



PENNINGHAME HOUSE

Dumfries and Galloway, Scotland **LOSE WEIGHT!**

A macrobiotic haven that is forever winning over even its most sceptical guests. This is a health overhaul, dealing with the physical, emotional and – deep breath – spiritual. Forget Hoffman – this grand granite mansion, set in grounds in the Galloway Hills, is a serious retreat centre, where you'll find very good detoxing food, Japanese bancha tea and emotional sympathy in spades. With its house-party atmosphere, you weep, release, rejoice and emotionally regroup. Don't knock it. Fans will tell you there is something transformative in the air. All the staff are intuitive, but Ken Prange is a miracle worker. His Chinese facial diagnosis can pinpoint almost any ailment. Stay in the main house where, despite it all, there's not a dusty crystal in sight. **Website** penninghame.org **Tel** 01671 401414 **Book it** Double, from £1,200 for six nights, full board.

THE SCARLET

Cornwall, England

Something new and totally different on the British hotel scene – just when you thought Cornwall had heard it all before. This is an adults-only, genuine eco hotel (the swimming-pool is cleaned naturally by reeds, the bedding is organic cotton), which still succeeds to a sharp standard of comfort and understated glamour. The lobby is a showstopper: a wall of glass, an infinity pool and the sea and cliffs beyond. Admire it from one of the wood-fired outdoor hot tubs – this is a lovely spot to bathe. And then there is the spa itself, with a series of hour-long ayurvedic-based treatments, alongside briefer therapies such as organic seaweed facials. Crucially, they've got the staff right too – young, attentive and dressed in Thai fishermen's trousers. **Website** scarlethotel.co.uk **Tel** 01637 861800 **Book it** Double, from £180, including breakfast.



NUBEGINNINGS

Devon, England **LOSE WEIGHT!**

Exactly what Britain's best boot camp should be: nurturing, nudging, challenging. And the best news is it's open year-round and to only nine guests, ensuring the level of care is reassuringly on your side. So, how bad can it be? OK, so after day one you can't walk. After day two you can't feel your legs. And day three? You can barely get out of bed. Does it hurt? God, yes. Is it worth it? Totally. And – most crucial question of all – will you go hungry? To be honest, yes. The first two days are spent crawling the floors for any crumbs you can find, but by the time you leave you will be miraculously skipping snacks because you don't really feel like them. Your time is packed: hikes, beach games, circuit training, massages and cooking demonstrations. The focus is on foods with a low GI and even the fussiest of eaters will be happy – especially as the average weight loss is what most of us take months to achieve: eight to 10 pounds. These guys are the business. **Website** nubeginnings.co.uk **Tel** 01271 862792 **Book it** Double, from £2,100 for seven nights, full board, including treatments and activities.