIENT CHINESE MEDICINE, THEY HELP TO EASE ANXIETY, DETOX YOUR LIVER AND IMPROVE SKIN. WE LOVE THE IAM RANGE (FROM £15) FROM WELLNESS COACH NAOMI BUFF.



WARP-KNIT TEE
£49.95

LOVE YOUR BODY

It's time to get fit and feel amazing!



STRETCH + BURN

Fed up with your kit not living up to expectations? We love the new range from Adidas, modelled by Karlie Kloss, which features soft nylon fibres for increased breathability and range of motion. adidas.co.uk

WARP-KNIT TIGHTS
£69.95



YOGA... FOR YOUR FACE?

It's the latest trend in wellbeing and, according to expert Danielle Collins, promises to 'strengthen and relax the muscles, boost collagen and improve circulation', resulting in smoother, more glowy skin.

Give it a go at

faceyogaexpert.com

GUILT-FREE BACON

If you're vegan, veggie, or just want to cut down on processed meat, you'll want to give 'seaweed bacon' a go. Dulse seaweed is twice as good for you than kale and has a smoky, salty taste and a crispy texture when fried.

AVAILABLE AT
SEAMOREFOOD.COM OR
YUMBLES.COM

